Joy strength is developed as an actual brain structure through loving relationships. Joyful bonds create our identity, our ability to act like ourselves in distress, and our capacity to face pain. Joy strength both sets and limits our capacity to handle trauma. We can build joy strength throughout our lives if we know how.

1. Brain development

The Bonding Process (Allan Schore)

Senses and Brain Development (myelination of sensory regions)
- 0-6 Weeks - taste, smell and temperature
- 6-12 Weeks - touch
- 3-12 Months - visual
- 12-24 Months - voice tone

Joy (excitement) and bonding -- someone is glad to be with me

Right hemisphere to right hemisphere communication
- Matched brain chemistry
- Matched brain structure growth
- Authentic, rapid (six per second), non-verbal communication

What is growing during bonding is the Right Orbital Prefrontal Cortex
- Right-hemispheric growth spurts
- 0-18 months Peak 9 mo
- 3-5 years Peak 4
- 7-10 years Peak 8.5
- 15 year peak
- First child -- particularly for mother
- Fetal biochemistry throughout life-span

Psycho-biology of Bonds

The Right Orbital Prefrontal Cortex
- Developed by stimulation (prefrontal is 35% of adult brain)

First part of the cortex to receive incoming information from inside the body or outside
Control apex of the brain
   (1) Right hemispheric emotion regulation
   (2) Limbic system control

Non-verbal - knows and remembers in images and pictures

Center for "self" and bonds

The attachment center
   Secure
   Insecure (Fear Bonds)
      Avoidant (always OFF) [dissociative signs until 12]
      Ambivalent (always ON) [parental inversion]
      Disorganized (Mixed with strong FEAR) [most PTSD]

Characteristics of a Healthy Bond (From *The Red Dragon Cast Down* pp. 323-4)
   1. Healthy Bonds grow stronger by moving closer or moving apart
   2. Healthy Bonds grow stronger by sharing positive and negative emotions
   3. Healthy Bonds help all parties feel stable and act like themselves
   4. Healthy Bonds provide freedom and connection
   5. Healthy Bonds stretch limits and capacities slightly to promote growth

The Development of Identity in Infants
   The theory of self center develops (right cortex) at 6 months.
   The joyful identity grows in the Right Orbital Prefrontal Cortex from 6-12 months.
   The return to joy circuits grow between 12-18 months.
   Limbic system myelinates at 15 months.
   The "joy ring" of an emotionally unified identity grows at 18 months.
   Use it or lose it principle - critical periods, pruning and parcellation

2. Joy and God

Joy is strength
   The joy of the Lord is your strength. (Nehemiah 8:10b KJV)

Joy and God's face and voice
   Thou hast made known to me the ways of life; thou shalt make me full of joy with thy countenance. (Acts 2:28 KJV)
   Blessed is the people that know the joyful sound: they shall walk, O LORD, in the light of thy countenance. (Ps 89:15 KJV)
   The Lord make his face shine upon you and be gracious unto you. The Lord lift up his countenance upon you and give you peace. (Numbers 6:24-26 KJV)
Return to joy

Weeping may endure for a night, but joy cometh in the morning. (Psalms 30:5 KJV)

They that sow in tears shall reap in joy. (Psalms 126:5 KJV)

I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow. (Jeremiah 31:13 KJV)

Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. (Psalms 51:8 KJV)

[From] their shame...and confusion...they shall rejoice. (Isaiah 61:7 KJV)

Jesus and joy

the babe leaped in my womb for joy. (Luke 1:44b KJV)

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11 KJV)

Who for the joy that was set before him endured the cross, despising the shame. (Hebrews 12:2 KJV.)

