



In-Depth Intervention

**Treating Intrusive Thoughts and the
Inner Critical Voice**

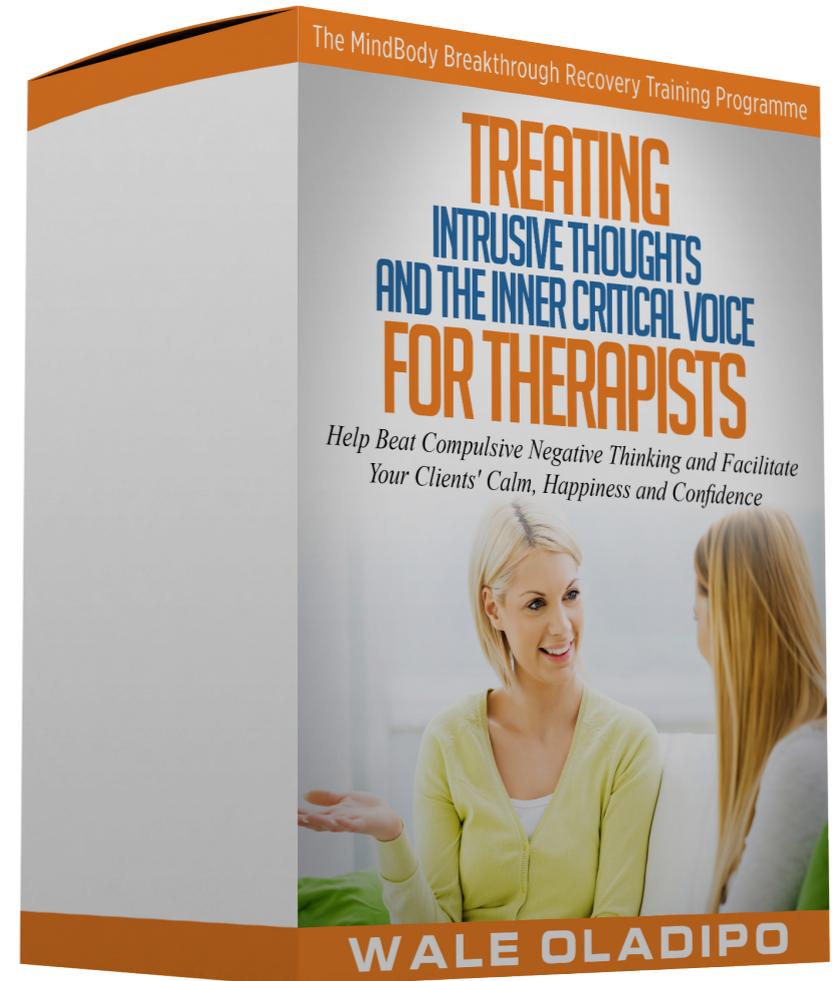
With

Wale Oladipo

www.mindbodybreakthrough.net

Course Contents

- **Basic Understanding:**
 - ❖ Understanding the Intrusive thoughts and inner critical voice
 - ❖ Implicated regions of the brain
 - ❖ Understanding the Structure of the Human Psyche As Related To the Inner Critical Voice and Intrusive Thoughts
- **13 Psychotherapeutic Steps To Transformation:**
- **Q & A Session**



Session 1

Basic Understanding and Brain Science of Recovery

What Is Intrusive Thought?

Intrusive thoughts are unwanted involuntary thoughts, images or ideas that are distressing, unsettling and generating huge anxiety in the process.



Types of Intrusive Thoughts

1. Inappropriate Sexual Thoughts

intrusive thoughts of "kissing, touching, intercourse, fondling, rape, etc. This could be directed to friends, coworkers, strangers, parents, children, family members, and animals, involving persons of any age.

2. Inappropriate Aggressive/Violent Thoughts

- urges to violently attack, hit, harm or kill a person, small child, or animal causing harm to elderly people.
- impulses to shout at or abuse someone, or attack and violently punish.
- imagining or wishing harm upon someone close to you.

3. Blasphemous Religious Thoughts

- repetitive and intrusive blasphemous thoughts
- sexual thoughts about God, saints, and religious figures
- thoughts of being possessed
- bad thoughts or images during prayer or meditation
- fears of sinning or breaking a religious law or performing a ritual incorrectly
- fears of omitting prayers or reciting them incorrectly
- urges or impulses to say blasphemous words or commit blasphemous acts during religious services.

4. The Inner Critical Voice

What is the inner critical voice?

The inner critic, or the critical inner voice, is the inner-chatterbox that relentlessly attacks a person's mind, causing shame, guilt, anxiety and stress.



The inner critics are often the psychic representations (inner perpetuation) of our past traumatic experiences.

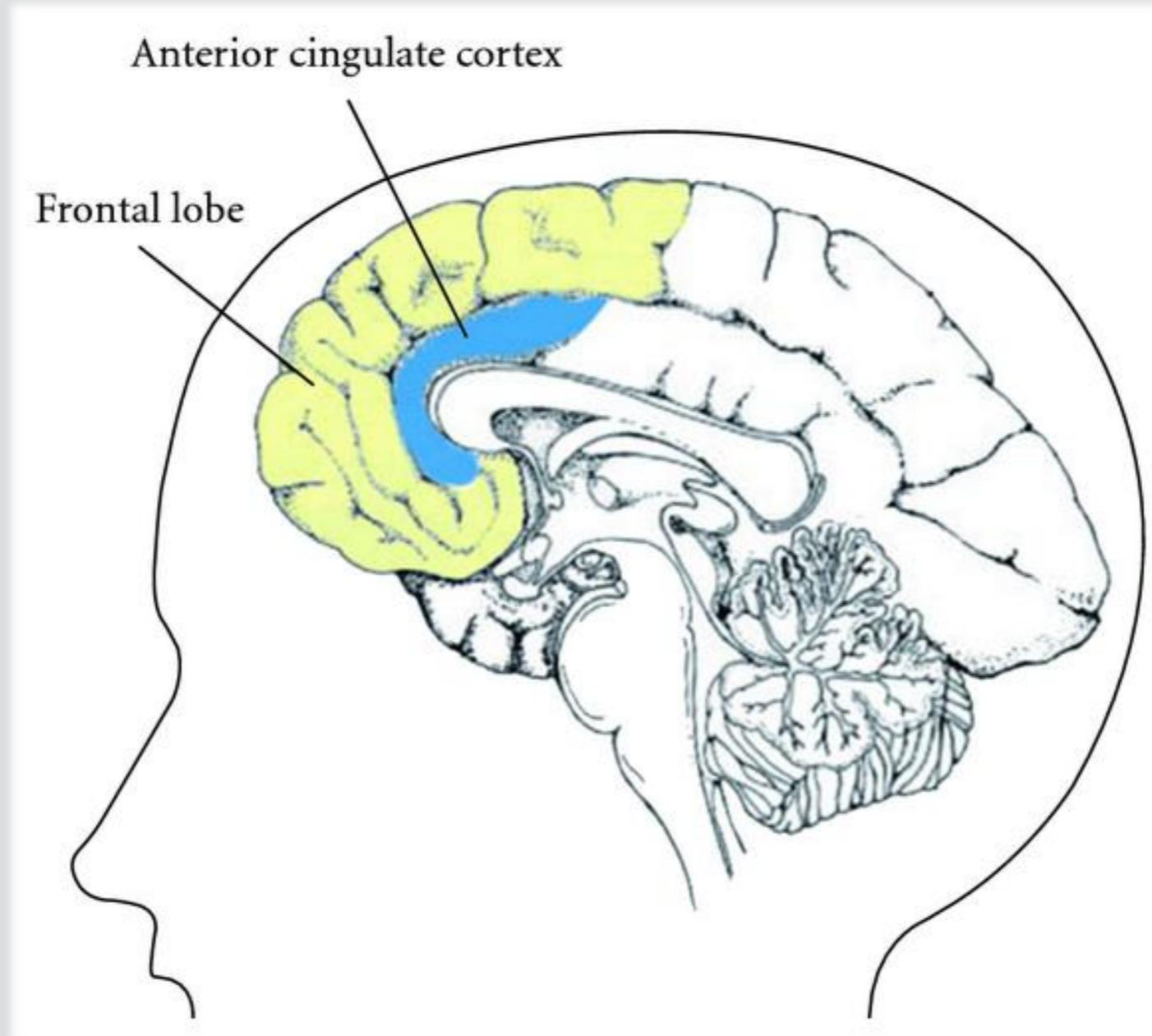
The Region of the Brain Involved in Intrusive Thoughts

