Nedera Guidebook
Resonance Based Emotional Processing

Overview

BIO EMOTIVE FRAMEWORK
What Is The Nedera Process?

The Nedera Process is resonance-based emotional processing.

It is a practice that finds language for the underlying, unconscious feelings and feeling-beliefs which are undermining your ability to take charge of your life.

When going through the Nedera Process (Notice, Experience, Differentiate, Express, Resonate, Act) you are giving voice to the hidden experience of your nervous-system.

It is that hidden experience, that shadow-self, which is often stopping people from making real change.

In giving language to that hidden experience you are able to recontextualize the story, update your impressions and choose to take new and better actions.

When you can remove the blocks (psychological holding patterns) in the body, you are able to remove the blocks in the brain and rewire it.
What Is The Nedera Process?

Nedera Overview

Once you NOTICE you are "activated", you need to stop what you are doing (assuming you can) and EXPERIENCE your body. The activation is the result of your limbic system (also known as your emotional brain) firing up your autonomic nervous system, which causes a "dance" of symptoms and sensations in your body. Your job is put that dance into words.

We call finding the right words "DIFFERENTIATION". You won't know the right word or words at first and that's OK. Just try out any words that seem like they might be close and EXPRESS those words out loud.

As you say the words out loud, pay attention to your body and allow it to give you feedback. When you say a word that your emotional brain relates to you will feel an increased activation in your body. We call this "RESONANCE" and you use the resonance to guide this process. The more activation and resonance the better. If it gets big enough that you cry, that's great.

Keep saying the words that resonate deeply until the crying stops on its own and feels complete. We call that "RESOLUTION".

Sometimes the crying stops but it does not feel complete. That may be because you have to take "ACTION" of some kind. That might mean talking to someone or doing something that will bring a sense of peace or completion to the process.
Nedera Preparation

**Find a safe and quiet space**
Find a place or time of day where you feel safe enough to let-down and simply be with your experience. This may mean going to a park, or setting time aside before bed. You may also bring this work to your local sharing circle or take part in some of our membership meet ups.
Just set aside some time and ideally, practice regularly. This is just like learning to play the piano or any other instrument, practice makes it easier and automatic.

**Use your body as feedback**
Early in the process you are likely very identified with the “activity of the intellect”, while the activity of the emotional and physical brains are very much in your “unconscious”.

During the NEDERA process, when you say a word out loud your body will respond if it is the right word (or close to the right word.) Your body may twitch, get heavy, tighten up, but more often than not, you will feel a heaviness in your chest or a welling-up somewhere.

This means you are getting emotionally activated, and is good. Keep going in that direction and don’t try to stop the sensations.

If you find your muscles are tensing up, this means part of you is still feeling afraid of feeling your emotions directly, as muscles tension interferes with our experience of emotions. Stop and decide that you really are committed to feeling and processing your emotions, and do what you can to relax your body so the emotions can flow.

Activity in your tummy likely means you are afraid of the feelings coming up. Try to let go of the fear and recognize that the feelings are simply information, trying to communicate a message!
Nedera Preparation

Say The Words Out Loud
Thinking about a feeling does not guarantee you are feeling the feeling. Some people seem to have a repressive barrier between their intellectual and emotional brains.

Saying the feeling word out loud bypasses this barrier; by speaking out loud, the sound of your voice is automatically processed by your physical brain, and then your emotional brain, allowing your emotional brain to register and process it more fully.

If you are not in a situation where you can talk out loud, sub-vocalize to yourself, as even this seems to be more effective than just thinking the words in your head.

Practice with Someone
You can do this work on your own, but it’s ideal to have a partner, or community of like-minded people to practice with. When you know that you have a place and time that you can express and explore your process, it creates a sense of inner stability and increases your ability to handle the day-to-day.

When you are working with others, it increases the power of the experience. Facing someone and saying the words out loud in their presence makes you own and experience the reality of those words and feelings more fully than just talking to yourself.

Try looking into your partner’s eyes while saying the words out loud. This increases your self awareness and ownership of the words even further.
Nedera Preparation

**Take Care Of Yourself**
Practice regularly, eat well, sleep enough or more, exercise vigorously, meditate (both meditation and exercise have been shown to generate new stem cells in the brain) and it will all support what you are doing, as you move your life to the next level.

Crying takes a lot of energy and can be exhausting, especially if you have been resisting it all your life. After-care is essential for supporting the relaxation-response in the body, allowing the healing to deepen.

If you are in a position to share and be held by someone who cares for you, ask for support. (Careful not to burn them out though, this is your healing journey, not theirs.)

**Be Patient with Yourself**
Not only is this is new skill that you have to learn, but it’s likely that some parts of your brain structures that are involved in emotional processing are not online and working properly, just yet.

