

TECHNIQUES TO BRING MORE DISCHARGE INTO OUR SESSIONS AND OUR LIVES

Peak Living Network

- * Explore your history regarding the releases, working through feelings from times when your attempts to discharge were interfered with. Remember times when you were punished, scolded, or isolated by adults for discharging, or were shamed for it by friends; for example, work on times when you were demeaned for crying (“You cry baby!”) or were ridiculed for laughing (“Geez, it wasn’t *that* funny”), and so forth.
- * Work extensively (multiple sessions, coming back to it every so often) on positive memories. (See the separate handout on questions to use for doing this.) Telling happy times in great detail is often a way to get our tears and other forms of discharge to start flowing (because the good memories counter our distresses).
- * Tell in detail about someone you have loved, including the story of how you met and how your connection developed, sharing memories you have of doing things with that person or of times when that person was present.
- * Tell in detail about a pet you have loved, whether recently or long ago. Sometimes focusing on a connection we’ve had to an animal will touch places that are especially deep inside of us.
- * Tell stories of times you felt embarrassed, or stories that are embarrassing to tell now even if you weren’t embarrassed at the time. Telling these stories is almost guaranteed to get you laughing.
- * Use music, photos, poems, or sections of movies that you know (from experience) are likely to get you laughing, crying, or trembling.
- * Similarly, if something you said in a past session made you cry (or discharge in some other way) return to that to see if it works again. And if it keeps working, go back to it periodically until it doesn’t work anymore. If something a co-counselor said to you in a previous session worked to get you going, ask the person counseling you today to try it again. Certain phrases, stories, or images may work for you for years, giving you a gateway to discharge that you can use over and over again.

This approach, and the previous one, are underutilized by co-counselors. Take full advantage what you know about yourself and what makes you laugh or cry!

* Imagine yourself in one of your favorite outdoor spots, or actually go there. If it's near where you live, try doing a session there sometime. Natural beauty can be evocative and is simultaneously a counter to distress in itself which can make a good combination to bring discharge.

* Exercise unusually hard and long, until you are deep down exhausted (such as taking a hike for many hours). This is healthful kind of overtiredness (unlike sleep deprivation, which isn't good for us) and sometimes causes laughter or crying to come busting out.

* Spend time focusing on your body sensations. What are you feeling in your body, and where? What emotions seem to be there?

* Make a crying date with yourself. Plan the time, bring music or pictures or a special blanket, get some privacy, and see if a good cry will come. If it doesn't work to do it alone, try to do it with a co-counselor there, or arrange someone to be with you by phone.

* Use the discharge channels that you do have access to as a way to work on opening up the other ones. For example, laugh or rage about your inability to cry or about the way crying was taken away from you, or cry about how hard it is for you to release anger. (This is related to the first item, regarding processing your feelings about the releases themselves.)

* Have a co-counselor hold you while you cry. Being held will commonly help people to cry much harder than they usually do. (Unfortunately, we haven't yet figured out how to do this by Zoom!)

* Pretend to discharge. "Faking it" can help bring real discharge on. This probably works the easiest with laughing, but you can bring on at least a little fear discharge by causing yourself to tremble, squealing as if you were discharging fear, and by shaking out your hands, arms, and torso. Fake crying can sometimes help bring a real cry on. (Don't go on and on pretending, because it becomes a waste of time. Do try it for a good while, though, to see if it can shake some real discharge loose, as it sometimes will.)

* If you are doing sessions by Zoom, try doing them without the video (audio only), or try doing them on the phone. Video can block our access to discharge by making us too conscious of our own faces.