Anterior Cingulate Gyrus (ACG): Functions, Issues and Recommendations

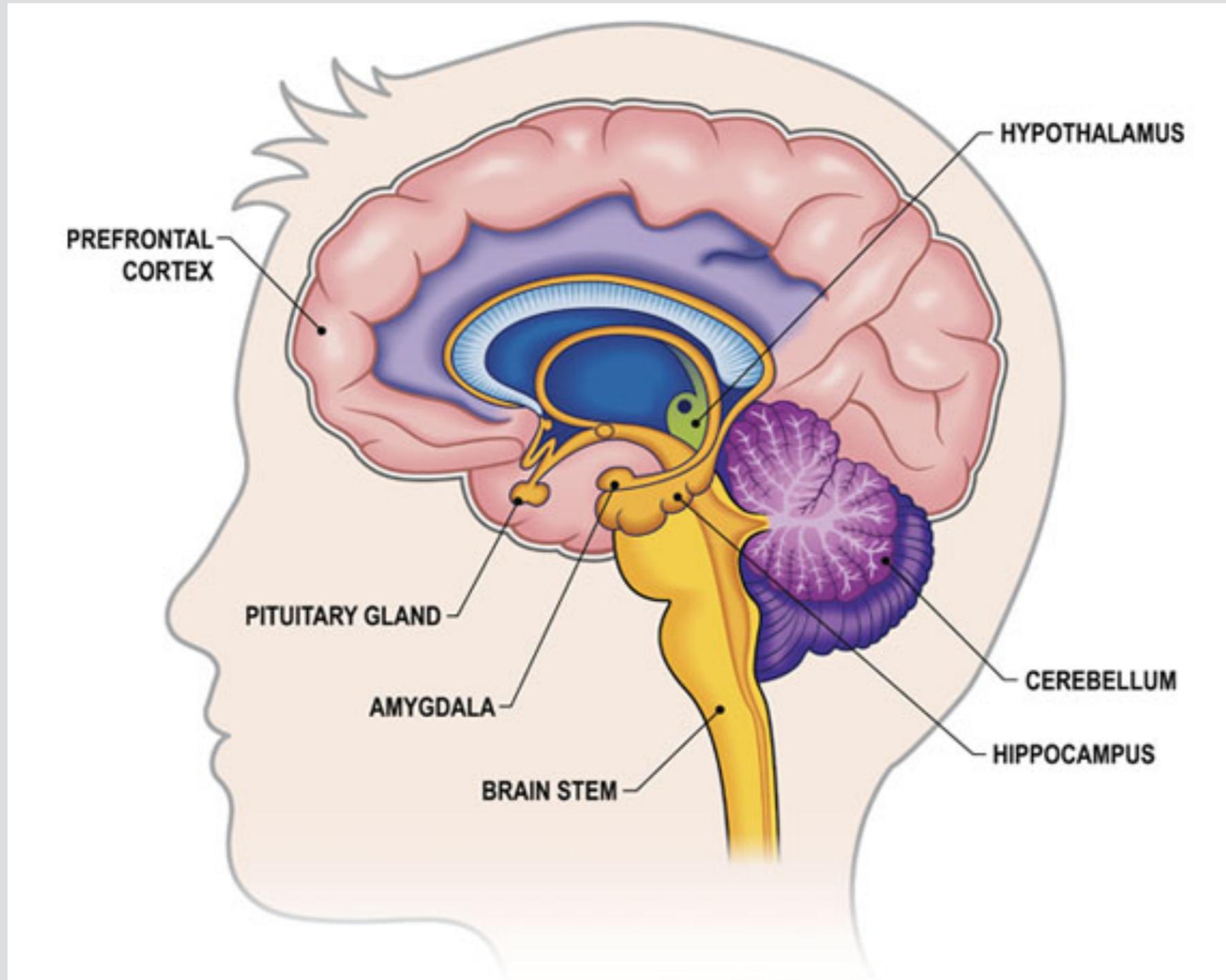
(McGovern RA & Sheth SA, 2017)

Anterior Cingulate Gyrus (ACG)

This is the region of the brain known as the gear-shifter. It is involved in cognitive flexibility, self-sensing and consciousness



(McGovern RA and Sheith SA, 2017)



Hypo-activation of the PFC and insufficient top-down control found in anxiety disorders:

Ball, T.M. et al., 2012; Goldin et al., 2009; Etkin et al., 2006; Lee et al., 2012

Session 2

In-Depth Understanding

Understanding the Structure of the Human Psyche As Related To Intrusive Thoughts & Inner Critical Voice

