







“Trauma is an overwhelming threat that you don't know how to deal with” according to Dr. Mate. As a child experiences excessive and overwhelming stress from its mother, caregivers or environment, it unconsciously detaches from its core. Trauma is not the external event, but the impact of that event, resulting in disconnection from your true self. Dr. Peter Lavine defines trauma as “*a fundamental loss of connection with ourselves, our families and the world around us.*” This loss is hard to recognize because it happens slowly over time.

Unfortunately, even though the disconnection with yourself happened many years ago in your childhood the consequences of that experience are not gone, but very much alive in your body. The memories of such an experience are stored in your cells and they impact your decision making even today in times of stress. You know this to be true when you think of what triggers you sometimes during the day. This is not random and unique for every person. Those “triggers” is your body being afraid to re-experience the painful situation you had as a child and therefore choosing to fight against it and react with the stress response to protect you from any further pain.

## BONUS CONTENT:

Now I would like to explain how memories impact decisions in times of stress

As previously stated, trauma is not just the external event that created an overwhelming threat which as a child you didn't know how to deal with, but trauma is the impact of such an event, resulting in disconnection with your body and heart. That event was then recorded in your body in the form of a memory. This creates tremendous emotions that as a child you could not regulate properly. Your brain then simply detaches it from your conscious awareness and it becomes a repressed memory, as a way to protect you. The emotion, or energy, is not gone, but barred within your body to be dealt with at a later time. If the internal stress response, such as: anger, sadness or anxiety, is so unbearable in that moment, **then adaptive behaviour may be employed as an avoidance measure.** I will talk more about that in the next chapter.

In his book “Trauma and Memory: Brain and Body in a Search for the Living Past.”, Dr. Peter Levine describes four different types of memories. He argues that the only truly useful memories that aid in healing past trauma are those stored in the bodies and not necessarily accessible to our conscious mind, which are the last three that I present here. I want to have a look at these four different types of memories with you so you can deeply understand how memories from traumatic events are buried in the body and how these suppressed memories impact decisions in times of stress. Once we realize that, we understand why reconnecting with the body and heart is so essential and how we can start doing that, is what I will explain in Chapter 5 of Part 1.

**First: *declarative or working memory.***

This memory works to recall facts, data, or events that are important moment by moment for everyday tasks. For example, I go to the store on the corner. I know that I need bananas, blueberries, yogurt and chia seeds. It is not a big list and so I commit it to memory.

This working memory is on the surface of our conscious awareness. It is relatively easy to adjust or self-regulate compared with other types of memories.

### **Second: *emotional memory.***

This memory is much further away from the realm of conscious awareness. When suddenly we get into a really intense, heated argument and blame another person- this is an emotional memory playing out and interfering with our current stream of awareness and our relationship. Something from the past is registered in the body and tagged with a powerful emotional memory. For example, a memory of your mother always being mad at you, or your father always controlling what you did then triggers you to become very defensive towards friends or partners whenever you feel the threat of being controlled in a similar way.

Emotions, especially fear, anger or sadness are very powerful. Simply to see somebody who reminds us of a person from our past may evoke great sorrow or joy.

Emotional memory is associated with trauma. When a person experiences a traumatic event, adrenaline rushes through the body and the memory is imprinted into the amygdala, a part of the limbic system. The limbic system is that area in the brain which is involved in our behavioural and emotional responses, especially concerning survival such as feeding, reproduction and caring for our young, and the stress response. The amygdala holds the emotional significance of the event, including the intensity and impulse of emotion.

### **Third: *episodic or autobiographical memory.***

This is the memory of defining moments in life. Episodic memories cause you to drift back to a time and place where you experienced an event that caused a paradigm shift. When you realized math is what you want to study, or when you fell in love with music and decided to become a musician. In my case I had a moment of great relief when suddenly after meeting the right meditation teacher, I realized meditation was the answer to healing my past traumas. Such experiences have a lot to do with how our life progresses.

Episodic memories shape our mindset because of the meaning we chose to attach to the events we experienced, such as feeling forced to choose attachment over authenticity as I presented earlier. Episodic memories can be associated with moments of high stress causing escalation to a traumatic experience and the imprinting of that memory into the amygdala which then holds the emotional significance of the event.

If you experienced fear or shame for example on handing in late a work assignment, you might anticipate the same fear and shame when given future work assignments. This will cause your body to be anxious prior to the event even if you are well prepared.

### **Fourth: *procedural memory.***

Procedural memories are much deeper than emotional memories. Procedural memories are concerned with motor skills and learning. Your body takes your physical motor learning experiences and saves it as a memory. It does not work if it is conceptual and not experiential.

For example, the first time a child gets on a bicycle, the training of motor skills is imprinted in the brain. Once saved and trained, memories of this moment are retained, even years later.

But if all you had available was a book on biking, you would not be able to learn this skill because your body would lack the experience of the memory of the movements necessary to learn.

This is a simple explanation of procedural memory but is more complicated than learning to ride a bicycle.

Much like emotional memory, procedural memory involves the amygdala holding the emotional significance of the traumatic event, including the intensity and impulse of

emotion. However, it is much deeper to access as it is not in one's conscious awareness and most often is deeply repressed until one accidentally encounters an experience to which the body suddenly recognizes and responds.

For example, a rape victim may have forgotten the attack; but an unknowing walk in the same location may suddenly trigger memories of the event, hidden from her conscious awareness for many years. Her chest may become constricted and breathing becomes difficult. The memory in her body has been revived by walking into the same location.

As we saw on examining the different types of memories, unless one enters a deep introspective journey, and regains connection with one's body, it is challenging to understand why one reacts to stressful events in unhealthy ways. When faced with an experience of strong mental or emotional strain in childhood and teenage years, that experience is painful and one's conscious awareness is detached from one's body. However that experience is stored in the body as memories in order to remind you not to experience the same painful emotions again. And when something similar happens today, the body responds accordingly.

This is how memories impact our decisions in times of stress. How we respond to stress is not random. We do not choose to be angry, sad or bitter, but these feelings come from deep inside us, from childhood experiences. Deep inside our body lies our suppressed emotions which respond either in fear or from a place of love and acceptance. Trauma impairs our ability to respond from our core in moments of stress.

What we will talk about in the next chapter is how your disconnection with yourself -'the block' created by suppressing your authenticity in order to survive and form safe attachments in the world, has created an internal stress- emotional strain resulting in several unhealthy tendencies or what some call adaptive behaviors as a coping mechanism to the trauma.

End of Chapter 3-----

Thank you for downloading and reading chapter 3 of my book-The Timeout Effect.

My name is Diana Winter, I am a Health Coach. In my almost 10 year in the medical field, I noticed one important thing. **Stress wasn't the problem.**

You see...

**Everyone wants..** a meaningful life that makes you feel calm and happy with who you are becoming.

**The problem is..** that you continuously experience hidden blocks and it makes you behave counterproductive causing you to feel stressed, anxious and frustrated.

I got tired of seeing people getting wiped out by these blocks and developed a process in which **you can experience a meaningful life and actually feel calm and happy with who you are becoming.**

To experience this, simply:

1. [Order](#) and read my book "The Timeout Effect" so you can learn how to clear the block.
2. Enroll in [my 21 day meditation course](#) so you can start doing the work of clearing the block.
3. Send me an Email at [diana@thetimeouteffect.com](mailto:diana@thetimeouteffect.com) telling me how your life was transformed through the program.

**If you do...** you will be amazed at how calm and happy you feel and about who you have become.

Don't let the block continue to cause unnecessary suffering in your life.

[Order The Timeout Effect today!](#)

