

TMFRS

LET'S MAKE SENSE OF YER STUPID FUCKING BRAIN

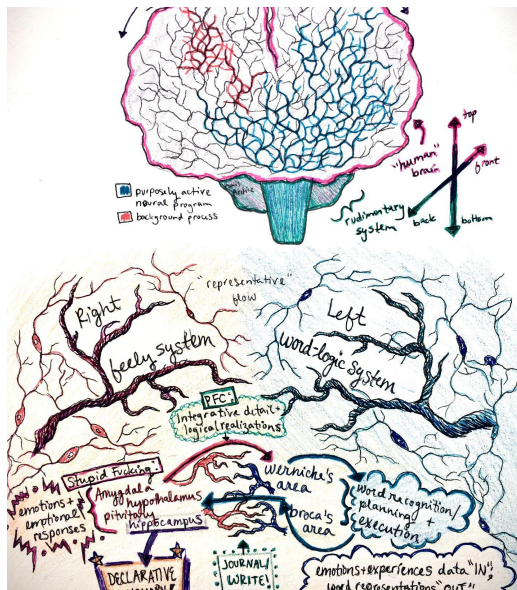
Closing Sneaky Background Brain Processes

And ending ruminatory energy drains on your brain.

Fall 2021

Problem Overview

You know, we love to try to understand the “whys” of life. Sometimes we get open neural circuits humming along in the background, seemingly trying to resolve informational mismatches that are creating open, incohesive thought networks.



Problem being? They're really fucking annoying. Distracting. Energy draining. Emotionally activating. They chip away at attention, memory, self-control, decision making, self-regard, and available physical / mental energy.

So can we close our “open programs?”

We can sure MF try. But the process won't be “comfortable.” Growing new neural connections never is.

You'll need to connect word-memories (the sense-making part of your human brain) with feeling-memories (the experiential, sensory part of your entire brain). And to do that, you'll need to exercise your “taking an outside view of self” compartment to get less damning details gathered together. You'll examine “Expected” versus “Actual” events. And you'll create *realistic*, non-reactive, bridges between the two data sets. Closing the neural network with new connections, placing the emotions, and filing the “historical” memory away, where you don't need to keep running through it.

How To.

It starts with noticing. Naming the symptoms.

What's going wrong in my life, brain, and body? Exhaustion, agitation, tension, numbing?
Is my attention down the shitter? Memories and thoughts intruding on life?
Bad habits taking over? Inability to git shit done? Inability to care the way you want to?
A general feeling of "Damnit, I woke up again" every day?

And then... letting the underlying, subtly provoking emotions (you're trying to ignore) come up.

Take note of the events they're likely connected to, based on cognitive hints or "most likely" factors.

- Most recent events
- Most emotional events
- Most unexpected events
- Most unresolvable events

From the list, pick the most emotionally-reactive option.

Then explicitly write out what seems to be bothering you.
WRITE IT OUT OR GO HOME.

Explore it with, asking "WHY is this so upsetting to me, personally?" with a focus on self-blame.

Then get *critically active*, asking questions.

"Is this a fair personal assessment?"

"Is there another perspective?"

"Is there additional non-emotional data I can fill in?"

Answering all those questions AGAIN, with pen and paper

First, letting the emotional, judgemental answers flow.

Then, letting the prefrontal cortex get involved to answer them "cold-logically."

Allow the emotions. Integrate them into your answers. Give yourself time and space to consider everything carefully.

Get into Expected Vs Actual

Then make two columns, listing out “Expected” events versus “Actual” events that underlie the whole thought system.

Get as detailed as necessary. Letting your emotional / sensory / partial narrative memories bubble up. They’ll tell you what you *thought* versus what you *got*. I promise you that.

Give yourself time, absorb those lists, respect your feelings about both.

And then start creating a cohesive narrative that bridges the two.

While being sure to take an outside perspective that includes realistic compassion, unlike what you probably can give yourself from the inside.

Keep it dry. Keep it factual. Keep it “distant” from your experience.

Create “Yeah, but” statements to link Expected and Actual statements.

And finishing by fully stitching together that narrative, putting “expected” events to rest, and accepting what’s “actually” happened. (At least, by way of putting it in your historical learned memory network. Not necessarily by saying “and this is fine, everyone shit all over me.”)

