

Surrogate Emotions

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Abstract

Many of us carry other peoples emotions usually without our awareness. Learn how to identify the emotion, where it is affecting you, who you picked it up from and how to release it.

Most people, to a certain extent, take on, or Surrogate for, the emotions or problems of others. The less sense of self we have the harder it is to define which are our own issues and which belong to someone else. Also the more dysfunctional the background of a person the more likely they are to have a problem in this area. This ties into co-dependency and boundary issues.

Reasons for carrying others could be to save facing their own emotions, keeping too busy to deal with their own issues. They may feel obligated to, being unbalanced in empathy or feeling overly responsible. It may also be that these emotions were dumped on them by either dysfunctional family members or an abuser as described in the book *Repressed Memories* by Renee Frederickson, "... guilt, rage and shame are dumped by the offender and absorbed by the vulnerable victim. The offender is relieved while the victim feels guilty, rageful and ashamed.

Taken to an extreme a person loaded down not only with their own baggage but also with other peoples baggage eventually may become immobilized. Feeling obligated to take on others loads and unable to do so they will draw away and isolate themselves. Giving the load back where it belongs unburdens the person to move forward. It also enables a person to be of true help to others, not by taking over their responsibility but by being a support to them. This brings us back to the much quoted illustration, give a person a fish and you feed them for a day, teach them how to fish and they will be fed for a lifetime.

If given a job of cleaning out a closet packed high with junk, where do you start? Identifying and giving back the stuff that doesn't even belong to you quickly helps you get the problem under control. The job may not be as overwhelming as you expected it to be.

By identifying and releasing these surrogate emotions you quickly become more focused. It teaches you how to let go of others destructive behaviour and set up boundaries. You clear co-dependency tendencies and can better understand your relationships with others.

When this technique comes up on the menu during a balance find the emotion using any list available. The most commonly used are the 5 Element Emotion Chart, Behavioural Barometer or Biokinesiology words. For those using the PKP Chart it comes up under Surrogate Mode (EM finger into palm).

Next find where the emotion is affecting you. When Fred Ybarra was originally using this technique he pulled the emotions only from the heart. Through research done by both Faye Bryant and myself we found the need to expand this to identify more specifically either an organ, gland or system.

Find out whose emotion you are carrying. Commonly those you are closest to and in some degree enmeshed with come up here. Ones who may have dumped negative emotions on you will also come up.

Visualize pulling the emotion out. Even ones who normally have a hard time visualizing seem to be able to do this. As a person gets clearer the visualization gets clearer as well. We aim for pulling out a rope or cord symbolizing the stuck emotion. This can be fun. As a persons imagination gets going they could end up seeing the emotions releasing in a number of ways (eg. sludge, slime, blocks, chains, bugs etc.). A sense of the enormity of the burden they are carrying could show up symbolically with the cord filling a whole room, a dump truck, freight train load or half the world. With extreme enmeshment it may be hard to let go. Some find they are afraid to.

When this happens other help may be necessary to release the emotions. One very effective way is by using essential oils on the area the emotion is stuck.

Visualize giving the emotion back. In giving it back you are letting them take their own responsibility. Some take great pleasure in giving these emotions back while others may have a difficult time. Some difficulty in giving it back may be experienced when the client feels the person they have to give it back to is unable to cope with their problems. Get them to reason. How is your feeling the burden helping them? Isn't it more beneficial to free yourself from the burden and teach them to do the same if they wish to help out in a beneficial positive way. A person may have fear related to giving the emotions back especially to a perpetrator who had dumped the emotions on them. In conquering this fear they take their power back and break free from the victim mode.

Reference:

1. Frederickson, Renee, *Repressed Memories*, 1992.

Method:

By using muscle checking:

1. Find the emotion: 5 Element Emotional Chart
Behavioral Barometer
Biokinesiology Emotions
Other source
2. Find where it is:
Organ: heart, bladder, gall bladder, kidney, liver, lung, spleen, stomach
Gland: adrenals, hypothalamus, lacrimal, langerham, lymph, ovaries, parathyroid, parotid, pineal, pituitary, prostate thymus, thyroid
System: circulatory, digestive, elimination, respiratory, reproductive, nervous, endocrine, immune
3. Find out whose emotion it is:
Mother, father, spouse, aunt, uncle, grandmother, grandfather, brother, sister, friend (male/female), etc.
4. Visualize pulling this emotion out. Feel yourself releasing it.
5. Visualize giving it back to the person