

# IEMT

## The 5 Patterns of Chronicity Ways we stay stuck

### 1. The Great Big, "What if..." Question ??????

The use of a single counter-example that sabotages and counteracts any suggestion of change or new way of perception. Future paced, anxiety, loop around beliefs, can see catastrophe and no way out.

- \* "What if this doesn't work for me?"
- \* "What if the other person doesn't change?"
- \* "What if I get fired?"

### 2. The Maybe Man/Woman Phenomena

The Maybe Man is uncertain of their own experience and this leaks out into their language. He/she does not commit to their genuine experience or to their identity. By remaining uncertain and vague they inadvertently sabotages effective change.

- \* "I'm not sure how I feel"
- \* "Well, maybe it's not that bad"
- \* "Maybe I should wait to make a decision"

### 3. Testing for Existence of The Problem Rather Than Testing for Change

Even though 99% improvement might be made, if the person with this chronicity is able to locate just 1% of the problem existing, this will generally be seen as representative of 100% of the problem existing. Some people only ever see a problem and use black and white thinking.

- \* "I felt great most of the week, but today is really really bad"
- \* "Yes, I handled the situation with my spouse much better, but he still is..."
- \* "Yes, but....."

### 4. Being "At Effect" rather than "Being At Cause"

By being "at effect" a person experiences emotional problems happening to them, rather than being something that happens by them. A person "at effect" will seek 'treatment' rather than seeking 'change' in their own behavior. They would like to be fixed, like a magic wand waved to make the problem go away.

- \* "I suffer from panic attacks"
- \* "My boss 'makes me' so angry"
- \* "This is just how I am"

### 5. Three Stage Abreaction Process

A person's pattern of escalating emotional behavior to create or force a change in the external environment. They want others to change, but they themselves don't want to. Often occurs in 3 stages, and some may be very subtle.

- \* The signal - "I feel bad/angry" (**implied threat - a dirty look or gesture**)
- \* Increase Amplitude of the signal - "I told you I feel bad/angry" (**threat - raised tone**)
- \* Abreaction - "Now I feel/act explosive bad/angry", I'm giving you no choice but to be responsible for my solution (**punishment - "now look how angry you made me!"**)