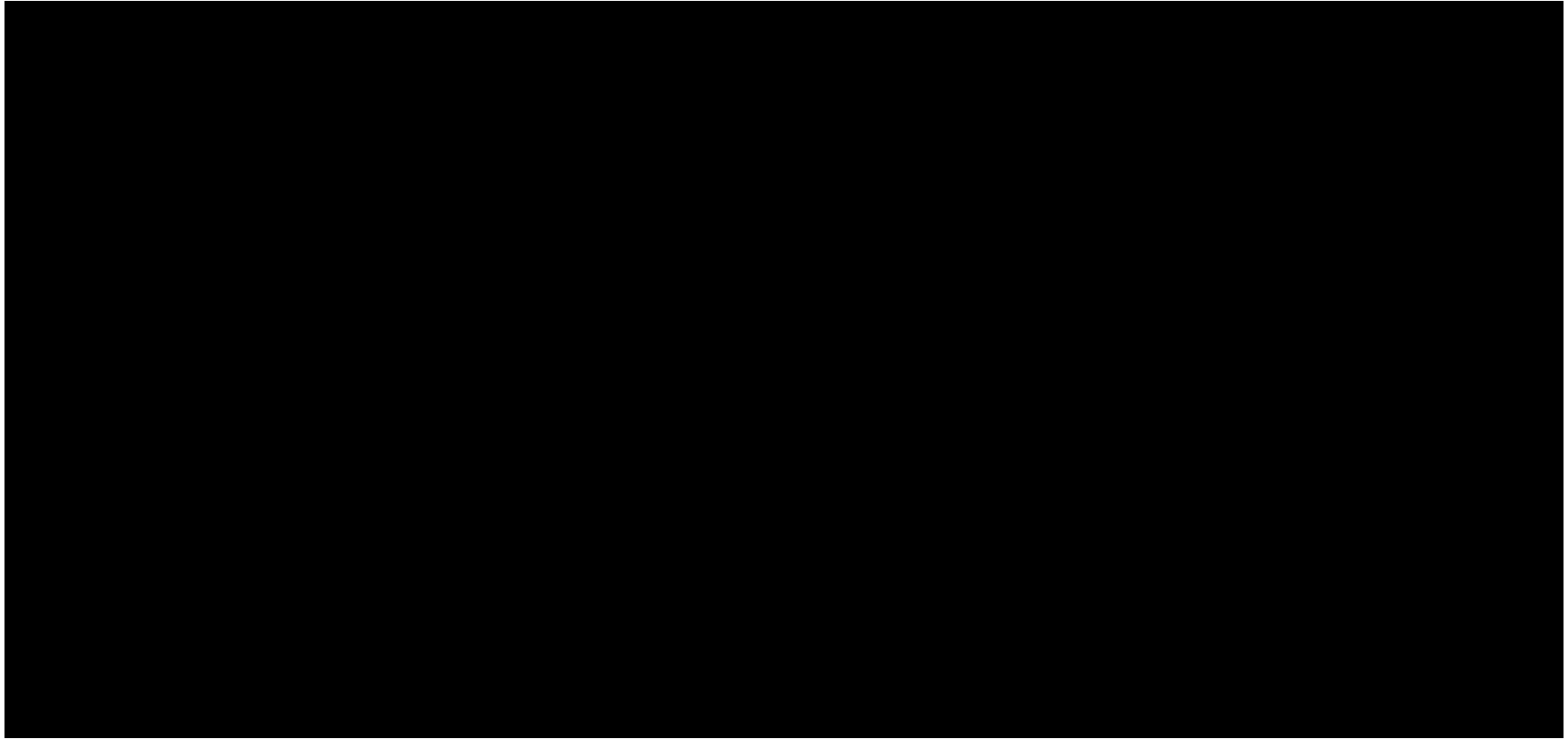






Father Hunger Poem

Father Hunger



Emotional Equations: Affective Systems of Panksepp

- $\text{SEEKING} = \text{Desire} + \text{Effort} \rightarrow$ Black men seek connection, validation, and recognition.
- $\text{PANIC/GRIEF} = \text{SEEKING} - \text{Connection Received} \rightarrow$ When efforts to connect are unmet, grief and loneliness emerge.
- $\text{FEAR} = \text{PANIC/GRIEF} \times (\text{Past Trauma} + \text{Societal Pressure}) \rightarrow$ Fear grows as past wounds and societal expectations reinforce emotional suppression.

Emotional Equations: Affective Systems of Panksepp

- $RAGE = (PANIC/GRIEF + FEAR) \div \text{Suppression}$ → Suppressed grief and fear transform into internalized anger.
- $CARE/NURTURANCE = \text{Ability to Give and Receive Support} - \text{Suppressed Emotion}$ → When grief, fear, and rage go unprocessed, access to care and nurturance is blocked, limiting the ability to express or receive love.
- $PLAY = \text{Spontaneity and Joy} - \text{Societal Conditioning}$ → Playfulness is lost when survival takes priority over emotional freedom. Restoring play brings emotional flexibility and connection.

