

Contents

Acknowledgements xii

Introduction 1

Part One: Psychological Trauma, Implicit Memory, and the Verbal Logical Explainer (VLE)

1. Psychological Trauma 5
2. Implicit Memory vs. Explicit Memory 15
3. The Verbal Logical Explainer and Confabulation 21
4. Central Nervous System Extrapolation, Denial, and Self-Deception 39
5. Trauma, Implicit Memory, VLE Confabulations, and Our Relationship with the Lord 49
6. The Importance of Neutralizing Traumatic Implicit Memory and VLE Confabulations (Summary) 63

Part Two: Exposing and Neutralizing Traumatic Implicit Memory and VLE Confabulations

7. The First Half of the Basic Plan: Finding and Healing Underlying Traumatic Memories 69
8. The Second Half of the Basic Plan: Recognizing and Acknowledging “Invisible” Implicit Memory and VLE Confabulations, and Then Choosing Behavior Based on Truth 79

Part Three: Additional Factors That Hinder Recognizing and Acknowledging Traumatic Implicit Memory and VLE Confabulations

9. Sometimes It’s Easy; Sometimes It’s REALLY HARD 85
10. Fighting the Battle, but with Child Resources: Maturity and External Locus of Control Corresponding to Childhood Memories 89

- 11. No, I'm NOT Triggered!: Memory-Based Negative Reactions to the Suggestion of Possible Triggering 95
- 12. Loss of Access to Relational Connection Circuits 101
- 13. Summary Regarding the Additional Factors That Can Make Things Especially Difficult 109

Part Four: Additional Resources and Insights

- 14. *I* Need to Take Responsibility for *My* Triggered Traumatic Content and VLE Confabulations 113
- 15. Additional Resources for Recognizing Triggering 115
- 16. Loss of Access to Relational Circuits, Expanded Discussion 121
- 17. Regaining Access to Our Relational Connection Circuits 151
- 18. Regaining Access—Receiving Attunement 155
- 19. Regaining Access—Deliberate Appreciation 177
- 20. Regaining Access—Calming 199
- 21. The Best Ways to Use These Resources 205
- 22. Summarizing with Respect to Regaining Access 217
- 23. Additional Resources and Insights, Advanced Topics 221

Part Five: Helping *Others* Who Are Triggered

- 24. Make Sure to *Start* with Offering Attunement 227
- 25. Advanced Attunement Interventions 231
- 26. Simplify the System by Dealing with Stuff on *Our* Side of the Equation 235
- 27. Final Thoughts Regarding Others Who Are Triggered 241

Part Six: Summary, Synthesis, and Answers to Frequently Asked Questions

- 28. Summary Points and Synthesis Conclusions 249
- 29. Frequently Asked Questions 255

Appendices

- Appendix A: Additional Reading 261
- Appendix B: Detailed Outline 264

Appendix C: Where/How Do I Get Training Regarding
the Immanuel Approach? 270

Appendix D: Additional Clues That Indicate Triggering 285

Appendix E: Additional Explanation Regarding Disorganized
Attachment and the Shalom-for-My-Body Calming
Techniques 302

Appendix F: Additional Interventions for Calming 305

Glossary 321

Bibliography 332

Index 340

About the Author 356

**Note that a much more detailed outline is available in appendix B.*