THE PHENOMENOLOGY OF THE TRANSFORMATIONAL PROCESS

The 4 States and 3 State Transformations

STATE 1: TRANSFORMANCE

Glimmers of resilience, health, strength; manifestations of the drive to heal

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 EMOTIONAL EXPERIENCE

Categorical emotions; attachment experiences; coordinated relational experiences; receptive affective experiences; somatic "drop-down" states; intersubjective experiences of pleasure; authentic self states; embodied ego states and their associated emotions; core needs; attachment strivings.

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); emotional pain associated with mourning-the-self; the tremulous affects associated with the experience of quantum change; the healing affects (e.g., gratitude, feeling moved) associated with the affirmation of the self; the realization affects (e.g., the "yes!" and "wow" affects; the "click" of recognition) associated with new understanding

THIRD STATE TRANSFORMATION

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



Energy, vitality, openness, aliveness

STATE 4: CORE STATE AND THE TRUTH SENSE

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