3 Vital Elements of the Human Psyche

1. The Emotional Brain

2. Negative Emotions

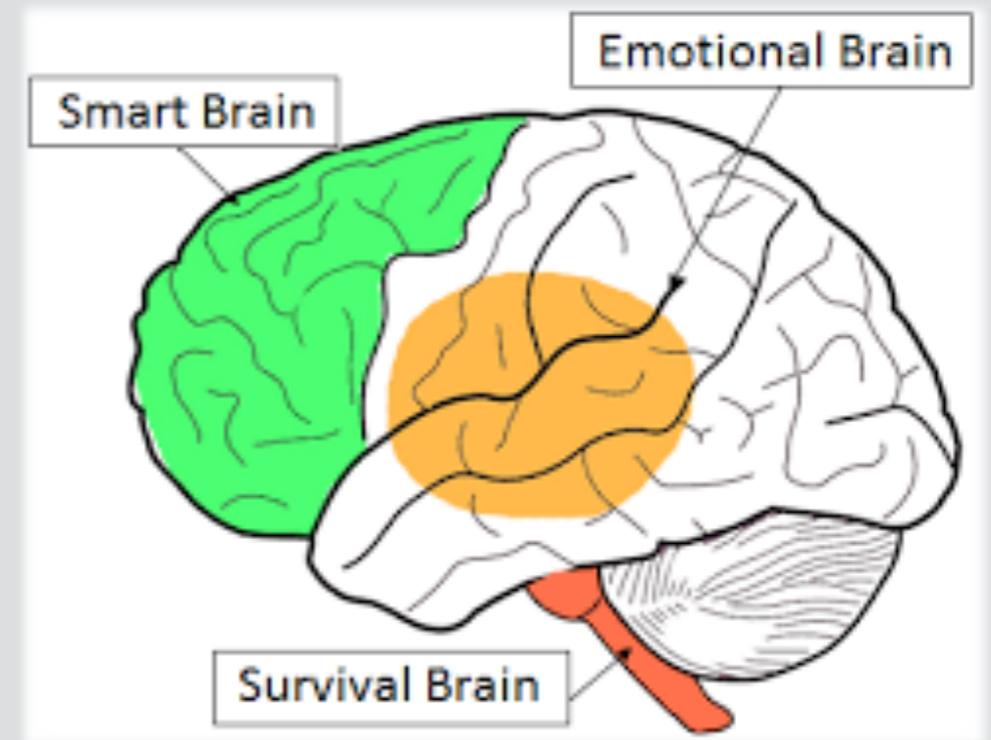
3. The Self



3 Vital Elements of the Human Psyche

1. The Emotional Brain

- This is the part of the human psyche that is responsible for protecting you from pain.
- The Emotional Brain is referred to as the **Main Protector** of the psyche.



The Emotional Brain (the main protector) protects your psyche from pain by deploying two other elements:

A. Defence Mechanism

B. Outlet

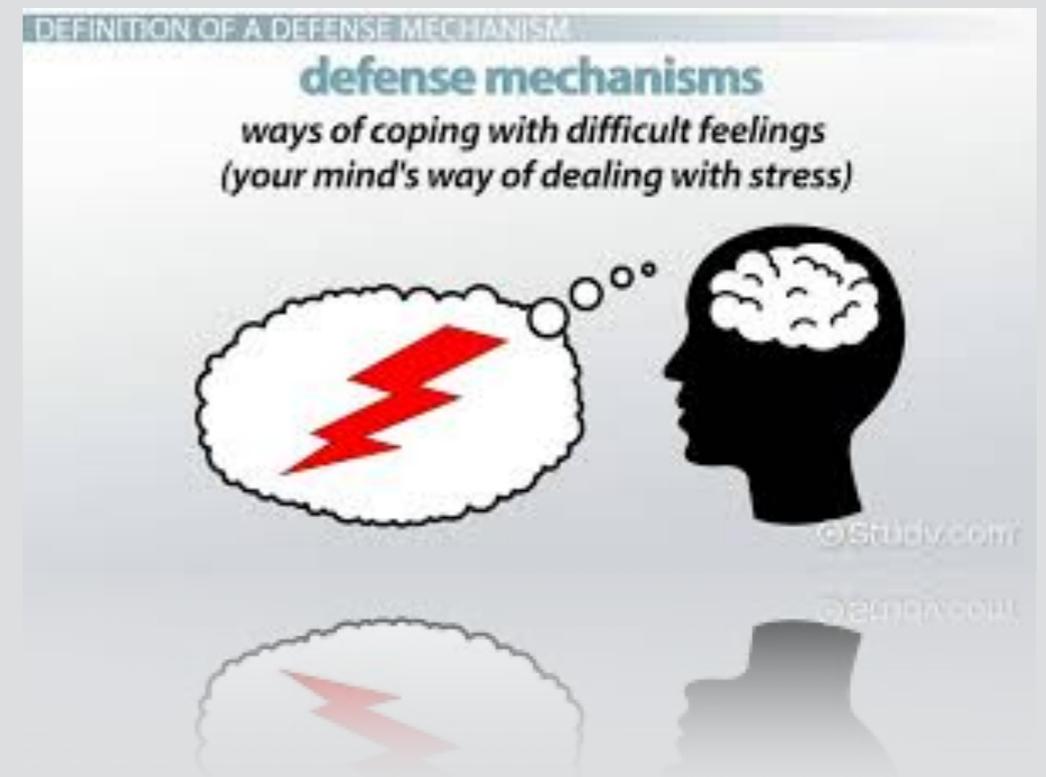


These two elements are called Sub-Protectors:

A. What are Defence Mechanisms?

Defence mechanisms are coping techniques initiated unconsciously to reduce potentially harmful impulses or anxieties.

Examples; regression, confusion, repression, excessive drinking, substance abuse, addictions, workaholism, social withdrawal, avoidance of intimacy, superiority complex, over-pleasing others, etc.



B. What are Outlets?

- **Outlets are many anxiety-related disorders that we have today.**

Examples: Panic disorders, specific phobias, obsessive compulsive disorder (OCD), generalised anxiety disorder (GAD), social anxiety disorder (SAD), post-traumatic stress disorder (PTSD), various types of depressive episodes, intrusive thoughts, inner critical voice and other anxiety-related conditions.

