

# The Constructive Post-Episode



Emotional Balance Bootcamp

Bonus Training

When a **destructive** emotion has already happened, can we still do anything to transform that episode into **constructive**?



**When does an emotion end?**



# An emotion does not end when the event ends.

Emotions leave an *impact* on you and the world around you.



The *impact* is what most  
defines an emotion as  
**Constructive or Destructive...**

We're talking about the Post-Condition (in the Post-Episode)!



If we work on the Post Condition  
and make it **Constructive**, we can  
turn around a **Destructive**  
emotional episode!

*Yes, even the most destructive ones...*



# An emotion doesn't even end when the emotion ends...

Otherwise, trauma wouldn't exist.



**If the emotion is not processed,  
released, and transformed, it  
will get stuck...**

And we will get stuck *in it*.





# Rumination



To chew repeatedly for an extended period;  
To chew again what has been chewed slightly and swallowed: chew the cud.



# Rumination



*Psychology.* excessive, repetitive thinking focused on the same, usually negative, idea or theme: characteristic of some obsessive-compulsive and anxiety disorders.



**Rumination is your stuck emotions asking for processing, healing, and release... but being met with resistance instead.**

So, we enter in the cycle of dysregulation...



**Emotions don't get stuck in the triggering event. They get stuck when they're not processed *after* the event.**

Trauma happens in the Post-Episode.



**Trauma happens in the  
Post-Episode.**



The Post Episode is the  
difference between  
**Post Traumatic Stress** and  
**Post Traumatic Growth.**



When a **destructive** emotion has already happened, can we still do anything to transform that episode into **constructive**?



# YES!

We can act in the **post-condition**,  
not only to **undo** any damage  
caused, but also to **learn** from it and  
even use it to **heal** and **thrive!**





# The Destructive Post-Episode

The 6 R's to Post Traumatic Stress



# The 6 R's of the Destructive Post-Episode

- 1: **R**esist
- 2: **R**egret
- 3: **R**uminant
- 4: **R**uminant
- 5: **R**uminant
- 6: **R**uminant



# The 6 R's of the Destructive Post-Episode

- 1: **R**esist
- 2: **R**egret
- 3: **R**uminating
- 4: **R**eact
- 5: **R**uin
- 6: **R**epeat



Rumination is a *sign* you have  
stuck emotions...

And an *opportunity* to get  
unstuck!



# The Constructive Post-Episode

The 6 R's method for Post Traumatic Growth



# Step 1:

# Recognize

Transformation always begins with **awareness**.

Simply bring awareness to the emotional episode you just had and recognize it for what it was. Recognize how you're feeling now, and also the consequences it may have had.

*Example: "I just lashed out in anger and said words that hurt my partner."*

Note: the Post-Episode assumes you're not in the situation anymore.



# The 6 R's of the Constructive Post-Episode

**1: Recognize**



# Step 2:

# Resolve

Set the **intention** with which you will engage with this emotional episode.

- Recall your **deepest aspiration**, connect to it, and let it be the force guiding you.
- Take **accountability** for your emotion and **ownership** of its consequences, and **affirm** your intention of making it constructive by working on the post-episode.
- This step is essential as it will set you up to deal with this episode from a place of **self-compassion** and **avoid reactive reactions** such as self-judgement and rumination.

*Example: “I will work with this episode to restore my inner balance, heal damaged relationships and use it grow and become a better person.”*





# The 6 R's of the Constructive Post-Episode

1: Recognize

2: **Resolve**



# Step 3:

# Regulate

Before doing anything else, you need to recover your own inner balance. Then you'll be able to act from a place of **love**, **wisdom**, and **clarity**.

You're likely still dysregulated and activated (in the RP) at this point about the original episode. You can apply self-regulation techniques to bring yourself back to balance and regain control and discernment.

*Example: Use techniques like Grounding, Resourcing, Nurturing, the Wise Break, and all the techniques taught in EBB.*



# The 6 R's of the Constructive Post-Episode

1: Recognize

2: Resolve

3: **Regulate**



# Step 4:

# Review

Bring awareness to the emotional episode to understand how the emotion happened, why, and what made it destructive. Use the model and map it out.

This process provides powerful insights into your emotion and trigger, which you can use in the next steps to turn your destructive emotions into fuel for healing & growth.

Review can be analytical or experiential, preferably both.

*Example: "Trigger: my partner didn't take out the trash. State: irritated, tense in my body and chest, mind racing and thoughts about how he never listens to me. Behavior: yelled that they don't care about me and I might as well be alone. Consequences: they were hurt and left the room without saying more, damaging the relationship."*



# The 6 R's of the Constructive Post-Episode

1: Recognize

2: Resolve

3: Regulate

4: **Review**



# Step 5: Repair

With **compassion** and to the **best of your possibilities**, undo any wrong caused.

**Remedy:** try to repair any damage you caused or make up for it; in some cases, there is nothing you can do except to take accountability, vow to improve and do the work.

**Reconcile:** heal relationship ruptures and wounds caused in others through honesty, vulnerability, sincere apologizing, and mutual understanding. It is even possible to make relationships stronger. Important: this requires both parts to work together.

*Example: “I’m sorry I said that, I was emotional and unable to think clearly this time. I truly love you and don’t want to hurt you. If you wish, I can share why I was triggered and we can work together.”*



# The 6 R's of the Constructive Post-Episode

1: Recognize

2: Resolve

3: Regulate

4: Review

5: **Repair**



# Step 6:

# Rebound

Use this emotional episode to improve, heal, and cultivate even more balance than before, **transforming adversity into the path.**

**Reinforce:** strengthen your motivation and commitment to the work by reflecting on both the negative consequences *and* your potential for good (celebrate your progress).

**Resort:** apply the techniques for transformation you know with this emotion/trigger so that you can do better next time, heal and balance the unbalanced patterns that caused it, and create profound, lasting transformation.

*Example: practice emotional awareness, blended states, RAIN, rewiring triggers, inner-child work, shadow work, ...*





# The 6 R's of the Constructive Post-Episode

1: Recognize

2: Resolve

3: Regulate

4: Review

5: Repair

6: **Rebound**



# The 6 R's of the Constructive Post-Episode

## 0. Inner Safety

1: Recognize → Emotional Awareness

2: Resolve → Inner Leadership

3: Regulate → Inner Safety

4: Review → Emotional Awareness

5: Repair → Inner Leadership

6: Rebound → Inner Leadership



# The Constructive Post-Episode

## 6 R's of Constructive Post-Episode

- 1: **R**ecognize
- 2: **R**esolve
- 3: **R**egulate
- 4: **R**eview
- 5: **R**epair
- 6: **R**ebound

## 6 R's of Destructive Post-Episode

- 1: **R**esist
- 2: **R**egret
- 3: **R**uminate
- 4: **R**eact
- 5: **R**uin
- 6: **R**epeat



**Time to Practice!**

