

20 y/o Hispanic male
exploring learned
response to emotions
and relationship with
his father

Carli Rios
C. RIOS MEd

Emotional Equations : Affective Systems of Panksepp

- **SEEKING = Desire + Effort** → Black men seek connection, validation, and recognition.
- **PANIC/GRIEF = SEEKING - Connection Received** → When efforts to connect are unmet, grief and loneliness emerge.
- **FEAR = PANIC/GRIEF × (Past Trauma + Societal Pressure)** → Fear grows as past wounds and societal expectations reinforce emotional suppression.
- **LUST/SEXUAL EXCITEMENT = Desire + Emotional Connection - Unprocessed Trauma** → When emotions remain unresolved, lust can be disconnected from intimacy, leading to either avoidance or overexpression.

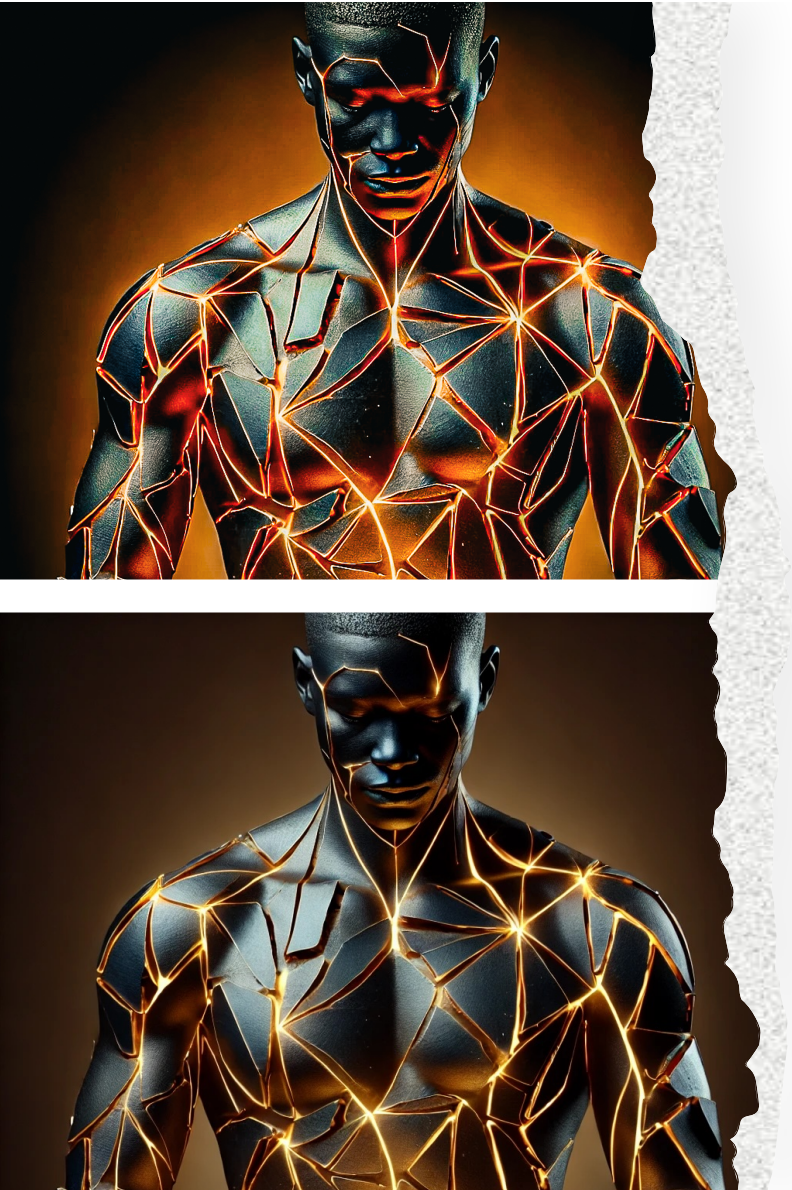
Emotional Equations: Affective Systems of Panksepp

- **RAGE = (PANIC/GRIEF + FEAR) ÷ Suppression** → Suppressed grief and fear transform into internalized anger.
- **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.
- **PLAY = Spontaneity and Joy - Societal Conditioning** → Playfulness is lost when survival takes priority over emotional freedom. Restoring play brings emotional flexibility and connection.