What takes lots of concentration and effort today will become fluid and automatic as neurons respond and grow to the new expectations and uses being demanded of them.

**Some say the eyes are the window to the soul and that may be. What I do know for sure is that they are a gateway to the emotional system.**

-Dr. Douglas J. Tataryn
The Bio Emotive Framework Presents...

The Nedera Process
Resonance Based Emotional Processing

NEDERA

Step 1: Notice the signs

Notice the ways you show emotional activation.

Here are some examples to help you. Circle the ones you notice in your life. Write down any others which aren’t on the list. Refer back to this list when you’re feeling stuck.

Physical: Headache, stomach ache, fatigue, butterflies, tight throat, etc.

Relational Behaviours: Bickering, irritable, blaming, sensitive, distant, etc.

Personal Behaviour: Procrastination, comfort food, desire for alcohol, sudden need to change activities, etc.

Mind Behaviours: Suddenly thinking extremely negative thoughts, ruminating over a specific event, suddenly thinking of all the things that need to get done, etc.

Emotional Experiences: Sudden sinking sensation in the body, feeling shame or defeat, fear of being abandoned, etc.

Other

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Step 2: Experience

Slow Down. It’s important to let yourself actually feel and be with the sensations you have, even if they are making you feel uncomfortable.

Emotions “dance” in the torso, so try to experience all of the sensations in your belly, solar plexus, and chest. They are taking place whether you notice them or not!

A great place to start, is noticing your breath, because it happens in your torso. Is it shallow? Long? Fast? In your belly or in your chest? Are you breathing at all?

As humans, we do not generally like to sit with discomfort. We have developed many tricks to not have to be present in our body.

Tense muscles interfere with experiencing feelings and emotions and even thinking.

You may find yourself tapping your feet, fidgeting with your hands, or changing conversation, as a way of distracting yourself from experiencing the emotional activation.

You may have to tell your body it’s ok to let go into the experience and that you are willing to experience and process the feelings and emotions directly.
To differentiate, you must go beyond saying "I'm upset" and find the specific words for the feelings you are having.

You must learn to **differentiate** the various feelings that are **causing** your **emotional reaction**, through language.

This is a time for your emotional brain to have priority, even if it's not rational or true. Simply accept that for right now, this is how you **feel**, even if it's not actually true or the complete picture.

As you differentiate, **write down the words** as they **evolve**:  

You will **cycle through** Experiencing, Differentiating, Expressing and Resonating, until you find the **right word** which **Resolve / Release** the **underlying** feeling and emotions.

As you **DIFFERENTIATE** the words, you are testing for **RESONANCE**. This means you are experiencing and searching for **words which match and resonate** with the experience that is locked and alive **in your body**.
Say the words and sentences out loud.

Sometimes it can be hard for us to express ourselves, because we know intellectually that what we're feeling isn't entirely true.

That has value, but it's also important to allow our different systems to have their own unique voice, when the time calls for it.

While your intellect may "know" it's not true, the emotional system is still experiencing it as—though it's true, within your body, and we want to bring more conscious awareness to it, so we can "put it in it's proper place" afterwards.

In order to update your brain and your emotional system, you have to allow yourself to express this limited, but significant emotional truth through words (and crying if it's a big enough activation).

Allow the experience and expression of this partial, but significant truth to resonate throughout your body. You can stop when it feels complete, and if not, to do another round.

Sometimes expressing the feeling is as simple as saying the sentence out loud, and allowing tears to come. Sometimes there are no tears, but your body has a shift anyway.

Other times, expressing means deep yelling, sobbing, or physical gestures.
Step 5: Resonate

Resonance means you've found a word that fits the feeling in your emotional system, and you know that because of the change of sensations you experience in the body. Sometimes resonance is a deep feeling of relaxation and relief, more often it's an increase in activation and agitation.

As you find words that are more specific and precise to the feeling you're having, the activation will generally go up. That means you're on the right track. Keep going until you find the word that is the perfect fit. This will usually mean a deeper connection to your tears and crying, if that's what's there.

... & Resolve

The NEDER process is completed and feelings are resolved when you've found the specific words that communicate the feelings and emotions you've been having. The resolution can only happen if the emotional system is involved, which generally means you've been crying. That said, there are two or three stages of Autonomic Nervous System activation which don't involve crying, and can still heal the system. (See the section on 5-stages of crying)

The process of having the emotional system express it's feelings through words and physical release has a very healing effect on the body-mind and your relationships. You will find that something has changed. You can think about the situation you were processing, and say the feeling-words, but they no longer hurt or upset you in the same way. This means something has “shifted” inside and there is a sense of peace and resolution. Congratulations!
Step 6: Taking Action

The majority of the time, simply going through NEDER and expressing the words and crying is enough to resolve the feeling you’re working with, but sometimes you need to take ACTION!

