The Anatomy of a Feeling

AFTER GEORGE FALLER'S TEMPO

> *A feeling seems to arrive all at once.*
> *It's actually a five-part story told in a second.*

Emotions feel like single events. Anger just happens. Hurt just hits. But every emotional moment actually unfolds in parts, and EFT therapist George Faller offers a simple map for them called TEMPO. A Trigger sets it off: a tone, a glance, a memory, a phone picked up mid-sentence. Emotion follows instantly: the body's surge (heat, sinking, tightening) that gets you ready to act before you have thought a single thought.

Then comes Meaning, the story your mind stamps onto the surge. "I don't matter." "I'm being attacked." "Here we go again." Right behind it comes Protection, the automatic move that follows the story: the snap, the sarcasm, the shutdown, the exit. The humbling part is this. Trigger, Emotion, Meaning, and Protection all fire in under a second. By the time you notice the moment, the first four parts have already happened. Nobody chooses them.

That is why the fifth part is where the hope lives. Organization is the ability to bring awareness to the sequence. You can't stop the TEMP, but you can learn to see it, first hours later, then minutes, then almost in real time. Once you can say "my trigger was the sigh, my story was 'I'm failing,' my protection was going quiet," the automatic becomes visible, and what is visible can be worked with. Choice doesn't live in the surge. It lives in the seeing, and the seeing can be trained.

RUN ONE TEMPO REPLAY

1. After your next charged moment, even hours later, sit down together with the map.
2. T: each of you name your trigger. The exact sight, sound, or thought that lit the fuse.
3. E and M: name the body surge, then the story it carried. "My body did ___. The meaning I made was ___."
4. P: name your protection honestly. What did you automatically do?
5. O: close with the organizing question. "Knowing all this, what would I like to try next time?"

WHEN IT'S HARD

If the sequence feels impossibly fast to catch, it is, at first. That is not failure. The first four parts outrun everyone's awareness. Every replay you do afterward trains the seeing to show up earlier. Awareness is a muscle. The replay is the rep.

TO SIT WITH

Which trigger sets off your fastest sequence? Which meaning does your mind stamp on it most often?

What might change between you if "that's just how I am" became "that's my protection, and I can see it now"?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris