



States vaded with confusion - guilt, shame and blame and other ruminations

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“Stop thinking and end your problems” is a quote from Lao Tzu, an ancient Chinese philosopher.

Why do we Ruminates?

How do you stop Ruminating?

How do we find peace with what we are thinking about?



How we will look at Rumination

1. Definition

2. Conceptual Understanding

3. Detailed Instruction

4. Illustration

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Definition

- Rumination involves repetitive thinking or dwelling on negative feelings and distress, and their causes and consequences.
- The repetitive, negative aspect of rumination can contribute to the development of depression or anxiety and can worsen existing conditions. APA 5 Mar 2020

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Conceptual Understanding



Why do we ruminate?



What is needed in an intervention?

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Why do we Ruminate?



We have a need for closure.



When we hold a dynamic in our head and we cannot understand it, we need to figure it out.



This need has protected us by focusing our energy on what could hurt us, but the need can also hurt us through anxiety and distraction.

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How do we stop Ruminating? How do we find peace with what we are thinking about?

We need to change:

“How could that happen?”, “How could she do that?”, “How could I do that?”

to:

“I get it. It makes sense.” “It may not be what I prefer, but I get it.”

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Rumination is a circular lack of understanding, like a fly and a window glass

The housefly does not understand the clear window glass.



It frustratingly and repeatedly flies into it because it does not understand.



If the housefly could see the glass, it would not be frustrated by it.



The RT intervention for rumination helps the client see and understand the issue.

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The Goal



The goal of helping a client with a state vaded with confusion is not to fix the problem, it is to assist the client to understand.



The goal is to clarify the confusion.

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What we need to know to understand Action 9 Changing Chairs.



1. The protocol is very important. There is a reason for each step, and each must be done properly.



2. Sensory Experience Memory (SEM) is a key part of why this action works. SEM is what facilitates a cathartic understanding.

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Sensory Experience Memory (SEM)



We have intellectual memory and feeling memory (SEM).



After observing something we retain our SEM for a few minutes afterward.



This SEM helps in therapy for the client to retain the feelings that were felt when speaking as another person.

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The client holds all needed information



The client comes into therapy with introjects of other people.



Rumination happens when an introject the client holds cannot be understood.



When a client speaks as the non-understood introject, the client can gain an emotional (SEM) understanding of the introject.

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Example

The wife cannot understand why her husband rejects her spiritual values.

She constantly tries to get him to understand.

After speaking as the introject of her husband, she realizes his thinking is different than hers, and he will never understand.

This allows her to gain more peace.

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Surprising



It is surprising how often clients feel they have learned something new after speaking as the introject of another person.



They often report gaining a better understanding of the other person after having spoken as the introject of that person.

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Detailed Instructions (slide 1 of 2)

- 1. Diagnose Vaded with Confusion
- 2. Ask the client, “If you could say anything to E, what would you like them to know? (Take notes)
- 3. Pull out an empty chair.
- 4. Say, “We know E is not in this chair so now you can tell her exactly what you want to.
- 5. Ask the client about feelings about the introject, “Do you love E”.
- 6. Ask the client to stand up, move to the chair, and sit down.

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Detailed Instructions (slide 2 of 2)

- 7. Call the name of the introject just as the client is sitting down, and again when the client has sat down.
- 8. Say something like, “E, ‘client’ has just said, ???. How does that make you feel, E? Make sure to include the client’s feelings about the introject.
- 9. Make sure the introject responds to the client relating to all issues discussed. (Use the notes from 2 above)
- 10. Ask the client to stand up, move over the other chair, and call the client’s name while sitting.
- 11. Review with the client current feelings and understandings.

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Diagnosing Context

Resource Conditions

Normal

Conflicted

Dissonant

Retro

Vaded

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Resources in the Normal Condition

A normal Resource has positive relations with other Resources, feels positive, and continues to operate in a way that is beneficial to the person externally.

Many people have a 'work state' that is normal, and it is appropriate for all states to move toward normality.

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Resources in a Dissonant Condition



When a Resource holds the conscious and is not the best state to hold the conscious it is Dissonant.



A Dissonant Resource will be happy for a more preferred resource to take over the conscious.



A state uncomfortable playing a sport is Dissonant, while the state that enjoys playing sport is not.

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Resources in a conflicted condition



While it is appropriate for Resources to hold different opinions such as 'I want that new car', and 'I cannot afford that new car',



they are considered **conflicted** when the level of disagreement between the states creates an anxiety for the person.

