



Adventuring out - Core Issue 3

Core Issue:

Can I go out into the world and have your support too? (The right to be independent / autonomous and vulnerable)

In Neo-Reichian Theory -> Developmental Stage: From 8 months – 2 1/2 years

Likely Activation:

In competitive situations; in a context of winning/losing; when position is challenged; when encountering inconsistent/unpredictable behaviour / favouritism: when love is not freely given but played with.

Emotional Need:

Needing both – independence to explore the world with curiosity as an adventurer **and** to come back and be supported; fair and consistent and appropriate behaviour; not to be expected or seduced into being ‘grown up’ or taking on task inappropriate to age and size; not to be betrayed.

If early experiences of this core issue are “good enough”:

A sense of adventure - ‘the world is my oyster’ **and** able to ask for support when needed; a sense of justice and willing to fight for justice; good leadership when necessary; able to be emotionally open & fair with others.

If early experiences of this core issue are not really good enough, the deep emotion repressed in bodymind:

Helplessness.

Defensive Responses:

‘Rising above’; being invulnerable; taking charge, being in charge; achieving first position / winning, sometimes no matter what or who stands in the way; fear of being taken over/manipulated - so avoidance of real connection; belief of getting love only when not needing it; needing is failure; seducing; charming; manipulating, and then betraying. (*Also known as:* Inflated Pattern: Psychopathic Pattern: Psychopathy)

Breathing of stressed inflated pattern:

Too much in-breath, too little out-breath; inflated breath.

Tensions in body: shoulder girdle, chest (inflated yet sometimes with hollow in middle), pelvic girdle, legs; imbalance top/bottom.

Needs to learn / skills it brings:

Accept inner need for love and nurturance, rather than diverting this need into control of others - accept dependence, helplessness and the inability to control love; autonomy and the need for equality, mutuality and trust. Able to generate enthusiasm and focus to achieve goals; charismatic; able to assume leadership when necessary.

How to get yourself out of inflated/psychopathic trap:

Breathe into your belly; allow your breath to flow out, allow yourself to soften, to let go of control; wait for a while before going into action; let the other take the lead for a while; express your longing for closeness/love/support; accept interdependence in this relationship - now.

Entelia Institut
für kreative körperarbeit
for creative bodywork