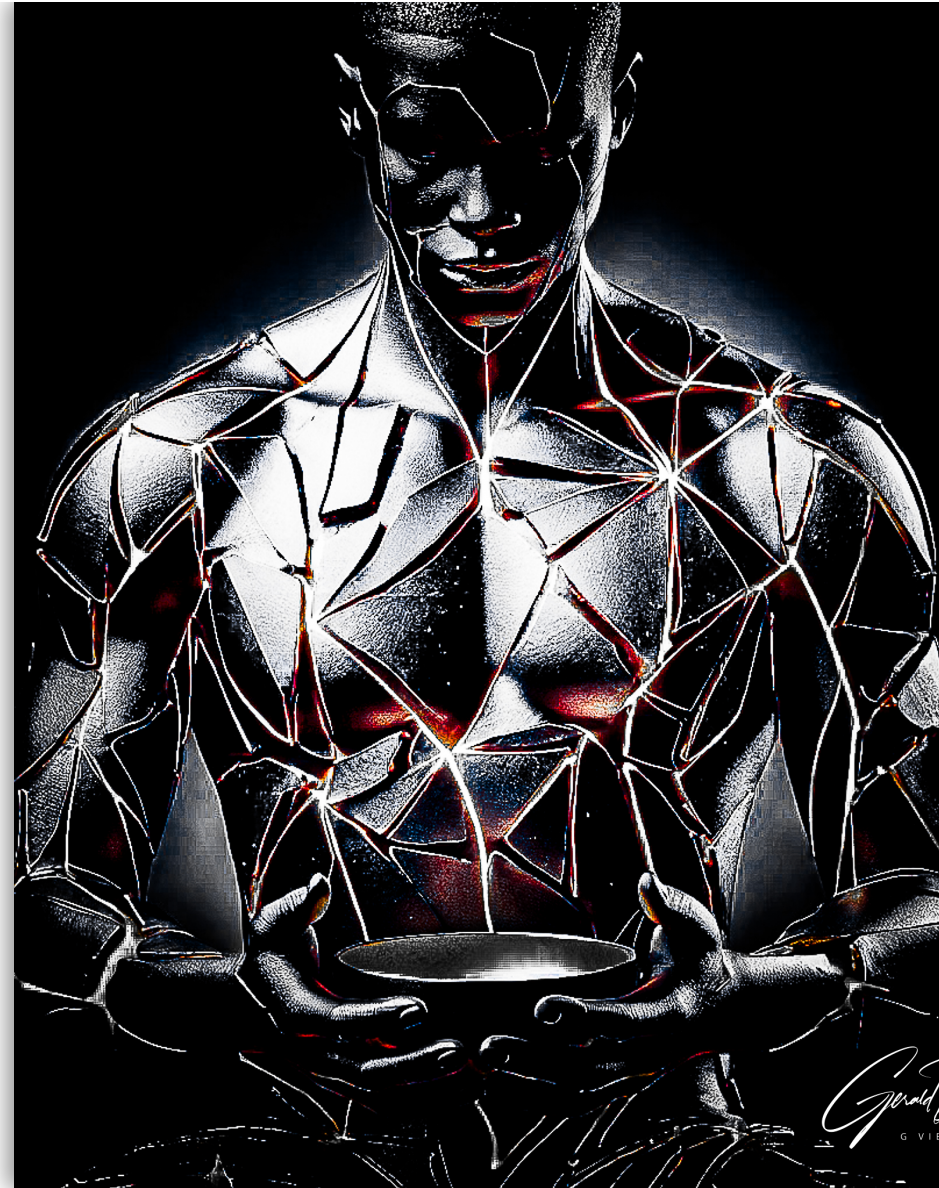
Emotional Equations: Affective Systems of Panksepp

- LUST/SEXUAL EXCITEMENT = Desire + Emotional Connection - Unprocessed Trauma → When emotions remain unresolved, lust can be disconnected from intimacy, leading to either avoidance or overexpression.
- CARE/NURTURANCE = Ability to Give and Receive Support - Suppressed Emotion → When grief, fear, and rage go unprocessed, access to care and nurturance is blocked, limiting the ability to express or receive love.



Breaking the Cycle

- Ben Lipton emphasized that the therapist must be aware of their own emotional experience in the shared space with the client. Healing happens within the therapist-client relational field.
- Elien Russell described the transformational other as the missing connection, allowing emotions to be processed in a safe, attuned relationship.
- Field Theory explains that emotions do not exist in isolation; they emerge within a relational field. The therapist and client influence each other, creating a dynamic space where suppressed pain can surface and be transformed.





Black Men Do



Healing is not just about crying—it is about being seen in a shared field where emotions, once suppressed, are finally recognized, acknowledged, and integrated.