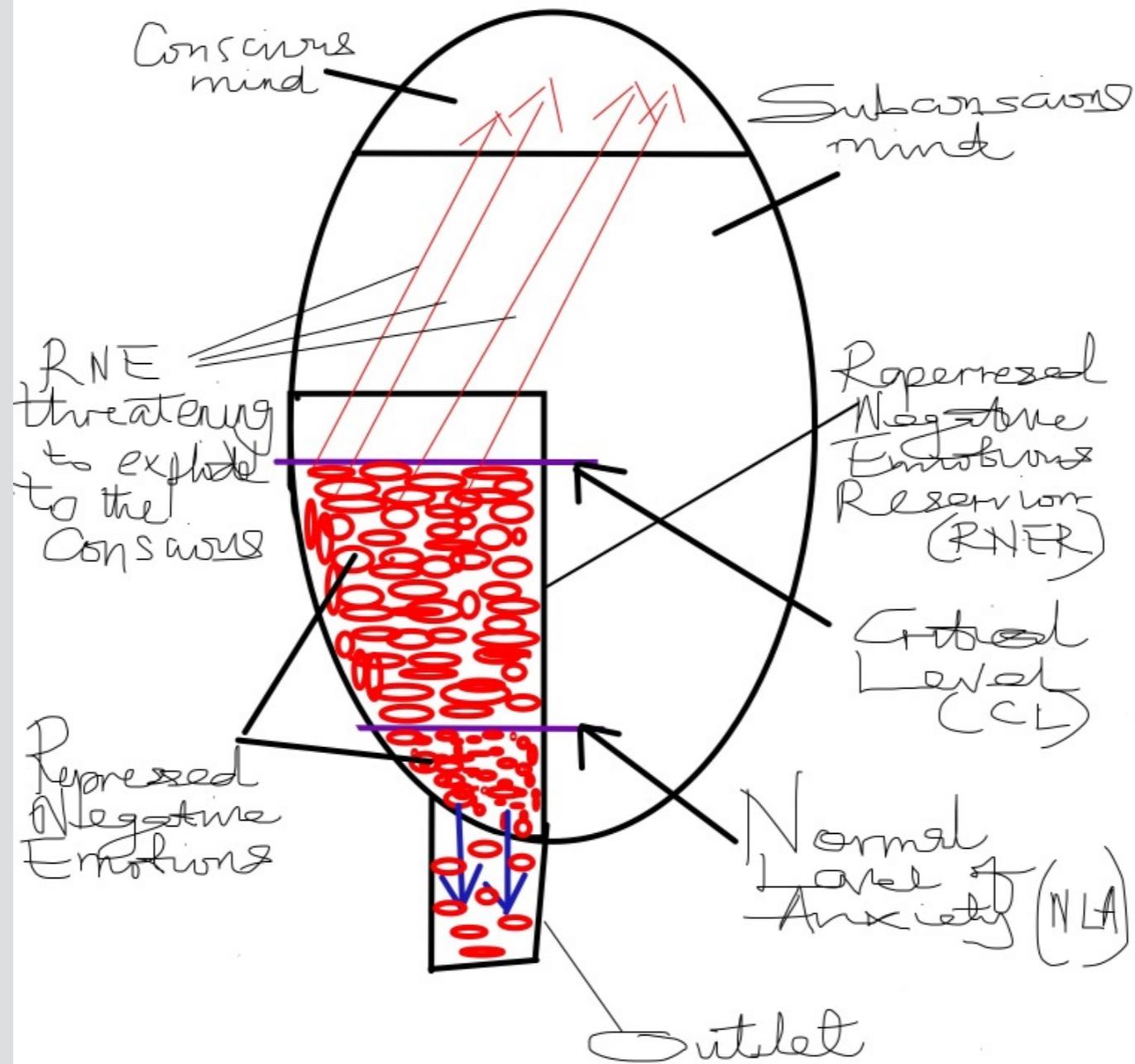


How Outlets Are Generated

- To maintain sanity, repressed negative emotions in the subconscious mind must not explode into the conscious mind.
- The emotional brain (the main protector) must find a way to reduce the level of your repressed negative emotions in the subconscious.
- The emotional brain achieves this by generating outlets where repressed negative emotions can be diverted and expressed.
- These outlets are various anxiety-related disorders, including intrusive thoughts and the inner critical voice.



In-depth Anxiety & the Psyche



3 Vital Elements of the Human Psyche

2. Negative Emotions

Negative emotions are the emotional pains generated from distressing experiences of your past or present which still remain unprocessed.

A. Each negative emotion represents a part of your psyche that is either in pain from the **past** due to a certain distressing experience or in pain in the **present** moment as a result of the distressing situations you are currently going through.



B. It is these repressed negative emotions that the main protector (your emotional brain) is trying to protect you from.

D. Repressed negative emotions are referred to as the **Exiles-in-Pain**. The pain that each exile-in-pain carries is referred to as **Burden**.

