






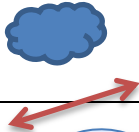

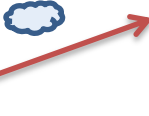





# HOW OUR EMOTIONS WORK – Part 2

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<b>Emotional Response</b>					
<b>Event</b>	X	X	X	X	X
<b>Time Line</b>	Zero	One Year	Five Years	10 Years	20+ years

## Not Released









When an event occurs you have a positive or negative emotional response. A cloud of energy is formed with the event. If you do not disclose the event, with the emotions that the event elicited, the cloud of energy stays with you, forever. Over time it becomes larger and larger. The longer it stays within your physical body, the more physical conditions you will develop or exacerbate.

<b>Emotional Response</b>					
<b>Event</b>	X 	X 	X 	X 	X 
<b>Time Line</b>	Zero	One Year	Five Years	10 Years	20+ years
<b>% Released</b>	80 - 100%	0-20%	0-5%	Nothing Left	Nothing Left

## Released at T=Zero

If, with words and emotions (laughing or crying), you talk about the event very close to the time when the event occurred, the cloud of energy immediately begins to dissipate and leaves your body. When you talk with the emotion you purge the emotional reaction. One year from the event you will have a little of the emotion when you talk of it. In 5 years the emotion will be slight or gone. After 10 or

20 years there will be no emotion left at all, positive or negative. You will talk about the event as a fact of history, not as something that has any happiness or sadness still attached to it.

<b>Emotional Response</b>					
<b>Event</b>	X	X	 X	 X	 X
<b>Time Line</b>	<b>Zero</b>	<b>One Year</b>	<b>Five Years</b>	<b>10 Years</b>	<b>20 years</b>
<b>% Released</b>	<b>0%</b>	<b>0%</b>	<b>80 - 100%</b>	<b>0-20%</b>	<b>0-5%</b>

### Released after 5 Years

Healing begins when you first start releasing the emotions. Prior to that, the cloud of toxic emotions builds and breaks down your body. Once all emotion is released you will feel the healing: emotionally, spiritually, and physically. Your body will become able to (a) heal itself, (b) be responsive to medical treatments and/or (c) be able to receive healing prayer.

### Release: The Sooner The Better

No matter how long it has been since your victimization, the moment you begin to release the hurt and pain, you will begin to feel relief. The rest of your life doesn't have to be filled with pain. The goal is to separate the emotion from the memory. This only happens when you talk and emote about the event at the same time. When you do this you release your body from the pain. Eventually, while you will always have the memory, it will no longer elicit pain because the pain will be gone. Once it is gone, it's gone. You're free.

Read my additional articles:

*[How Our Emotions Work Part 1, A Brief Guide to Inner Healing and Pastoral Care of the Sexually Abused](#)*