It allows you to stop ruminating via having a realistic, fair, balanced view of where you fall in the whole story. *What really happened, what you really could have done, what other people (yes) were flawed for doing.*

Releasing the sneaky shame, guilt, and self-hate cognitions.

So you can finally close that circuit and have your full brain back.

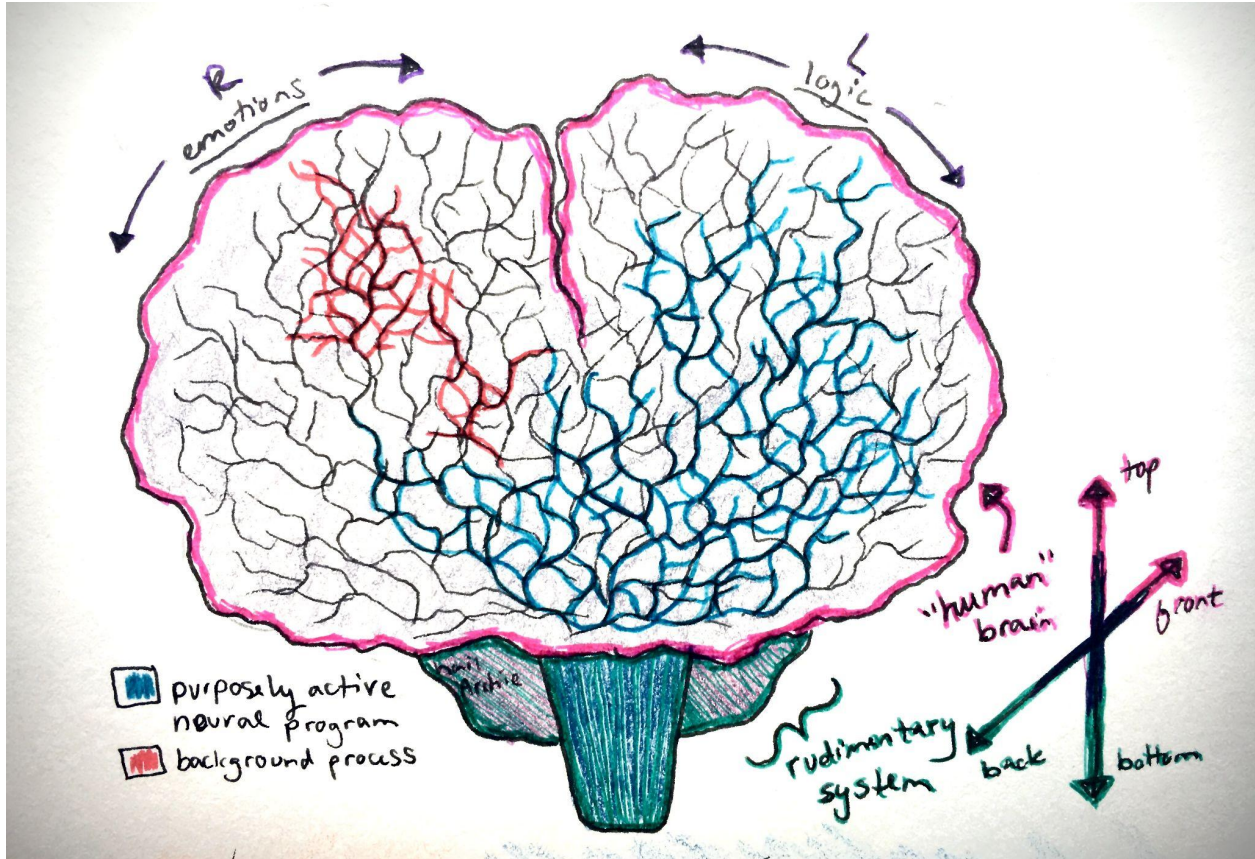
To decide and enact *how you’re going to move forward from all of it*. Leaving this unpredictable event in the past where it solidly belongs.