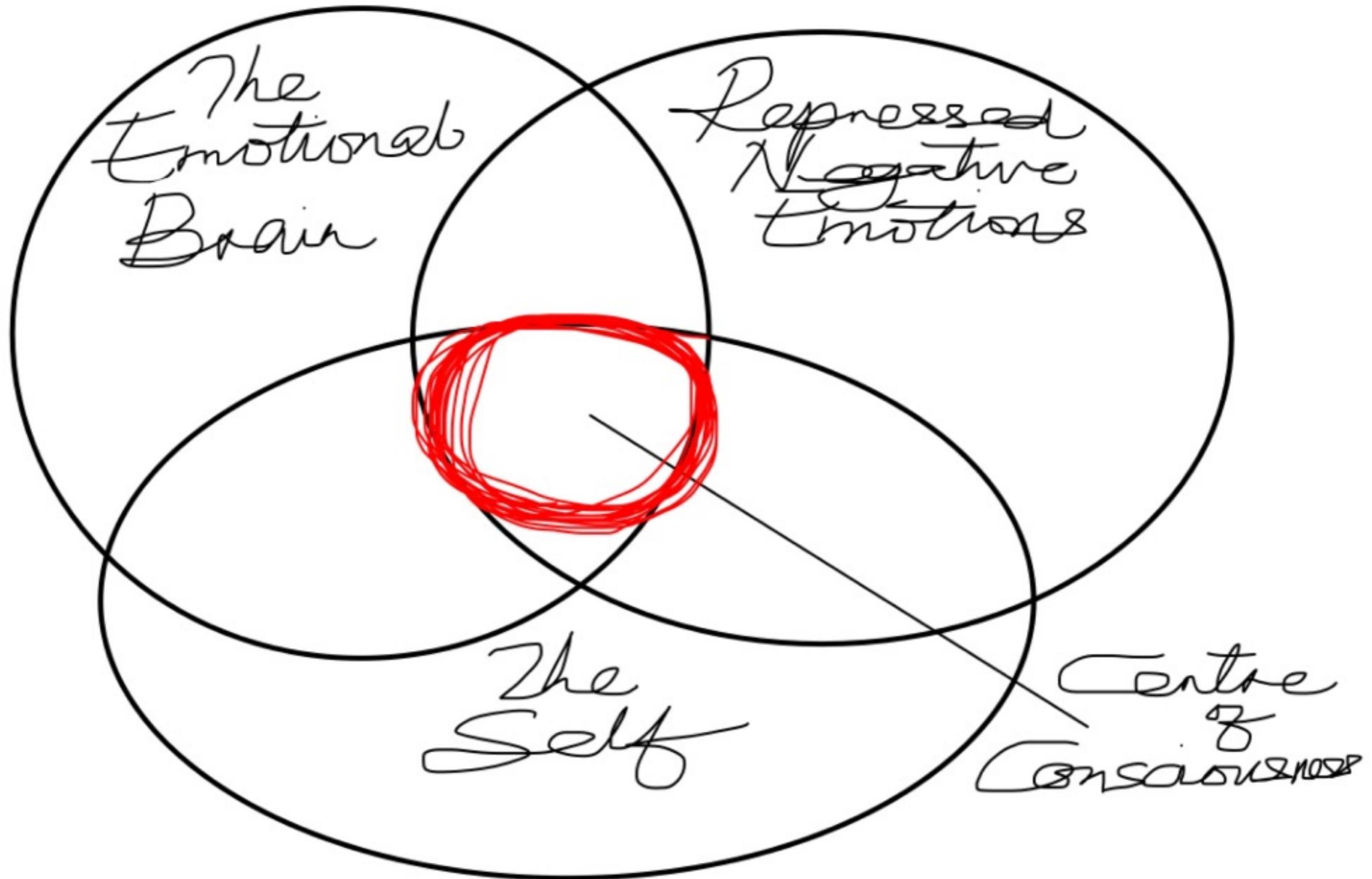
3 Vital Elements of the Human Psyche

3. The Self

- This is your true **Self** that, if connected with, has enormous ability to heal and eliminate the burdens that other elements of the psyche carry.
- The **Self** is calm, grounded, compassionate, undisturbed and is not frightened by events. When you are in **Self**, you are relaxed, loving, open, unmoved and accepting of yourself and others.
- The **Self** is the natural leader within the elements of the psyche.



3 Elements of the Psyche



Session 3

13 Therapeutic Steps To Transformation

Step #1:

Identify the Outlet You Want to Start Working on.

- Pick out one issue that you want to work on.
- What is the most disturbing issue at the moment?
- The issue that you choose to focus on is known as your ***Target Outlet.***



Step #2: Access the Outlet

1. Start with a simple relaxation exercise. Breathe in and out five times.
2. Now, activate your imagination.
3. Use your ***internal channels*** to access the outlet as much as possible:

Internal Channels:

feeling

body sensation

images

internal voices

intuitive knowing



Key Questions On Accessing the Outlet

1. What does it look like?
2. What does it feel like emotionally?
3. What does it seem to say to you often?
4. How does it make you behave?
5. What do you think it wants from you?



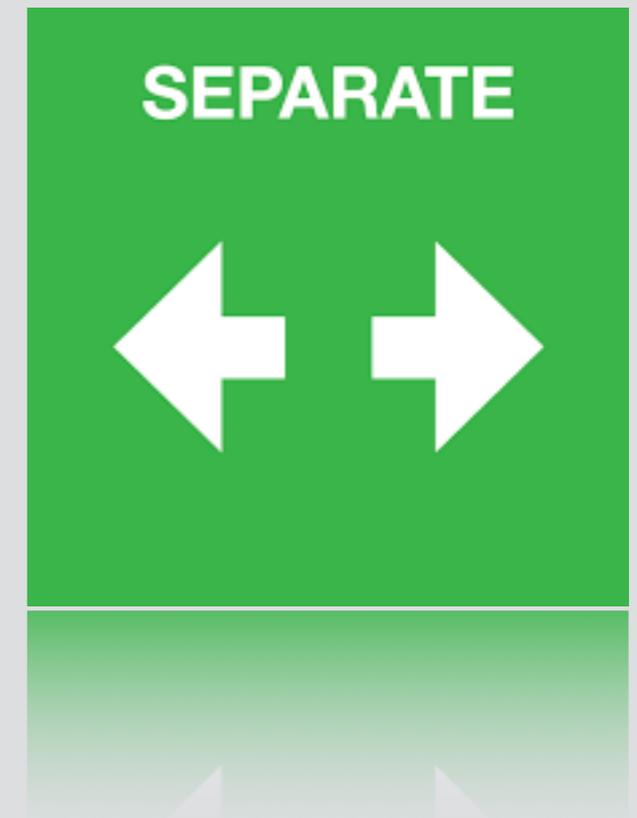
- As you get to know your target outlet more, the picture will become clearer.

Step #3: Separate from the Outlet

★ Un-blend

★ Connect to the Self

★ Stay in the centre of consciousness



4 Ways to Separate from Your Target Outlet

1. Ask the outlet to separate from you.
2. Imagine yourself moving into Self.
3. Create a visual image of the outlet as a separate entity.
4. Relax your way into separation with the outlet.

How To Know If Your Target Outlet Has Blended With You Again

1. You start thinking or speaking as the outlet itself.
2. When you are feeling the full-blown emotions of the outlet.

Step #4: Find Out About Your Target Outlet's Intention or Role

Questions to ask:

- What are your feelings?
- What are your concerns?
- What do you hope to achieve by playing this role?
- What are you afraid would occur if you did not carry out this role?
- What made you take on this role and when?
- What emotions are you afraid would come up if you stopped playing this role?



More On Finding Out the Outlet's Intentions

1. Ensure you understand its positive intention very well.
2. Understand that your target outlet is not against you.
3. End each session well.
 - Thank your target outlet for revealing more of itself to you.
 - Let it know that you will return at some point in the near future to work more on it.
 - Ask the outlet if it wants to say anything before you go.
 - Find out if you, yourself, want to say anything to the outlet.

Step #5:

Build a Trusting Relationship With the Target Outlet.

