

# Pathwork Lecture 89

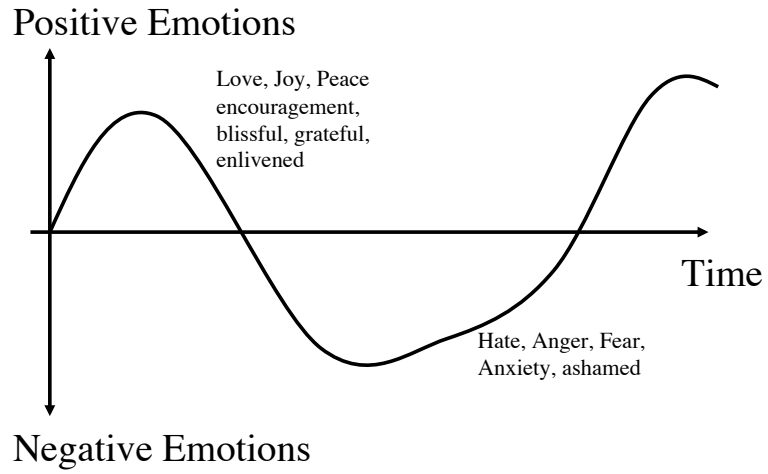
## Emotional Growth and Its Function

February 2008  
Gary Vollbracht

### Meeting Needs in Life

- Growing up, each of us developed strategies to
  - Get needs met
  - Avoid negative emotions
  - Cultivate positive emotions
- Some of these strategies worked, some only made matters worse -- at least over the long haul
  - And we were usually unconscious about all of this
- ***The purpose of Pathwork emotional work is to reclaim our emotional life and allow us to evolve to more sustainable positive emotional states in a healthy organic way***

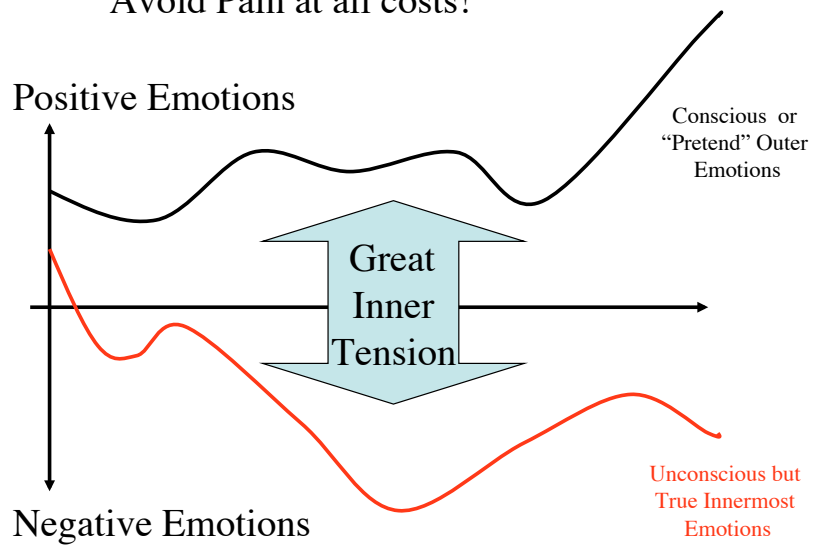
# Emotional Swings



3

# Idealizing Emotions

Go for Pleasure 24/7  
Avoid Pain at all costs!