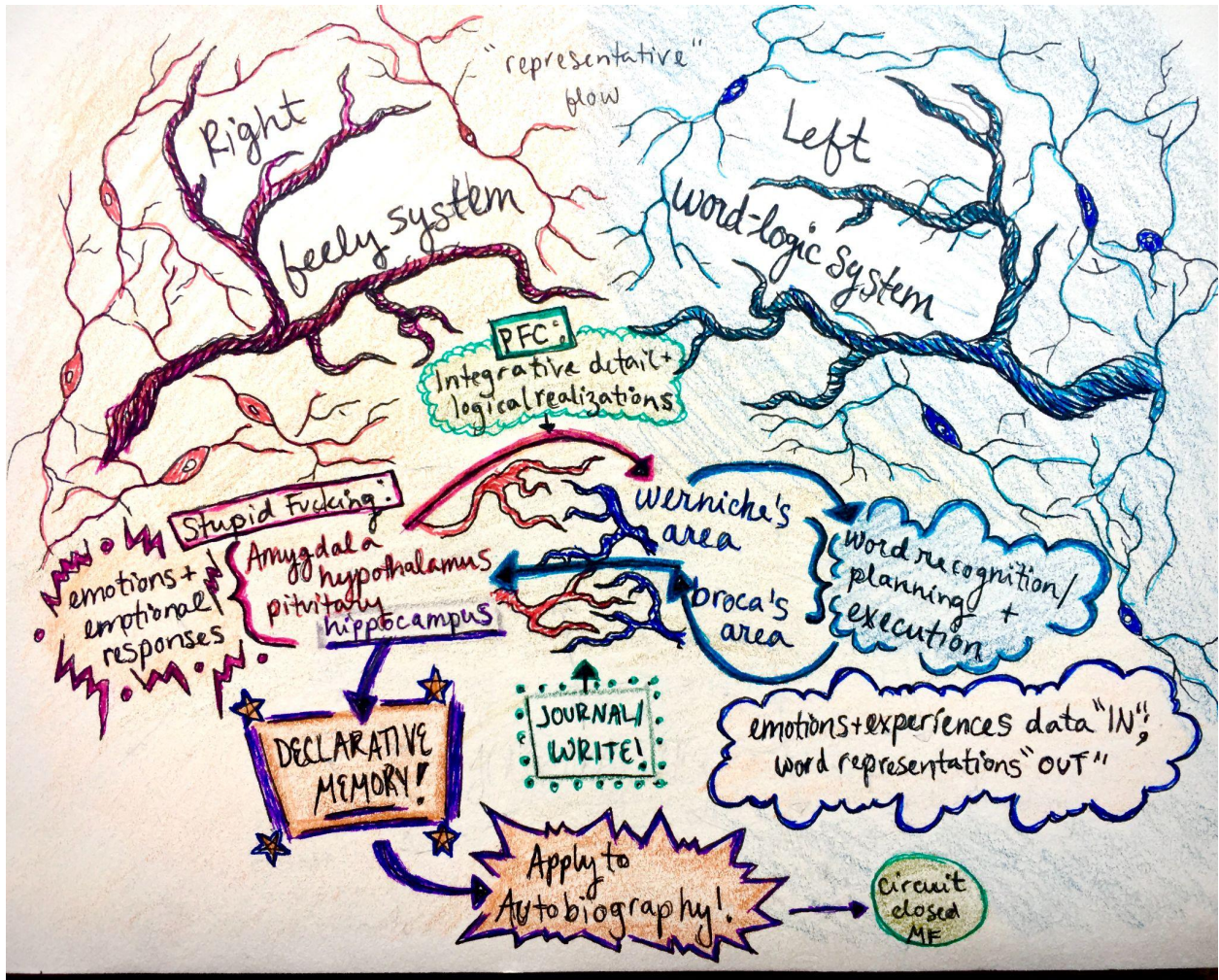
And realizing the event most likely actually has nothing to do with you, other than giving you the guts and grit to be stronger and smarter all the time, because of it.