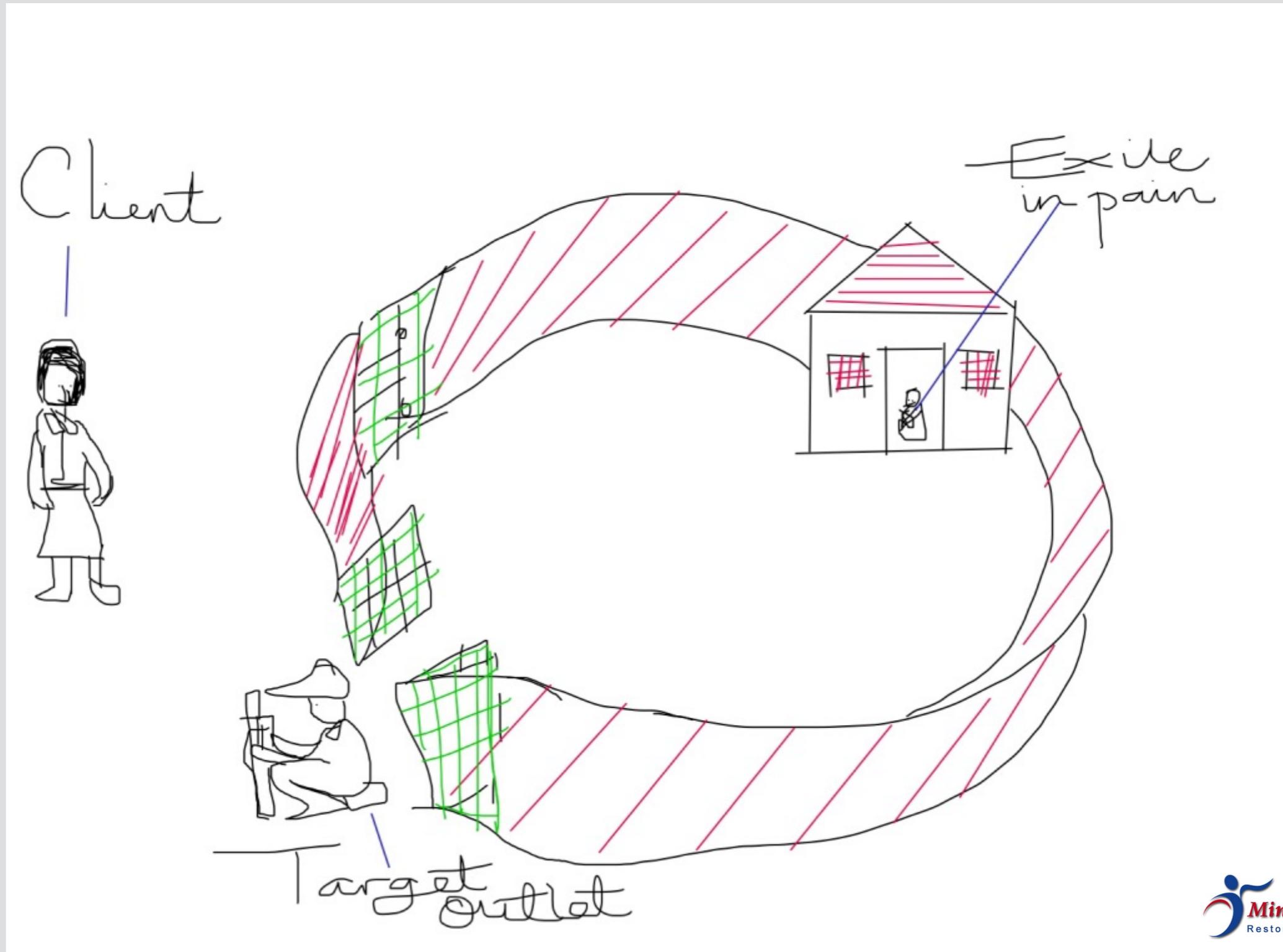
Use the following statements:

- I understand how hard you've been working.
- I really appreciate your concerns and effort.
- I appreciate all you have been trying to do for me through out my entire life.
- I now see how you contribute to my life.



Step #6:

Ask Permission From the Outlet to Work With Its Exile-In-Pain.



Having asked for permission, how do you know if the answer is YES?

- You know you've got a yes answer by sensing that your path to the exile-in-pain is wide open and clear.
- You may sense that a unique understanding of the exile-in-pain suddenly emerges in your conscious awareness.

How do you know if the answer is NO?

- If you feel that your path to the exile-in-pain has been blocked and there is no inner freedom to go ahead.



Then, what do you do?

- Firstly, reassure the target outlet that you are not going to move on without its positive consent.
- Secondly, ask the outlet what it's afraid would happen if it gave you the go-ahead to work with its exile-in-pain.

7 Common Fears of Target Outlets For Denying Permission To Work With their Exiles-In-Pain

- The exile-in-pain might be wounded again.
- A secret will be given away.
- Another deadly sub-protector will be triggered.
 - ☆ e.g, Back-up Warriors.
- The exile-in-pain's agony is too intense.
- The exile-in-pain can't be relieved of its pains.
- The exile-in-pain will be hurt by your own feelings or by others.
- Your recovery skills can't be trusted.

Session 4

Unburdening The Exile-In-Pain



Step #7: Get To Know the Exile-In-Pain

1. Access the exile-in-pain using your imagination.
2. Un-blend from the exile-in-pain.
3. Find out more about him/her.
4. Develop a trusting relationship with him/her.



Steps To Getting To Know The Exile-In-Pain

- Ensure you are in Self. The exile-in-pain needs to feel your calm, compassion, and confidence.
- Using your imagination, access the exile-in-pain as a compassionate helper.
- Ask the exile-in-pain not to overrun you with its hurtful emotions because you are there to help her.
- Use your power of imagination to visualise the exile-in-pain stepping back from you.
- Now visualise again that you are gradually moving close to the exile-in-pain in compassion.



Step #8: Find Out Where It All Began.

- One of the down sides of the human psyche is its capacity to freshly and subconsciously preserve the pains of our childhood and adulthood, as though they just happened.
- Before an exile-in-pain can be set free and healed, its cause or origin must be **recognised** and **witnessed**.
- For a human psyche to stay healthy, his past painful and distressing experiences must be adequately processed.



Accessing the Childhood Source of The Exile-In-Pain

Ask the exile-in-pain what caused his/her pain in the first place:

- ‘Show me what happened that made you feel this way when you were a child.’
- ‘Please show me an image or memory of how you ended up taking up this painful role.’



More On Accessing the Childhood Source of the Exile-In-Pain

- Make sure you are not the one trying to answer this question yourself.
- Ensure you have full access to the exile-in-pain before you ask for memories of its origins.
- If you feel that your relationship is good enough but the exile-in-pain is still not showing you any memories, ask her what she's afraid of.
- Pay attention to every little clue you get. Don't start expecting to discover something outrageous, massive, clear-cut or crystal clear.

- If you get partial memories (implicit), this might suggest a few things: one, it might be that the rest of the memory is yet to be accessed. In that case patience is required. Two, the memory might have happened when you were too young to register everything mentally.



- When the memory you get is partial and you have waited a while for more understanding, you can ask the exile-in-pain that you are very interested and she should let you know more about it

Step #8: Find Out Where It All Began.

Witnessing the Memory and the Pain

During witnessing, the exile-in-pain gets to be fully understood by the Self.



