

The Manual for Self-Curing Neurosis

Why not have cure instead of treatment?

There is a long history of attempts to deal with the great variety of psychoneurotic problems. That history goes back hundreds of centuries. But all treatments were inadequate for curing neuroses because theories and methods were irrelevant to the actual cause and process of such disorders. Universities and training centers sincerely continue the well intentioned tradition of teaching students ineffectual theory and meandrous method irrelevant to the actuality of the illness processes. But breakthrough knowledge brings a valid straightforward explanation of a large category of such illnesses. That knowledge has been available for decades and shunted aside by peer reviewers. Like many fundamental truths, it is simple enough for anyone to absorb and apply to themselves for a rapid self-cure. Only a few thousand of the millions needing freedom from such illness have encountered and used this wisdom.

Those disorders have been serious interferences to the lives of multitudes throughout millennia. The illnesses continue to interfere and incapacitate lives of millions of people currently suffering such troubles. Although they are severe disturbances, those illnesses are not due to fundamental defects in the person, not weaknesses, not chemical imbalances, not faulty judgment, nor the result of unfortunate conditioning.

There is no longer any good reason for anyone in the world to have a neurosis! These disorders can continue to blight humanity only until people understand and use some simple facts. Usually, self-cure is a rapid result of using the information available in this brief writing. Cure is hastened by open minds but delayed by closed minds that result from the foolishly protective cynicism that rejects new ideas without considering them.

The basis of the illness is in age old erroneous common wisdom that appears to have distorted the beliefs of humans over thousands of years. That almost universally held ancient belief, that emotions and their processes are an unfortunate blight on humans, survives despite the welcoming pleasure in experiencing some emotions. The misunderstanding has led to a common (near universal) uneasiness with feelings. That unease in turn has yielded the tendency to fight against having emotion experience. I have termed that unfortunate tendency to unease as "affect phobia."

Possibly this common mistaken belief originated in the natural, undifferentiated childhood view that emotions and actions exist as a unified event. In order to avoid actions that could create risk of retaliation, anyone with the supposition that feelings and thoughts are a unity rather naturally considers it wise to subdue emotions. That misunderstanding has made millions of people wary of having some emotion experiences. They go on guard against emotions, attempting not to feel certain feelings.

We are fortunate to have an autonomous perceptual system continuously reporting and defining whatever we sense occurring in or around us. Seeing, hearing, and feeling participate in that wonderfully helpful mental function. By recognizing that, we can understand that any attempt not to feel some unwanted emotion or trying to modulate its intensity is comparable to futile attempts not to see a color or trying to modulate its intensity. Similarly it is comparable to trying to change what we hear. But such attempts to quell independent feeling processes seems to have happened frequently in every person on earth over dozens of centuries. It seems to have occurred in everyone. That fighting against one's own feelings (reports of something perceived) is what has created the blight of neurosis and beyond that, in many smaller ways, has caused an amazing amount of other generally accepted hampering of lives of everyone.

What I discovered in each person who developed a neurosis (such as panic, phobia, conversions, reactive depression, fugue state, multiple personality, PTSD, dissociation, and several other troubles) was that it came about following discomfort with some particular emotion unwanted by the person. It was not simply that those persons did not want to experience that emotion but that they had an emotion reaction against that particular emotion. When the consequence was such an emotion response against an emotion response that became a sequence of using one emotion to fight against another emotion with increasing intensity (potentiation) that process would evolve into a self-sustaining emotion storm. — emotions fighting emotions. Such storms could last a few minutes (as was usual with panic episodes that often are a prelude to a neurosis) but could become a steady-state with storms continuing and disabling people for very long periods of time.

Thus the process started with the attitude from false ancient common wisdom leading to affect phobia yielding potentiated emotion that by escalating became an emotion storm. By knowing this, hundreds of people, perhaps thousands by now have been able to observe within, to focus on their own emotions, and to free themselves of that destructive common wisdom. Thus, by being free of the affect phobia, the consistent result (in nearly 100% of those who seriously attempted to apply this knowledge to themselves) has been a disassembling of potentiation bringing permanent freedom from that terrible but simple problem of neurosis.

Any who have been in any form of treatment for an emotion storm disorder for more than a month without achieving cure could find it worthwhile to think through this description, observe within themselves and apply that knowledge. There are many details one can learn, but the essence of the issues resides in these few paragraphs. Those who wish for or need more detailed descriptions can find "Two Little Books: Cure at last" available as an e-book for one dollar. There it has the advantage of translations to other languages and no longer will bog down my website as an over lengthy essay. Those many who asked for more writings about the theory will find that it is already written in greater detail and elaboration in my book "*Uses of Emotion: Natures vital gift*" second edition (300 pages) available in paperback at \$15.00 plus shipping and handling. I do not plan to write details for the web site if those details are already available in publications because I want to spend my time writing about new ideas.