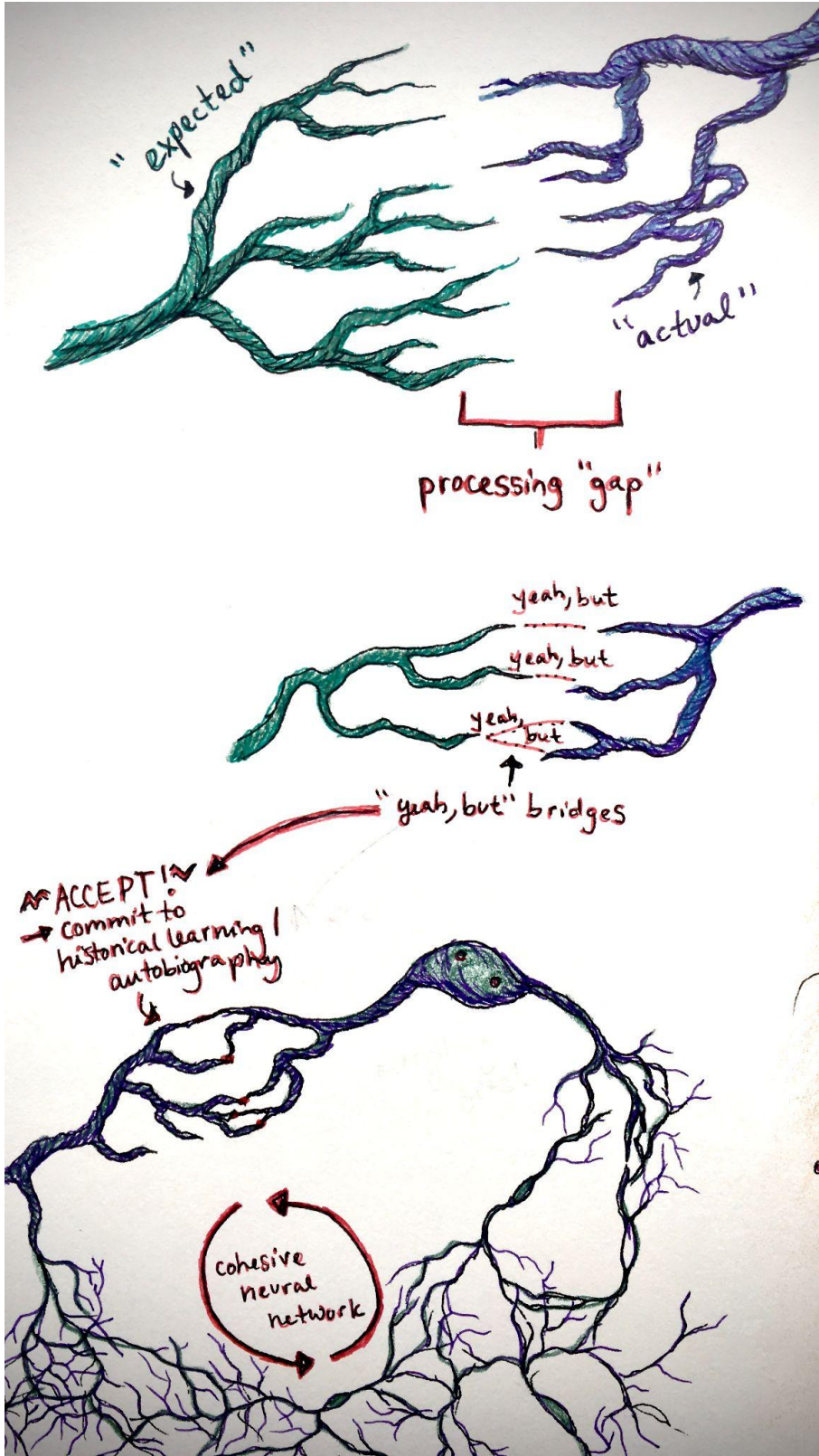
You don’t have to forgive. You don’t have to forget. But you have to close the Exp. v Act. loop.

Next up: Visuals of this MF brain.

To see these figures explained, be sure to hit up the associated video! Let's make sense of deez scribbles, concepts, and neuronal nonsenses.







Traumatized

Motherfucks | Your Stupid Fucking Brain

Is a “self-centered,” community healing project for CPTSD and trauma sufferers. But the trends relate to everyone who has a brain.

For more information on CPTSD, recovery, relationships, and moving forward, visit t-mfrs.com or join the community Blanket Fort at Patreon.com/traumatizedmotherfuckers.

Gotta a perspective of your own? Record it! Share your story to traumatizedmotherfxckers@gmail.com and let someone know they aren't alone today.