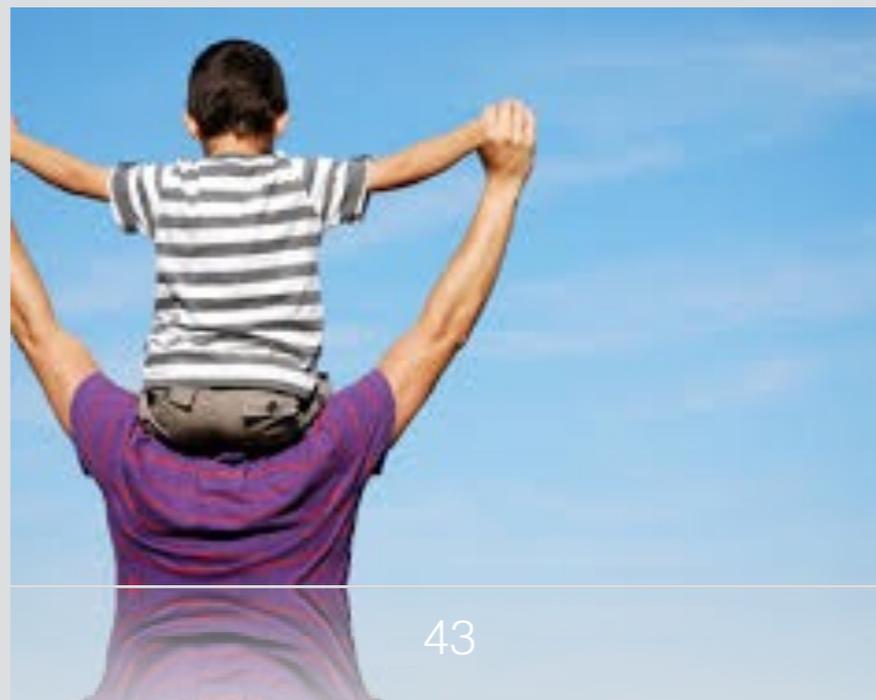
- Witness the origin of pain as a compassionate witness.
- Sometimes, the exile-in-pain might show you more than one memories. That's OK. However, you can ask the exile-in-pain to focus more on the primary memory that is most connected to the outlet you are trying to transform.
- Remember to ask the exile-in-pain whether or not it has revealed to you every relevant thing connected to the memory.
- Double check that you have thoroughly understood the origin and the intensity of the pain it's gone through as a result.

Step #9: Re-Nurturing the Exile-In-Pain.

This is where we start the healing process for the exile-in-pain.

This step is about nurturing the exile-in-pain in a certain way in order to release its burdens of repressed negative emotions.

Metaphorically, it's like re-parenting a helpless little child and helping him fully process his repressed negative emotions.



Steps To Reparenting the Exile-In-Pain

- Use your imagination to join the exile-in-pain in that initial childhood situation which was initially revealed to you in step #8.
- Care and support the exile-in-pain exactly the way she would have appreciated someone to be with her at that time in the past.
- After you understand what she needs from you, provide it for her, using your power of imagination.
- At this point, refrain from asking the exile-in-pain to change in any way.
- Make sure you start the reparenting process when you are really ready for it.
- Create, in your imagination, whatever scenario is required to correct any unpleasant situation the child would love to avoid in that original situation.

- Check to see how the exile-in-pain is responding to your parenting. Is she being open to your love, care and comfort?
- If need be you can also retrieve an exile-in-pain and take her out from that childhood incident all together.
- After you've relocated an exile-in-pain, ensure you reassure her that she will never be forced back into her original painful and agonising situation again.
- You may find out that some exiles-in-pain do not want to be moved, even though you think it is the best idea for them. The reason for this is fear. This can be done by reassuring the exile-in-pain.
- Make sure that you keep in touch with her, even outside of the therapy sessions.

Session 5

13 Therapeutic Steps To Transformation

Step #10:

Release the Exile-In-Pain from Her Burdens.

After re-nurturing the exile-in-pain, the next step is to free her of her burden. This is the pinnacle of the transformational work with the exile-in-pain.

Where do you start from?

- Find out if the exile-in-pain is ready to be released of her burdens.
- If she says YES, then use the “**Unburdening Code.**”



The Un-Burdening Code

1. Find out if there are any other outlets or defences that are connected with the burdens that the exile-in-pain is about to let go of.
2. Ask the exile-in-pain where she would like to release her burdens.
3. Use your imagination to visualise the exile-in-pain gathering together all her burdens and releasing them into the medium of elimination that you've chosen.
4. Allow enough time for this significant act to take place.
5. While these burdens are being released, see if you can sense what it feels like, through your body sensation, emotions or through your mental pictures.

6. After you've observed all the releasing processes above, you might find out that the exile-in-pain is still not releasing any of her pains, let alone all of them. In this case, spend more time in re-parenting her.
7. After the releasing process is fully completed, see if you can notice what positive feelings and qualities are now emerging from her.
8. Take some time to enjoy these positive experiences. Make it real to you! Celebrate on her behalf and visualise these positive changes within your psyche.
9. Continue to follow up on the transformed exile-in-pain after the releasing session is completed.
10. Bear in mind that each exile-in-pain only releases the burdens, hurts and repressed negative emotions which are related to the memory they initially revealed to you.
11. If it seems like her hurts have returned for some reason, ask her what happened that made her pains to come back. Whatever she tells you, address those fears and re-run the unburdening process again, using the ***unburdening code***.

What If the Exile-In-Pain Does Not Want to Be Un-burdened?

- Sometimes, the exile-in-pain might not want to release her burdens because she's been overly attached to them. It may have become compulsive - like a deeply ingrained habit.
- There might be a sub-protector (a defence) that does not want her to be freed of her burdens. If this is the case, ask this sub-protector what it's afraid of and reassure it that all will be fine.
- Whatever the objections of the sub-protector, make sure you do a good job in diffusing it in a calm, self-assuring and confident manner.
- Any reluctance and objections about the unburdening has to be settled amicably before you move on to use the **Unburdening Code**.

