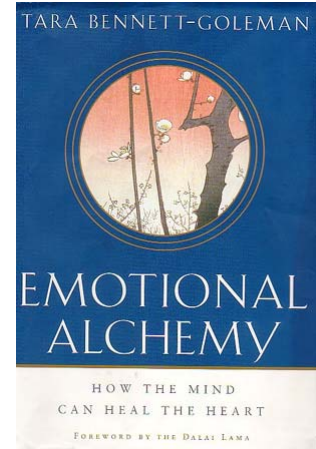


Emotional Alchemy

Study Resources



This page is for those who are reading Tara Bennett-Goleman's *Emotional Alchemy, How the Mind Can Heal The Heart*.

Alchemists sought to transform lead into gold. In the same ways, we all have the natural ability to turn our moments of confusion or emotional pain into insightful clarity. *Emotional Alchemy* shows us how we can gain insight on our patterns of feeling, thinking and acting through the simple practice of mindfulness. Specifically, we can catch our thought patterns before we get “caught up” in a negative cycle and transform it to positive outcomes. This book is on mindfulness techniques. While the author draws insight from modern psychiatry and the ancient Buddhist tradition, the teachings on mindfulness have direct and practical insight into our Christian life.

The book is available for purchase by the following ISBN number:

ISBN number 0-609-60752-9

This book can be obtained at your favorite local bookstore or online at

<http://www.barnesandnoble.com/>

or

<http://www.amazon.com/>

Suggestions for a 4 class structure of discussion: read ❶ pages 1-62. Then for classes 2-4, read the following sections in advance of the class:



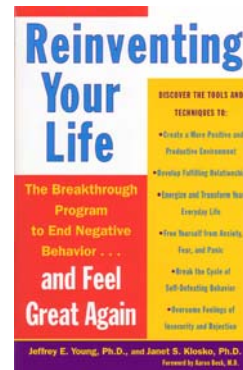
Tara
Bennett-Goleman

❷ p63-115; ❸ p117-257 & ❹ p.259-321. Outlines and descriptions of the schemas (or lifetraps) (which greatly help in the reading), appear below. You may want to print some of them out and place them inside the book as a reference for your reading and class discussion. If you have any questions on conducting a discussion group, contact Philip Siddons by way of either email at Siddons@adelphia.net or by phoning 877-2500 voice mail after 7 rings).

You would also benefit from purchasing Jeffrey E. Young and Janet S. Klosko's *Reinventing Your Life, The Breakthrough Program to End Negative Behavior and Feel Great Again*

ISBN number 0-452-27204-1

as a companion book. It is on these lifetraps descriptions that Bennett-Goleman develops her in-depth insight.



Schemas or Lifetraps:

“Schemas are deeply entrenched beliefs about ourselves and the world, learned early in life. These schemas are central to our sense of self.”¹ They are ❶ lifelong patterns or themes; ❷ they are self-destructive; ❸ they struggle for survival.²

¹ Young & Klosko, p.6

² Young & Klosko, p.23

The Eleven Lifetraps:³

A. Basic Safety

1. Abandonment
2. Mistrust & Abuse

B. Connection to Others

3. Emotional Deprivation
4. Social Exclusion

C. Autonomy

5. Dependence
6. Vulnerability

D. Self-Esteem

7. Defectiveness
8. Failure

E. Self-Expression

9. Subjugation
- 10 Unrelenting Standards

F. Realistic Limits

11. Entitlement

A word about reading material which draws from another faith expression. You may have had the benefit of reading works by those from a faith different than Christianity. Perhaps you've taken a course in world religions or simply drawn upon insights from others who find their faith resides in a different tradition than your own. For you, reading Bennett-Goleman's book will be thoroughly stimulating and insightful.

On the other hand, you may not be familiar with some of the core beliefs of the Buddhist tradition and it may, at first, feel disconcerting to occasionally see God referred to as Buddha. If so, try substituting "God" for Buddha and you may find it helpful.

Encapsulated Summary of the Book

Read the third paragraph (from the top) on page 320, then look across to page 321 and read the last three paragraphs. This is what the book teaches.

³ Young & Klosko, p.34

The Schemas List

It is helpful to have a list of the identified schemas that are described throughout the book. There are two areas of thinking, feeling and acting patterns with which we often find ourselves struggling: Personal and Social. Pages where they are described or used as an example appear after them, along with the pseudonyms of individuals whose experiences typify the pattern.

Personal	
Abandonment	75; 95; 105-107; 152; 147-150; 168-169; 175-176; 179-180; 207; 216; Eiza
Emotional Deprivation	77; 96; 132-135; 165-166; 168; 174-175; 180; 193; 196; 198; 204; 209; 218; 220; 317 Kimberly, Jake, Laureen, Whitney, Lilly, Caroline, Mariam, Julian
Subjugation	79; 109; 124; 164; 168; 168; 170-172; 175; 208; 210; 214; 218; 245 Mariam
Mistrust	81; 111; 168; 208; 210; 221
Unlovability	83; 112; 128; 168; 175; 184; 208; 214 Jake
Social	
Exclusion	87; 142; 159; 168
Vulnerability	88; 105; 168; 175
Failure	90; 105-106; 168; 225
Perfectionism	91; 103; 122; 128; 164; 168; 194-196; 198-199; 205; 215; 217; 246; 317 Kathy, Olivia
Entitlement	93; 96; 208; 210; 317
Depression	200f

The Effects of the Schemas (what is downstream of the negative patterns)

This helps in identifying which scheme may be controlling our thoughts, feelings and/or actions

Personal	
Abandonment	Avoiding other people or activities; fear; mistrust OR clinging to avoid being alone
Emotional Deprivation	Becoming a caretaker rather than voicing your own needs OR anger and/or Hopelessness, sadness
Subjugation	Giving in to avoid conflict, which yields to anger and resentment
Mistrust	Quick rage, anger
Unlovability	Shame, humiliation, hiding OR seeking public praise; hopelessness, sadness
Social	
Exclusion	Avoiding other people or activities; fear
Vulnerability	Loss of control, worrying too much, extra thrifty, denial of pleasure for self, phobias, repetitive behavior, obsessive compulsive behavior; panic attacks
Failure	Disciplined work but taking on too much, everything must be done with the same degree of excellence
Perfectionism	Self doubt, anxious sadness, disciplined work but taking on too much, everything must be done with the same degree of excellence
Entitlement	Shame; was spoiled in childhood OR experienced a conditional love OR was deprived; tendency to overstep your or other's boundaries
Depression	

The Four Noble Truths

1. Recognizing human suffering (and seek to empathize with your and other's schemas)
2. The cause of suffering is desire (notice that in the schemas)
3. Free yourself by challenging your desires (confront your schemas)
4. Take the path to freedom (by investigating and confronting our schemas, *below*)

Steps in Investigating Our Schemas:

1. What is happening (Is there anything maladaptive? What was the trigger? (see p.205)
2. What are your feelings (see p.192)
3. What are your thoughts (See p.193)
4. What is your impulse to act (See p.202)
5. Is there a connection with a story in your past?
6. Resolve to change or transform your schema (by leaving your old self behind (See p. 184-185)