That might mean talking to the person that was involved in the situation, that may mean following through on a promise or commitment you made. Sometimes you just have to do something to make the process feel complete.

If it’s time for you to enter into a life- transition, such as going back to school, or creating a new vision for life, you may need to contact someone and ask for help and guidance.

Action could include researching a new career, working with your life-coach etc.

Sometimes action just means stepping up in life, in a new and more mature way. If you have had social anxiety, challenge yourself to talk to someone new at a party. If you’re feeling lost in life, invest in developing a new vision that motivates you to engage with life.
Cultivating Positive Impressions

Eliminating the barriers to success doesn't necessarily mean you'll step into success. You still need a framework and motivation and structures to move you forward in life.

This process was developed using the Sad feeling words, because those were the words which were unconsciously sabotaging the individuals coming to my clinical practice. There just weren't any people coming in with unresolved feelings of happiness! ;)

We strongly encourage you to do this NEDERA process for all the positive experiences you are having as well. Not only will you experience and express those positive feelings more fully, you'll also help these experiences make it into your emotional system to update the emotional impressions.

Feelings of the same dimension (e.g., Adequacy and Inadequacy) are stored in the same place. That means when your emotional system opens up to process happy feelings, you may also feel some of the opposite unresolved sad feelings being stored there. This can cause some emotional turmoil at first but ultimately processing these new positive feelings will update your baseline feeling, either bringing it a positive tone overall or a less negative one.
Stepping Back From Feelings!

One of the most powerful aspects of this process is that it teaches you to “dis-identify” with your feelings and emotions. The very act of naming it and saying it out loud means you have taken it as an object. This is good!

A sensation is just a sensation, a feeling is just a feeling and a thought is just a thought. They all play a role in completing a bigger picture but no one piece is the big picture.

Feelings are by definition irrational – they evolved before the intellectual brain came into being. This can make feelings very scary to experience and share with people. When you lose that fear you can work with feelings head-on. This allows you to be more direct and conscious in processing them and resolving them so they don’t sit in your system and haunt you for years and unconsciously lead you to make poor or irresponsible decisions.

The irony here is that you will actually start to think and act more rationally as you embrace and integrate this irrational side of yourself!

If you can’t clear something immediately, you will find yourself acknowledging it and saying things like “Oh, this is just triggering some old feelings of inadequacy, I’ll work on that later”.

This is a great place to get to. Good work!
We are multi-dimensional and very complex beings and often have internal and external conflicts that we must reconcile. The NEDERA process helps you get really clear about what you are feeling, but your feelings are not the final word on things.

The Bio-Emotive Framework emphasizes finding and expressing feelings because they are often neglected, repressed, dismissed and un-acknowledged. Once your feelings are clear integrate them with your intellect, your body, your morality, your social context, etc. and make a final, well-rounded and informed decision.

**FINAL WORDS:**

Be gentle with your emotional system, as you slowly guide it and teach it to be able to handle things that would normally throw it into a frenzy.

It feels REALLY GOOD to finally experience and express how you feel. As you do this, also check in every once in a while, and ask yourself:

"What do I need to guide my emotional system to not be so affected by these things anymore? Sometimes expressing a feeling is enough to resolve it. Sometimes you need to take action. Sometimes its even more complicated and they can't be resolved until you grow and refine the vision you are using for life."
Nedera
At-A-Glance
Resonance Based Emotional Processing

bioemotiveframework.com
NEDERA AT A GLANCE

Notice you’re activated / Write the situation down

Experience or tune-in to your torso
because it’s gonna give you feedback.

Differentiate. Find a word that fits that situation... write down the words
as they evolve.

Express it, simply by saying it out loud.

Check for Resonance in your body, the torso.
(a flush of activation in your cheeks, crying, the pain in your chest may
increase, water in your eyes, or breathing starts to change.)

How you express yourself, changes as the energy builds.
When you first approach it, you know you’re upset. But the word that you’re
using may or may not be resonating with that “upsetness” inside you.

So you’ll say it out loud and experience if your body is increasing in
activation, decreasing in activation, or doing nothing.

Use that feedback to guide you.

Once you have circled through this process and found the depth of release
you need, your body and mind will naturally Resolve the situation, and new
clarity and perspective usually emerges. Sometimes there is an
Action which needs to happen, to feel complete. We encourage you to sit
in the stillness which has likely arisen.

Resonance means that there’s some shift in your bodily
processes, which seem to be being triggered by the
word. It’s like a feeling of "yes, that fits" between
the word and your body.