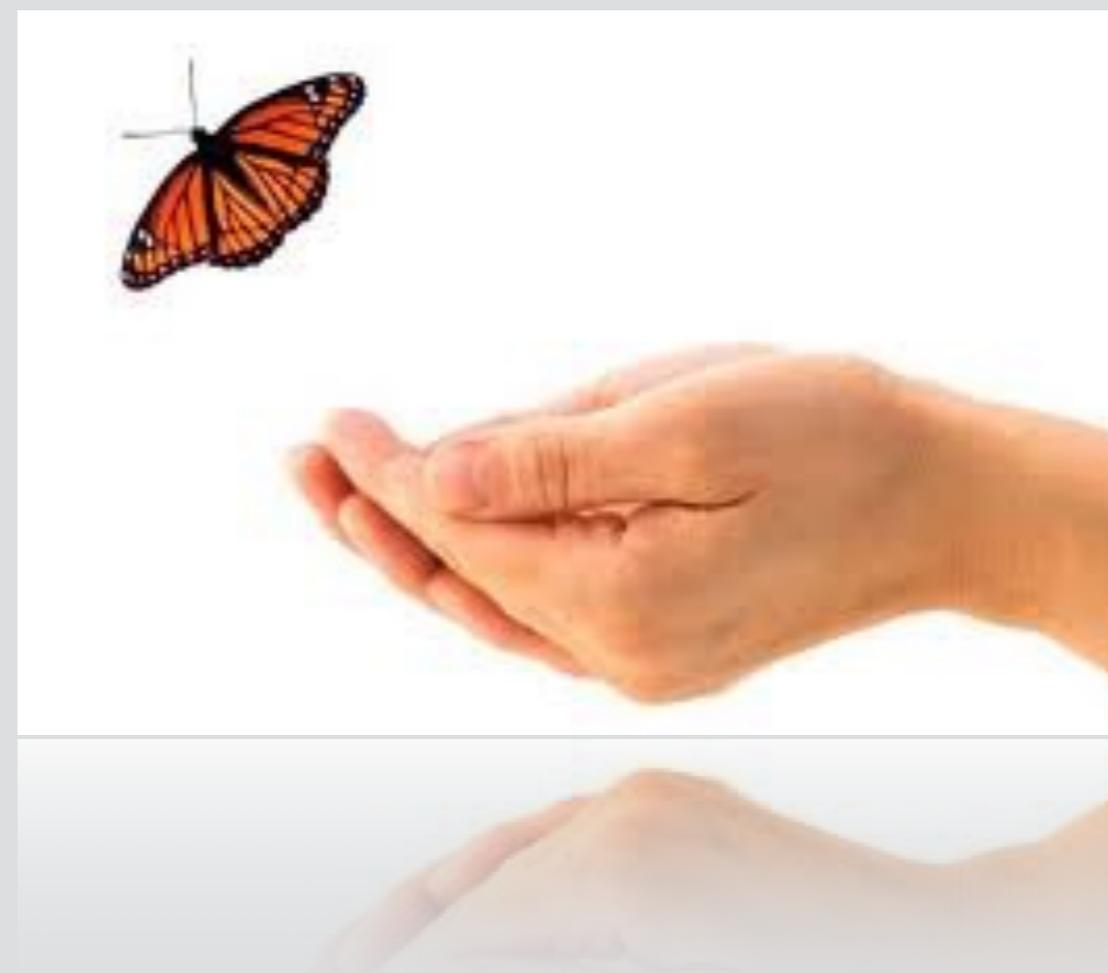
Step #11:

Release Your Target Outlet From Its Protective Role

Now that the exile-in-pain has been unburdened and transformed, her sub-protector (which is the target outlet) is no longer required or necessary to maintain its role. It must therefore be released as well.

Steps to Releasing Your Target Outlet from Its Protective Role

- Double check with your target outlet.
- Release your target outlet from its protective role.
- Assign your transformed outlet a new positive role within the psyche.



1. Double check with your target outlet.

- Check-in again on your target outlet, using the internal channels. Try to draw near to it through your imagination, as friends who are reconnecting back together after a short break.
- After the outlet has resurfaced, find out from it if it's aware of the transformation of its exile-in-pain.
- Confirm its awareness by bringing together both the transformed exile-in-pain and its sub-protector (your outlet) into one internal space in your mind so that they can be aware of each other.
- Ask the outlet if it now feels that its protective assignment is no longer necessary. And if yes, would it let go of that role?
- If the outlet is not willing to let go of its protective role yet, ask it what it's afraid of would happen if it let go now. **There are two reasons for this:**

1. The outlet might be scared that the transformation of its exile-in-pain won't last.

2. It could be that this particular outlet is also protecting another exile-in-pain within your psyche which is completely different from the one you just unburdened and transformed.



2. Release your target outlet from its protective role.

- Once the outlet is ready to release its protective role, it sometimes does so by itself, and you can feel that through a sense of inner relief, joy and happiness that you feel through your internal channels.
- Alternatively, you may want to ask the outlet if it'll like to go through the unburdening process. If it says yes, then facilitate the outlet to unburden its protective role the exact way you helped the exile-in-pain get rid of her pains, using ***the unburdening code***.



3. Assign your transformed outlet a new positive role within the psyche.

- Once the target outlet is transformed, you can then reassign it a new positive role which it can be responsible for within your psyche, from that time onwards.
- Sometimes, a new positive role for the outlet will emerge spontaneously and you will know this intuitively.
- If a new positive role has not emerged spontaneously, then ask the transformed outlet this question; “What positive role would you like to take on?” Inform it that it can choose whatever positive role it would like.



Session 6

13 Therapeutic Steps To Transformation

Step #12:

Integrate The Transformed Elements With the Other Elements of the Psyche.

Once both the exile-in-pain and its sub-protector have been unburdened and transformed, the final step is to re-integrate them in perfect harmony into the rest of the elements of the psyche, especially, the emotional brain and the Self.

- Let the emotional brain know that there is no need for sending out any more defence mechanisms or outlets concerning this issue, as the exile-in-pain, as well as her sub-protectors have been healed, freed and transformed.
- Reassure the emotional brain that the Self, the true YOU, who is grounded and well rooted in the centre of consciousness, is now in charge and can handle whatever might occur.



3 Elements of the Psyche



Step #13: Test Your Transformation

1. First, test your transformation by paying attention to your feelings. If you've been transformed you should feel different from the way you used to feel before you started the programme.

2. Second, pay attention to the intrusive thoughts or the inner critical voice that comes to your mind from now on. These thoughts will no longer carry the brutal weight they used to carry to cause you distress, shame, guilt and anxiety.

Why?

- Because the real source as been transformed. The thoughts you may getting now are as a result of the habit that has been formed by the brain over the years.



Step #13: Test Your Transformation

Breaking the Ingrained Habit of Negative Thinking

1. Disrupt its routines. When an intrusive thought or the inner critical voice comes, instead of accepting it or thinking about it, flip it upside down, turn it to positive, and then think about the positive.
2. Choose not to feel bad or down after you get an intrusive thought or inner critical voice.
3. Reassure yourself constantly about your transformation, and how the habit no longer have any foundation within your psyche, and therefore will soon disappear.
4. Visualise yourself as normal and transformed, having the ability to dismiss any intrusive thoughts or inner critical voice that may arise.
5. Continue to observe the above steps until the habit is total broken.



Protecting Your Transformation

Now that you've transformed the exile-in-pain and the target outlet, it is important that you continue to protect your healing and transformation from being corrupted by challenges and other emotional baggages that life might bring your way.

6 Mind-Powers to Help You Stay In Control of Your Mind and Emotions:

- Imagination
- Affirmations
- Contemplation
- Declaration
- Detachment
- Relaxation



Q & A

Let's Keep in Touch

- **Facebook/Instagram: mindbody breakthrough**

#mindbodybreakthrough or #mbbevents

- **Twitter: waleoladipol**

@waleoladipol

www.mindbodybreakthrough.net

The End.
Thanks for Attending!

Treating Intrusive Thoughts & Inner Critical Voice