



## WELCOME TO THE CATHARSIS METHOD EXTENDED GUIDE

This guide will help familiarize you with the key concepts used in Catharsis Method. It is designed to help overcome the initial learning curve and move you toward integrating this practice into your regular introspection.

## EMOTIONAL INTELLIGENCE BASICS

**THE FRAMEWORK:** Emotional intelligence consists of two essential dimensions—Awareness and Management—that we apply to both ourselves and others.

### AWARENESS

**AWARENESS** is gathering the pieces of our experience, how we feel and what we think, and assembling that data into a blueprint that will later guide our **MANAGEMENT**.

#### THE 3 PILLARS OF AWARENESS

##### OBSERVATION

Identifying and naming our emotions without judgment

##### EMPATHY

Connecting emotions to their triggers and resulting behaviors

##### INTUITION

Finding patterns and greater context in our emotional landscape

### MANAGEMENT

**MANAGEMENT** is the ability to regulate thoughts, feelings, and actions. It takes the blueprint of our **AWARENESS** and challenges that initial experience, guiding our responses in productive directions.

#### THE 3 PILLARS OF MANAGEMENT

##### COMPOSURE

Creating distance from intense emotions to gain perspective

##### ACCOUNTABILITY

Honestly assessing our role in situations and responses

##### INNOVATION

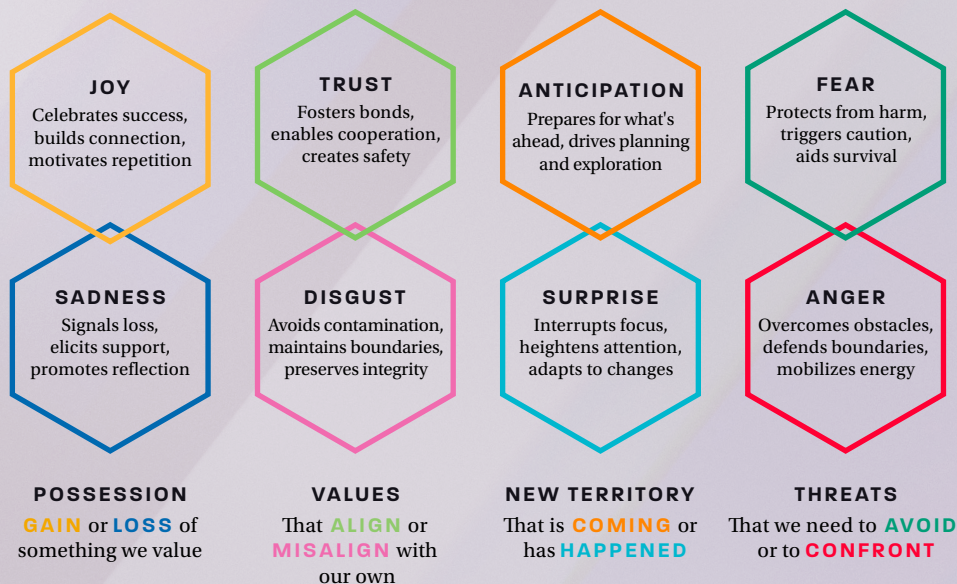
Exploring alternative perspectives and possible actions





## THE 8 PRIMARY EMOTIONS

Dr. Plutchik's 'Theory of Emotion' identifies eight core emotions that evolved to help us survive and thrive. These are neither "good" nor "bad"—each serves an important function.



## THE PLAY-BY-PLAY OF AN EMOTIONAL EXPERIENCE

Emotions follow a consistent pattern that helps us understand their origin and purpose:







## DEFINING YOUR SITUATION

The quality of your Catharsis Method experience depends significantly on how you define your situation:

**BE SPECIFIC:** Instead of "my relationship," try "the argument with my partner last night"

**RAW DATA ONLY:** Detail the situation in an objective way first; you will go into how it made you feel/think later throughout Awareness. Detail the situation how a neutral third-party who saw what happened might report on it

**RIGHT-SIZE:** Not too broad ("my entire childhood") or too narrow ("being cut off in traffic")

## FACILITATION TIPS

While Catharsis Method works well solo, facilitation can significantly deepen the experience and the results:

**CREATE SAFETY:** Establish confidentiality and permission before starting. Agree that the person being facilitated can skip any question or pause the process at any time, giving them agency and control over their exploration.

**FACILITATING FOR OTHERS:** Create space for the other person's process without interpreting their emotions. Ask clarifying questions rather than offering solutions.

**BEING THE FOCUS:** Be honest in your responses; remember the facilitator is there to witness, not judge. Vocalize thoughts you might otherwise keep internal.

## COMMON ROADBLOCKS & SOLUTIONS

Challenge	Solution
<b>IDENTIFYING EMOTIONS:</b> Feeling "fine" or naming only one emotion	Use physical sensations as clues; consider what you'd feel in similar situations
<b>STAYING PRESENT:</b> Mental wandering or excessive rumination	Gently return focus to the cards; speak thoughts aloud to stay grounded
<b>SELF JUDGEMENT:</b> Criticizing your emotional responses	Remember all emotions serve a purpose; practice describing rather than evaluating

## DEEPENING YOUR PRACTICE

- Take photos of meaningful layouts to track insights over time
- Replace the included totems with personal objects that have significance
- Experiment with different modalities (speaking aloud, journaling, partnered sessions)
- Return to the same situation multiple times as your perspective evolves