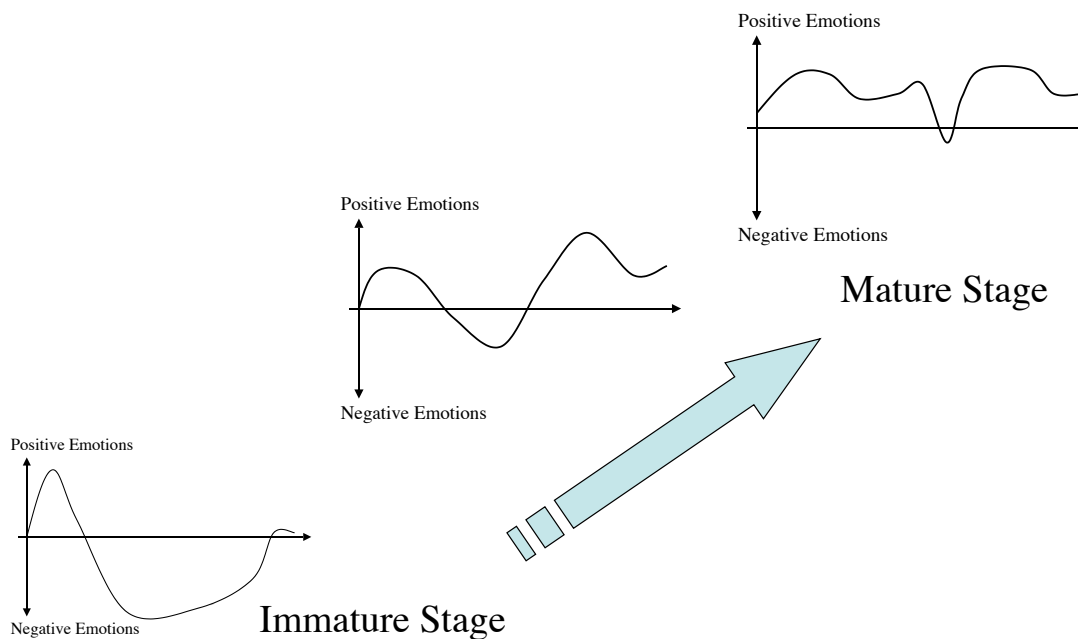
4

# Dealing With Negative Emotions

<i>Option</i>	<i>Strategy</i>	<i>Result</i>
#1	<ul style="list-style-type: none"> <li>• Act out (e.g., temper tantrum, rebellion)</li> </ul>	Punished, Rejected, Pain for others and self -- poor solution
#2	<ul style="list-style-type: none"> <li>• Repress</li> <li>• don Mask (i.e., comply with authority, culture)</li> </ul>	Short term relief, Long term even more pain and isolation, no self-learning or emotional evolution -- a pseudo solution that does not work over the long haul
#3	<ul style="list-style-type: none"> <li>• Sublimate (via art, sports, etc.)</li> </ul>	Lesser evil, but leads to repression, no self-learning, no emotional evolution
#4	<ul style="list-style-type: none"> <li>• Process FEEL true inner negative emotions fully in a safe environment</li> </ul>	<ul style="list-style-type: none"> <li>• Emotion passes through safely -- no harm to self or others</li> <li>• <b>Learn</b> about self "Who am I?" Why?</li> <li>• Immature negative emotions <b>evolve</b> to positive emotions</li> </ul>

5

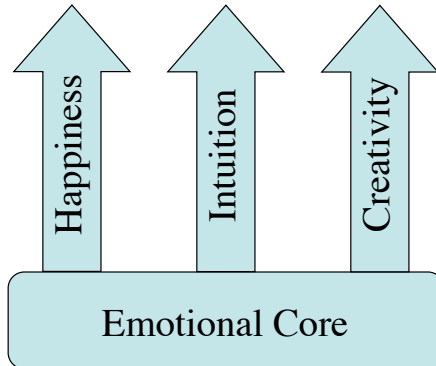
# Emotional Maturation and Growth



6

# Why Bother To Work On Emotions?

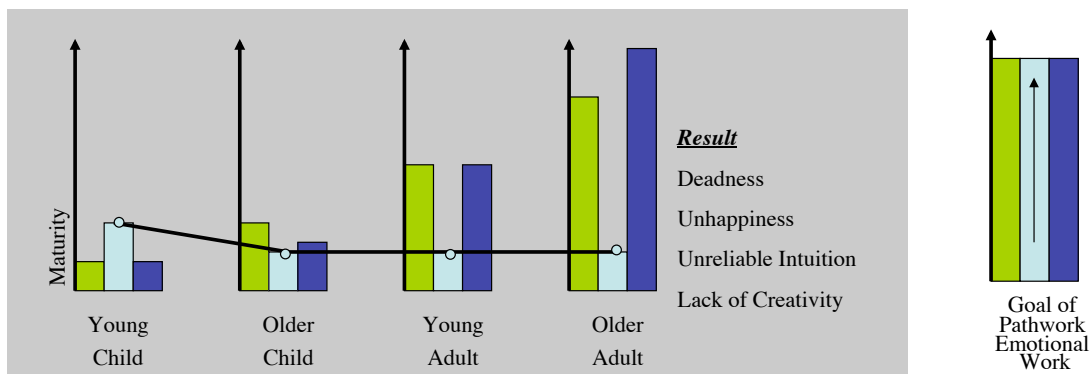
- Our emotional core, not our mind, is the foundation to EXPERIENCING LIFE -- To giving and receiving happiness
- Our Emotional core, not our mind, is key to accessing our trustworthy intuition, our inner truth
- Our emotional core, not our mind, energizes our creativity



7

Typically While Growing Up, Our Emotional Core Does Not Develop Due to Resistance and Pressure from our Culture

- Physical Maturity
- Emotional Maturity
- Mental Maturity



8