The 4 States and 3 State Transformations of the Transformational Process

STATE 1: STRESS, DISTRESS, and SYMPTOMS

Defenses; dysregulated affects; inhibiting affects (e.g., anxiety, shame)

FIRST STATE TRANSFORMATION
Co-creating safety

TRANSITIONAL AFFECTS:

HERALDING AFFECTS:
Glimmers of core affective experience

GREEN SIGNAL AFFECTS
Announcing openness to experience, signaling safety, readiness to shift

STATE 2: THE PROCESSING OF CORE AFFECTIVE EXPERIENCE

Categorical emotions; coordinated relational experiences; intersubjective experiences of pleasure; authentic self states; embodied ego states and their associated emotions.

SECOND STATE TRANSFORMATION
The emergence of resilience

ADAPTIVE ACTION TENDENCIES

POST-BREAKTHROUGH AFFECTS:
Relief, hope, feeling stronger, lighter, etc

STATE 3: THE METAPROCESSING OF TRANSFORMATIONAL EXPERIENCE
The Transformational Affects

The mastery affects (e.g., pride, joy); the mourning-the-self affects (emotional pain); the healing affects associated with recognition and affirmation (gratitude, tenderness, feeling moved); the tremulous affects associated with the experience of quantum change

THIRD STATE TRANSFORMATION
The co-engendering of secure attachment and the positive valuation of the self

Calm, flow, ease

STATE 4: CORE STATE and The Truth Sense

Openness, compassion and self-compassion, wisdom, generosity, kindness; clarity; the sense of things feeling "right;" capacity to construct coherent and cohesive autobiographical narrative

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