The following is quoted from "Two Little Books: Cure at last"

"We know enough about neuroses to really cure those

- Following is a list of rather simple important facts to know and absorb as a frame of reference—use this knowledge base in order to understand the dynamics of emotions you find within you. The only difficulty that is likely to arise is dissonance with long existing common wisdom. The natural function of thoughts and feelings (as with other perceptual functions) is to provide a continuous flow of information about what is going on in and around us. Those feelings are important bits of neutral information (helpful rather than harmful) guiding us through our days. When this natural use of emotion becomes an accepted part of our knowledge base our lives become better.
- Thought information arrives as ideas.
- Emotion information arrives as feelings.
- Thought tells us what is happening.
- The specific emotion tells us what that happening means to us.
- The intensity of that emotion tells us how important the happening is to us.
- Life becomes more comfortable for us if we realize that feelings and thoughts do not compel us to actions.
- Knowing that we have no way of controlling thoughts and feelings unburdens us from impulse to expend energy on that impossible task.

- Feelings and thoughts are not manageable or controllable.
- Attempting to manage feelings has been the cause of much psychological trouble.
- At most, we can suppress our awareness of feelings — making our self temporarily ignorant of what is going on. (a misfortune of muting our feelings)
- Ignorance of idea or feeling is often a temporary comfort that limits lives and incurs risk.
- Feelings are brief and transient — we experience those as if they were one extended time unit of feeling. Physiologically our nerve fiber can deal with those only as brief pulses.
- A momentary feeling may have been a sequence of multiple times. (comparable with visual processes)
- All feelings are always good to have, because they are always informative.

What is illness?

- What are the knowledge errors that underlie neuroses?
- What are the steps in developing neurotic disorder episodes?
- What is the actual illness process?
- What is potentiation of emotion and its effects?
- What is an emotion storm?
- Emotions are useful, never dangers. When we learn that, it greatly eases tension.
- Feelings are not a substance, not storable; therefore they are neither something that can be dealt with nor expelled.
- There is a long list of troubling, nonsense aphorisms and instructions from false or irrelevant ideas that you can put together as you sort through and gain understanding of emotion and the misleading common wisdom of the ages.

Start to know what the illnesses are not

- They are not childhood fixations from trauma.
- They are not unfortunate habit patterns that can be deconditioned.

- They are not a cognitive misunderstanding of the situation.
- They are not old emotion stored within.
- They are not a chemical imbalance requiring sufficient psychotropic medication.
- They are not an ego versus id or superego conflict.

We start to know what emotions are and do:

- Knowledge of affect phobia
- Knowledge of self-observation as different from introspection.
- Knowledge of what emotions are and are not.
- Knowledge of flow of thought and feeling.
- Knowledge of thought and feeling interactions.
- Knowledge of emotion potentiation.
- Knowledge of emotion storm.

Bits and pieces to know::

- **emotions are friends not enemies**
- **actions are not emotions-nor are hitting, smiling, or crying**
- **notice potentiation in sequences of feelings**
- **notice potentiation moving to storm**
- **you can disassemble storms and potentiation**
- **use feeling information instead of fighting feelings**

- **emotions are autonomous — never can be controlled nor modulated**
- **triggers of illness are not the illness**
- **symptoms of illness are not the illness**
- **emotion is information of perceptions**
- **emotions are necessary for decisions and judgments**

Note to readers: With the removal of the excess amount of book length verbiage from my website, there will be space to expand *A Psychologists Notebook* with brief essays on a variety of subjects as regularly as I can manage. Some entries for this are in process. I hope readers will find these interesting and helpful. The web site will continue to offer sufficient free information for everyone to cure their own neuroses and better their lives. I want to spend my time writing about new ideas. Those who wish to study why this new phase of psychology works, and why none of previous theories and methods have worked, will find that information in my published writings. Those wanting more details may readily find such in *Two Little Books: cure at last* (an e-book for \$1.00) and more in *Uses of Emotion: Nature's vital gift* (priced at \$15.00). Those publications have been priced to sell at approximately the cost of making them available..

It is heartening that a few thousand readers of this website including many who have spread the word to help others. They each have learned that they can free themselves from some psychological trouble. They each have learned that they can raise their children to be invulnerable to neuroses. I am especially grateful for those comments detailing specific ways people have been helped or puzzled by my writings and offer questions. Regrettably, I am not able to respond individually to comments, although I will continue to read all.