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Resources in a conflicted condition



Procrastination is an example of **conflicted states**, with one state wanting to work and another state choosing not to work.



The fight between sleeping and thinking is another example with one state wanting rest and another state wanting time to process.

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Resources in a conflicted condition



Conflicted states need to learn the value of the other state, need to create a direct inner dialogue and need to agree to compromise with time and decision making.



It is imperative that conflicted states learn to respect each other and their respective roles to move to normality.

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Resources in a Retro Condition

- A **Retro** Resource is a state that conducts a behaviour that other states do not like.
- Retro States may be Retro Original or Retro Avoiding.
- Retro Original states learned their unwanted behaviour in childhood, while Retro Avoiding states have learned unwanted avoiding behaviour to avoid the feelings of a Vaded State.

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Resources in a retro condition

- Retro states need negotiation so that they can alter their role or take up a smaller role for the benefit of the person.
- A rage state (Retro Original) can learn to only come to the conscious when the body is physically in danger, allowing an assertive state to more often assume the executive.

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Retro Avoiding States

- It is Retro Avoiding states that conduct addictive behaviour, such as unwanted gambling, OCD, or unwanted drug behaviour.
- Retro Avoiding states can learn wanted behaviours only after the resolution of the negative feeling of the Vaded state they are avoiding.

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Resources in a retro condition

- Retro states will always also be conflicted because what they are doing is not liked by other states.
- When they take up their new role or a different role other states will be able to appreciate them, thus ending the conflict.

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Resources in a Vaded Condition

- A Vaded Resource is holding an anxiety, a fear, a sense of rejection, a confusion, or a deep level of disappointment.
- Vaded states are the underlying cause of psychological addictions, panic disorder, OCD, PTSD, and situational neuroses.
- These are the tender, reactive parts of the personality that feel out of control.
- They need to gain a sense of empowerment, safety, support and love.

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Vaded in Fear or Rejection

- If a Resource experiences a trauma, and is not able to receive some type of crisis intervention after the trauma (that is, talking with someone who understands, being able to express, and gaining some perspective on the event), then that Resource becomes **Vaded**, and while Vaded, each time it comes into the conscious, the individual will re-experience the negative emotions associated with the trauma.
- The brain has a need for closure.

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Resources in a Vaded Condition

- Vaded states are characterised by emotions that do not fit the current setting.
- An emotional display that does not fit the current setting is evidence that a Vaded state is in the conscious.

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Resources in a Vaded Condition

- The fear or rejection experience of the vaded state is based on a past experience that is no longer happening, but the vaded state holds the illusion that it is still happening.
- When a conscious vaded state can internally express itself to what was provocative, have a choice to remove the provocative factor, and receive support from a nurturing state it can move to normality.

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Resources in a Vaded Condition

- Vaded States may hold a level of **disappointment** that causes the client to withdraw from relationships or from life in general, with low energy.
- Vaded States may have a level of **confusion** that causes the client to ruminate.

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Following the death of a loved one

- Clients will often have a state Vaded with Disappointment resulting in low energy and withdrawal, and a state Vaded with Confusion causing rumination.
- A state vaded with confusion may ruminate on what was done 'wrong'.
 - I should have said or done something.
 - It is someone's fault.
 - How could God do this?

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The Eight Pathological Conditions

- Dissonant
- Conflicted
- Retro Original
- Retro Avoiding
- Vaded with Fear
- Vaded with Rejection
- Vaded with Disappointment
- Vaded with Confusion

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Diagnosing Presented Concern

RT Classification Flowchart

1. What is the presenting concern?	2. When Conscious it feels?	3. Has been noticed since Childhood?	4. Diagnostic Classification
Unwanted Behavior	Feels competent	Yes →	Retro Original
		No →	Retro Avoiding
	Feels incompetent	→	Dissonant
Unwanted Emotion (Vaded)	Fear	→	V/ Fear
	Not good enough	→	V/Rejection
	Low Energy	→	V/Disappointme nt
	Ruminates	→	V/Confusion
Internal Conflict	In conflict with another state →		Conflicted

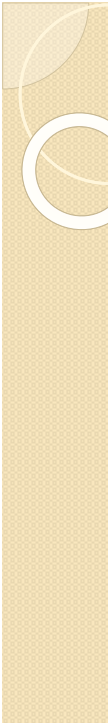
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I. Diagnosing Vaded with Confusion

- Vaded with confusion is anxiety filled rumination.
- The rumination can be:
 - Guilt (I did something wrong)
 - Blame (Someone else did something wrong)
 - Shame (I am not seen as good by others, God, or self)
 - Inability to understand
 - Inability to decide
 - Inability to be at mental peace


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Who do we put in the other chair?

