

List of ASFs embedded in Feeling-States

Any ASF can become the feeling embedded in a feeling-state. The following list is necessarily incomplete but does consist of the feelings most commonly embedded in an FS. I have included phrases like “big man on campus” because these kinds of phrases are often the way people articulate the ASF.

ASF are divided into four categories: safety, relational, winning (status), and sensation-alive. Some ASFs, especially the ones expressed as phrases, may stimulate feelings in more than one category. For example, the ASF “bonding” may trigger feelings of both relational and safety. “Invincible” may include categories of safety, relational, and winning. For the purpose of treatment, processing the FS does not require distinguishing between these categories. However, Phase 4 processing of the underlying NC may require a more nuanced understanding of the FS in order to identify the NC.

Safety

Safety Secure

Relational:

bonding connected important special powerful strong invincible
acknowledged “I exist” “cared for” Whole

Winning (status):

“the man “Big man on campus” feminine masculine smart winner
approval reward “I can have what want”

Sensation-Alive:

excitement (danger, aliveness) euphoria Alive

What feelings are NOT the feelings embedded in a Feeling-State

Not every positive feeling is an FS. As explained in the text, the only feelings embedded in the FS is an assured-survival feelings (ASF). While people will often state that the following feelings are how they feel after enacting the addictive behavior, these feelings are actually the result of the person experiencing the ASF, not the feeling that is embedded in the FS and therefore should not be processed as part of an FS.

All ASFs are feelings that are self-referential. ASFs are never about a person's feeling for another person. ASFs are always feelings about the self.

NOT FEELING-STATES:

Comfort Relaxation Peaceful Calm Excitement (anticipatory)

Urges Cravings

Non-self-referential feelings:

The feeling of love for another person wanting to hang onto a person

Emotions such as happy & joy are never ASFs!