

Mobilization Continuum of Emotional Expression
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**Emotional Suppression/
Avoidance of Emotions**

Unhealthy SubConscious Belief Systems persist

- Cognitive Distortions go unaddressed
- Detrimental Cultural Programming remains SubConscious
- Childhood Conditioning & Unresolved Trauma impact/impair objective perception of internal & external events

Dysfunctional Beliefs about self & world drive negative emotional & destructive behavioral states

- Negative Emotions may include: depression, guilt, shame, self-hatred, hatred of others, bitterness, resentment, all of which lead to Cognitive Distortions
- Destructive Behaviors may include: mental disorder, physical disease, violence toward self, violence toward others, suicide
- Unresolved Emotional Pain & Interpersonal Conflict further drive dysfunctional beliefs, which lead to more Negative Emotions & Destructive Behaviors

Because Unhealthy SubConscious Beliefs Systems persist, they lead to psychological stagnation

Appropriate, Mindful Emotional Expression

Unhealthy SubConscious Belief Systems come into conscious awareness, as emotion (thought + feeling) is externalized for evaluation

- Cognitive Distortions are uncovered and replaced with healthy cognitions
- Cultural Programs are evaluated and then accepted, changed, or discarded by individual
- Childhood Conditioning & Traumatic Experiences inform individual about self, fears, needs, ideals, etc.

Because Unhealthy SubConscious Belief Systems are expressed mindfully, they drive psychological mobilization

Dysfunctional Beliefs about self & world drive Positive Emotions & Constructive Behaviors

Positive Emotions may include: gratitude, compassion, empathy, inner joy, peace, happiness

Constructive Behaviors may include: reframing negative experiences into opportunities for personal growth and self-awareness, working through negative emotions, & integrating pain & interpersonal conflict

Resolved Emotional Pain & Resolved Interpersonal Conflict further drive construction of functional beliefs and response ability to life, which leads to more Positive Emotions & Constructive Behaviors