Write Down
Your Words As
They Evolve
Here:

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Remember:
It’s about
Resonance
THE THREE LEVELS OF DIFFERENTIATION

I feel (emotion)

I felt (interpersonal) when (s)he (situation).

This is triggering a feeling of (core feeling) in me.

EMOTIONS
Happy Sad Anger Fear

EXAMPLES OF INTERPERSONAL FEELINGS
Betrayed Belittled Abused Ignored
Dismissed Rejected Abandoned
Disregarded Creeped Embarrassed
Violated Aggravated Used

9-CORE FEELINGS
Lost/Disoriented Insignificant
Helpless Hopeless
Bad Alone Loss/Empty
Inadequate Worthless
THE THREE LEVELS: AT-A-GLANCE

Write the Situation


CIRCLE: Am I Feeling HAPPY SAD ANGRY FEARFUL?

Write a sentence or two, describing what it’s like to feel that EMOTION


Find some INTERPERSONAL WORD sentences to describe how you feel


On a Scale of 1-10, Test for resonance with the Nine Core Feelings.

Write a summarizing sentence which describes how you feel


The Nine Core Feelings

Inadequate __
Insignificant __
Alone __
Bad __
Helpless __
Hopeless __
Lost/Disoriented __
Loss/Empty __
Worthless __
NEDERA NOTES

If It’s Not Resonating
Go back and DIFFERENTIATE and EXPRESS some more

If It’s Kind-of Resonating
I need a better word or sentence.
If I say "I feel dismissed" and there's a part of that which feels true, but it also
doesn't quite feel completely true... and I can tell because there's an increase in
resonance but it doesn't yet have that feeling of “fitting”.

"I feel dismissed... no... I feel abandoned... no...
I feel REJECTED! Yes! THAT'S the word!"

(Rejection has a slightly different energy than dismissal, and that resonates more
deeply, therefore the activation increases.)

Once you find a word which causes your body to increase in activation, you know
you're on the right track.

Once it’s Resonating
Continue to experience it. Get a better and better word until it fits PERFECTLY both
with the experience you're having in your body and the experience you're
remembering.

And once it does fit perfectly, then just keep repeating it out loud and allow your
body to continue increasing it's resonance and activation and expression.

Expression
Allow yourself to express the energy to the level that the energy is there.
Does it feel complete simply saying it out loud or do you need to cry as well? What
if you look someone in the eye and say it? Does it have so much energy, that you
need to do some big expression? If you don't have a safe space to express, find a
physical activity to channel the energy into, such as dance or sports.
Nedera Practice
Resonance Based Emotional Processing
NEDERA PRACTICE

Explain the situation

What is it doing to your mind / body / behavior?

I Notice...
NEDERA PRACTICE
What's the experience in your Body?

Try This: Sometimes writing out a few pages of general random expression about how you feel can help. Once you do that, come back to the worksheet and refine what you found into interpersonal and core feelings.
NEDERA PRACTICE

The main emotion you feel is:
Happy / Sad / Angry / Fearful

Describe what's it like to feel that way.

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________________________________________________________________________
________________________________________________________________________
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Try This: Sometimes writing out a few pages general random expression of how you feel can help. Once you do that, come back to the worksheet and refine what you found, into interpersonal and core feelings.
NEDERA PRACTICE

What Interpersonal feelings could best describe your situation?

I felt (interpersonal) when (situation).

Continue writing until you find the sentence and/or words which feel most resonant.

If you're really struggling, try moving onto the core-feelings.

Try This: If you are having trouble saying these words like they are true and real, just allow the part of yourself which feels it, to speak, by saying "Part of me felt (interpersonal feeling) when (situation) even though I know (the bigger picture). I'm letting myself express this part of me, because I know it will help release some unconscious barriers from my system"
NEDERA PRACTICE

Test each core feeling for resonance, on a scale of 1-10

Insignificant ___ Inadequate ___ Loss/Empty ___ Alone ___ Bad ___
Lost / Disoriented ___ Helpless ___ Hopeless ___ Worthless ___

Find a sentence which resonates and feels most true, using the activated core feeling word(s).

"I felt worthless when they laughed at my ideas" or "I felt helpless and inadequate when my mother expressed her disappointment in my marks"

Remember to tune in and check for Resonance!
NEDERA PRACTICE

Acknowledge this truth in the context of a larger truth.

For example: "This situation triggered a feeling of (core word) in me. I even felt like (person) (interpersonal word) me. While I acknowledge the deep resonance I’m having with these feelings, I can also see that more pieces to the puzzle include (their perspective, old-feeling beliefs which are clouding my experience etc)"
What action or shift in perspective to I need make, in order to move forward most effectively?
NEDERA PRACTICE

Journal about what you learned, what challenged you, or any further steps

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