

MAP OF EMOTIONAL INSIGHT: “ *(fill in the blank with a currently painful and upsetting event)* .”

	FOREGROUND	BACKGROUND
AWARE	anxiety, fear, guilt, shame, anger, depression (the affective states of grief)	history of neglect and abuse in childhood
UNAWARE	fear of abandonment in the present	ungrieved grief, unresolved trauma triggered by the current anxiety

Degrees of insight into grief and trauma: _____

1. The person is aware of the foreground affective states. He is aware of his childhood history of neglect and abuse but does not understand its connection to the present. The person has little to no awareness of his fear of abandonment and does not realize his reactive behaviors are trauma responses.
 - a. This person feels like choice has been taken away and feels out of control of his own welfare
 - b. Acts out in ways that are incongruent with his values
 - c. Does not know how to regain a sense of meaningful control over his own life
2. The person is aware of the foreground affective states and is able to connect his history of abuse and neglect to the way he feels now. He has very little awareness of his fear of abandonment and is out of touch with old grief and trauma.
 - a. This person recognizes his current emotional states as familiar and is able to see that the past is affecting his present
 - b. He is better able to understand that there are deeper issues at work and that unfinished business from the past is being activated.
 - c. He is better able to ask for and get meaningful help to handle his present circumstances but is still overwhelmed by what is happening to him
3. The person is not only aware of how he feels, he knows why he has trouble handling these kinds of feelings. They connect to deeper feelings of abandonment stemming from his childhood neglect. Because he is aware of his fear of abandonment he is able to see what is happening to him and understands he is not truly out-of-control.
 - a. He knows he can make certain choices to take care of himself in the present
 - b. He understands he is not the powerless victim his feelings would have him to believe
 - c. This person is still vulnerable to acting out in ways that do not reflect his values
 - d. He is still triggered into trauma responses that are more powerful than his coping abilities
4. This person recognizes that the pain of the present is activating a trauma response. He understands that trauma responses have led to acting out behaviors in the past that are incongruent with his values and does not want that now. He is willing to do more work to heal the trauma and grief of his past.
 - a. He can separate the past from the present
 - b. He can attend to his needs in the present and recognize that his past injuries do not have to control him today
 - c. He is free to use his present affective states to reveal to him other areas of healing and growth still needed in his life instead of distracting himself away from dealing with the triggered issues of the past by acting out
 - d. Consequently his ability to engage with his own issues enables him to forgive his original offenders at a deeper level.

Person one’s behavior is consistent with the presence of ungrieved grief and unresolved trauma. He is being driven by forces he can’t see or understand. He has little chance of growth and change without further insight and deeper healing work. His current behaviors are not well informed by the lessons of his life experience. Person four is freer to use the pain of the present to shed light on the areas in his life still in need of further healing and growth. Of the two, person four can most naturally live with congruence and authenticity. Congruence and authenticity are the byproducts of well grieved grief and resolved trauma. His life experiences are better able to inform his choices in the present. In addition person four is also able to forgive at a deeper level because he had access to his deeper emotional issues.