Breaking the Cycle

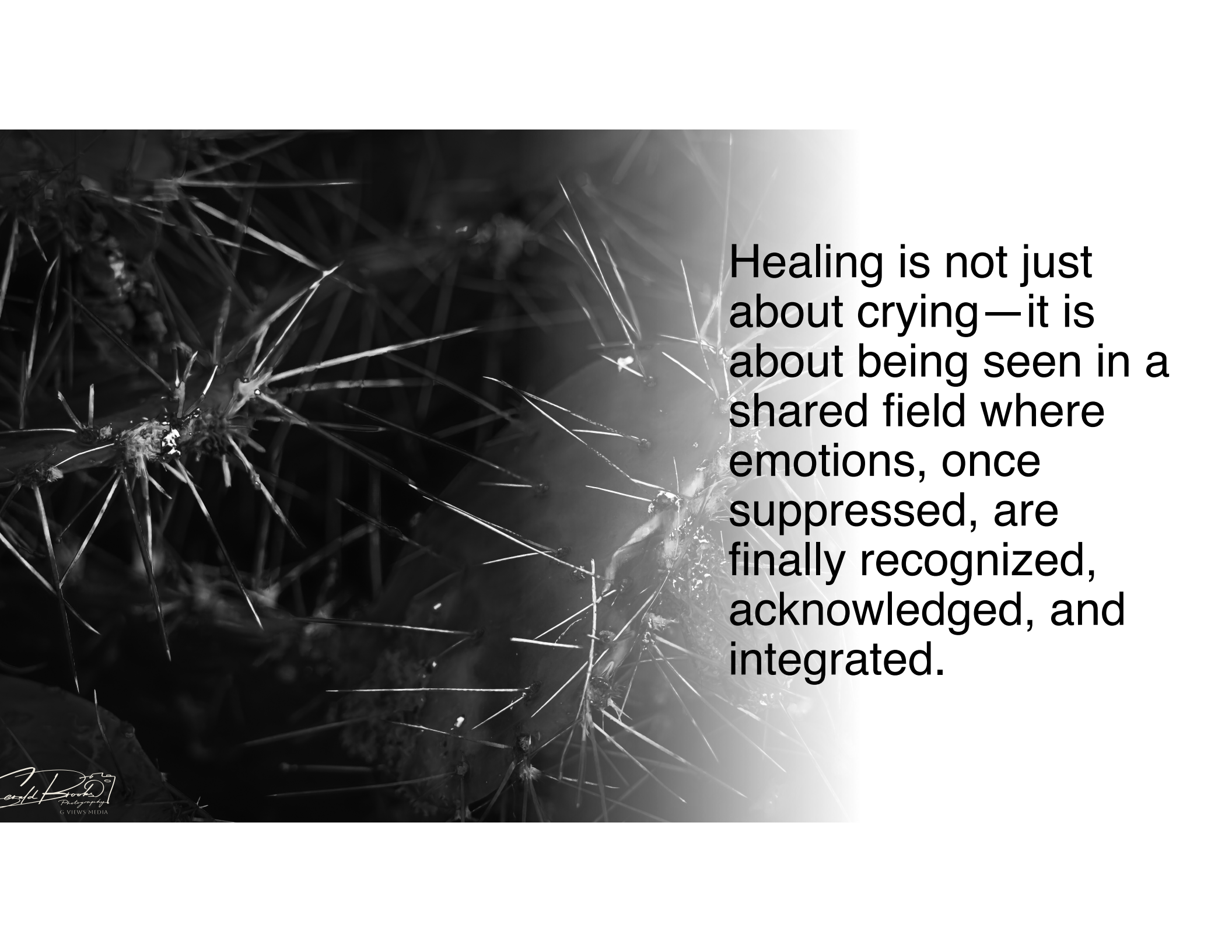
- Ben Lipton emphasized that the therapist must be aware of their own emotional experience in the shared space with the client. Healing happens within the therapist-client relational field.
- Eileen Russell described the transformational other as the missing connection, allowing emotions to be processed 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 Cry

The wound is the cut,
the hunger is the
ache, and the rage is
the shield—but none
of these define us

TEARS = (PANIC/GRIEF + FEAR + RAGE)
÷ Acceptance →



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.