Guilt	The wronged person
Blame	The blamed person
Shame	The offended person (if self, the offended state)
Inability to understand	The person related to what is not understood
Inability to decide	The other state or person stopping the decision
Inability to be at mental peace	The person or state related to the distress

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2. Ask the client, “If you could say anything to E, what would you like them to know? (take good notes)”

- E is the introject core to the confusion.
- If the client has guilt, E is the person who the client feels guilt toward.
- E can be a living person or a deceased person.
- E can even be a pet. If so, the client can respond as the pet in step 8 below.


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3. Pull out an empty chair.

- Never ask the client about doing this process.
- When the client defines what the introject should understand, this ensures the client is in a state that wants to communicate to the introject.
- Then when an empty chair is pulled out the client is ready to communicate.


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4. Say, “We know E is not in this chair so now you can tell E exactly what you want to.

- This statement does two things:
 - 1. It helps the client feel comfortable enough to speak.
 - 2. It places the introject into the empty chair.


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5. Ask the client about feelings about the introject, “Do you love E?”

- Information gained here can be used in the first statement to the introject after the client changes chairs.
- It does not matter how this question is answered.
- It is still good for the therapist to say this to the introject as part of the first statement.


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6. Ask the client to stand up, move to the chair, and sit down.

- I do not merely instruct the client to move to the other chair.
- I call the client by name, “Stand up”.
- “Move over to the chair.”
- “Turn around (if facing in the wrong direction to sit down).”
- “Sit down.”


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7. Call the name of the introject as the client is sitting down, and again when the client has sat down.

- It is important to help the client begin speaking as the introject.
- As the client is sitting in the introject chair, clearly call the name of the introject.


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8. Say something like, “E”, ‘client’ has just said, ???. How does that make you feel? Make sure to include the client’s feelings about the introject.

- Call the name of the introject a second time and say something like, “Jodie, Mag said she loves you, but she feels you will not accept who she is. She is upset with you. How does that make you feel? Jodie?”
- If it appears the client is not speaking as the introject you can say, “I want you to be a great actor. Great actors can forget who they are and they can BE the other person. I want to hear directly from Jodie. I want you to be Jodie.”

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9. Make sure the introject responds to the client relating to all issues discussed.

- Continue to ask the introject questions that relate to the confusion of the client.
- Ask questions that the client asked and make sure the introject responds directly to the client, not to you.
- It is always important for the client to speak directly to the introject and the introject to speak directly to the client.

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10. Ask the client to stand up, move over the other chair, and call the clients name while sitting.

- It is good to ask the introject how she feels about the client.
- Occasionally, the introject of a deceased person speaks negatively. A negotiation to the light resolves this.
- After the introject responds to the therapist and to the client fully, call the name of the client and ask her to move back to her chair.

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11. Review with the client current feelings and understandings.

- Give a moment, then ask the client, “How are you feeling now?”
- Process any changes in feelings.
- While empty chair negotiation between two states sometimes takes several passes between chairs, it is rarely ever needed for the client to return to the introject’s chair a second time.

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Illustration of Action 9

- This is not a demonstration, but an instructional illustration of techniques with group conversation.
- A volunteer is needed to help illustrate.

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Practice: Vaded with Confusion

- 1) Ask what needs to be said and/or asked: (Take notes)
- 2). Pull out an empty chair.
- 3). Say, "We know E is not in this chair so now you can tell her exactly what you want to.
- 4). Ask the client about feelings about the introject, "Do you love E".
- 5). Ask the client to stand up, move to the chair, and sit down.
- 6). Call the name of the introject as the client is sitting down, and again when the client has sat down.
- 7). Say something like, "E, 'client' has just said, ???". How does that make you feel? Make sure to include the client's feelings about the introject.
- 8). Make sure the introject responds to the client relating to all issues discussed. (Use the notes from 1 above.)
- 9). Ask the client to stand up, move over the other chair, and call the clients name while sitting.
- 10). Review with the client current feelings and understandings.

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