

ARPT's Secure Self Intervention

After completing this exercise, you'll gain a refined and concrete comprehension of your "Secure Self." This concept functions as an invaluable mental resource, available to you at all times for emotional support and navigational guidance in your life.

The ARPT's Secure Self Intervention enhances key psychological and neurological systems. Specifically, it optimizes self-regulation, bolsters memory retention, and fosters a more positive self-image. Additionally, it targets and fortifies critical neural networks like the Social Engagement System and the Reticular Activating System (RAS), essential for attention and arousal. *Through a mechanism known as "neuronal priming," this intervention paves the way for improved cognitive and emotional functioning.*

By engaging in this Intervention, you are taking an important step toward overall mental well-being and self-mastery.

Part I:

Cultivating Your Secure Self: A Sensory-Engagement Intervention

Take a moment to ponder this crucial question:

What would life look like if you were utterly Secure within yourself, relieved by anxiety, insecurity, avoidance, overwhelming emotions, or trauma?

In this exercise, we will engage your Social Engagement System and the Reticular Activating System (RAS) through the lens of your five senses. This will help bring the concept of a Secure Self into a tangible form.

Step One: Define Your Secure Self's Qualities

Grab a sheet of paper and jot down the attributes that define a 100% secure person in your understanding. Be as positively descriptive as possible. For instance, a secure self might exhibit complete confidence or proactively take initiative.

Step Two: Create a Sensory Image of Your Secure Self

Utilize the table below to craft a multi-sensory image of your secure self. You may focus on each quality individually or let them meld into a unified sensory experience.

Visual Aspect (Looks like):	
Tactile Sensation (Feels like):	
Auditory Aspect (Sounds like):	
Gustatory Sensation (Tastes like):	
Olfactory Aspect (Smells like):	
Behavioral Aspect (Interacts/Acts like):	
Social Engagement System (Connects and engage like):	

Step Three: Visualize with Vividness

Close your eyes and conjure a vivid mental movie where you see your Secure Self in high definition. Intensify this visual representation to make it as clear and engaging as possible.

Step Four: Body Connection

Tune into the sensations in your body as you mentally align with your secure self. How do you feel physically?

Step Five: Walk in Your Secure Self's Shoes

Step into the shoes of your secure self. Embrace the emotions and perspectives that come with this new stance.

How do you feel viewing life through the lens of your secure self?

Step Six: Apply Your Secure Self

Your sanctuary of security is never far away; it's always within you. Picture yourself facing a somewhat unsettling circumstance but doing so while connecting this Secure Inner version of yourself. Consider this Secure Self as a valuable teammate working alongside you to navigate the challenge. Pay attention to how you feel and how you respond. Do you notice any changes when you allow your secure self to take the lead?

Step Seven: Experience Attachment Reassurances

Imagine your secure self-directing focus towards you, offering love, kindness, and attachment reassurances like, "I see you; I hear you, I've got your back, and I am here for you. We will do this together. I am here for you."

Part II:

You can use TeraTappers, headphones, or both in this part.

Integrate Binaural Beats, Neural Pruning, and Social Engagement for a Holistic Secure Self Practice

As you concentrate on engaging your secure self, we'll amplify the experience by incorporating 40 Hertz binaural beats to harmonize your mental state. These beats help with focus and can facilitate neural pruning, aiding your brain in removing less valuable neural pathways to make room for more beneficial ones.

Here are some options for 40 Hertz binaural beats. You must use Headphones

<https://www.youtube.com/watch?v=k2HMSIxK0k&t=576s>

Simultaneously, activate your Social Engagement System, the part of your nervous system responsible for feelings of safety and connection. This, along with your Reticular Activating System (RAS), which helps you prioritize attention, will work in synergy to help you focus on positive interactions and experiences.

Begin by listening to these multi-faceted binaural beats. As you tune in, take slow, mindful breaths, imagining you're gently extinguishing candles with each exhale.

When you feel ready and comfortable, close your eyes. Focus on embodying your secure self as defined through the seven steps you've practiced earlier. Let the binaural beats play in the background for 5 to 10 minutes, allowing your Social Engagement System and RAS to help streamline your focus and emotional resonance.

Now, pause and assess any shifts in your energy levels and emotional well-being. How does it feel knowing that your secure self, enhanced by neural pruning and supported by your social engagement and attention systems, is an ever-present ally?

Remember, you're never alone and don't have to face life's challenges by yourself.

You can incorporate this exercise into your daily routine, ideally either as a revitalizing kickstart to your morning or a calming conclusion to your evening.

Please avoid using binaural beats while driving a vehicle.

ARPT Canada