3. Bonding: The Joy Camp and Joy Mountain analogy (From The Life Model page 39.)

Joy Camp
- Our natural state
- Our destination each night
- Where we want others to be

Climbing Joy Mountain

Getting back to Joy Camp

The Ring of Joy
- Direct paths back to joy -- no avoidance and quick resolution
- No path back
  - avoidance
  - side tracks to other feelings (sad, rage, sex)
  - extended disturbance (depression)
4. Two ways to bond

Climbing Joy Mountain
   Our voice and face
   Smells, food and touch and temperature (fellowship meal)
   Bears, blankets, stories, tapes, singing, dogs, babies and old people
   Giving joy to others

Returning to Joy Camp
   Getting back from every emotion
   Climbing strength--or the size of the bucket
   Acting like oneself--ROPFC takeover under strong emotions
   The flashlight of awareness
   Touch is powerful
   Jesus acted like himself (Mark 3:5 Colossians 3:8)
   Sin as "not acting like ourselves" (Ephesians 2:10)
   Singing our way back to joy (Psalms)

5. Joyful identity as the limiter of upset we can carry (joy bucket size).

The strength of the joyful identity in the ROPFC sets the limits for trauma resolution.

The strength of joyful love bonds set the limits of the joyful identity.

6. Maturity

How we grow and mature is based on our bonds.
   Fear bonds
   Love bonds

We mature in six stages: (From Stages of a Man's Life)
   Unborn - grow a body
   Infant - develop a self
   Child - learn to care for self
   Adult - develop a group identity (care for 2 or more at once)
   Parent - give life sacrificially so children can grow
   Elder - raise a community
7. Joy and healing.

Building joy can be more important than resolving memories.

Teach joy as the goal (from bed to a happy classroom).

The necessity that we enjoy those we minister to if there is to be joy.

8. The Joy Component in discipleship.

Building the brain through joy

Returning to joy

Restoring the brain through joy - (From The Life Model page 12)
- Smile whenever you greet those you love
- Use a warm tone of voice
- Do what you can to end positively
- Before you fall asleep make every attempt to reach joy
- Make sure those you love are in "Joy Camp" with you
- Touch whenever appropriate
- Give surprises that make their eyes light up. Let your eyes light up too. The joy builds as glances go back and forth.

Bonding to God with Joy

Bonding to the church with Joy

Bonding with the wounded by returning to joy

Raising God's children to maturity in joy

The Life Model, Friesen, Wilder, Bierling, Koepcke & Poole, Shepherd's House 1999.
How childhood traumas and deprivations affect brain development, sense of self, problem solving, emotional control, memory and dissociation. Trauma chemically "wipes out" portions of the brain while deprivations keep others from growing at all. New joy-bonded relationships are needed to stimulate the growth of replacement brain connections and circuits. Neurologically, joy means "we are glad to be together."

1. Brain Development and Memory

Memory is remembering who we are so that we can act like ourselves in the future.

The Memory Process (Daniel Siegel- *The Developing Mind*)

- **Input Processing and Memory**
  - Thalamus (Central Receiving)
  - Amygdala (Guard Shack)
  - Hippocampus (Library)
  - Anterior Cingulate (Head Librarian) affect & cognition integrated
  - Prefrontal cortex (Identity Center)

- **Right Hemispheric Memory**
  - Implicit
  - No subjective sense of being recalled
  - Non-focal
  - Not suggestible at all (can't be focused)
  - Not mediated by the library (hippocampus)

- **Left Hemispheric Memory**
  - Explicit
  - Focal
  - Declarative
  - Conscious
  - Episodic/semantic
  - Very suggestible (focal)
  - Has a subjective sense of being recalled
  - Autobiographical with a sense of space and time
  - Cortically consolidated during REM sleep after age 8
2. Memory and Trauma

The Effects of Trauma
Two types of trauma
Type B
Type A

The Guard Shack's (Amygdala) Four Actions
Armed response (sympathetic-hypothalamus)
Disaster shut down (parasympathetic-hypothalamus)
Fire Department (Cortisol-Hypothalamus-[ACTH]-adrenal cortex)
Send significant information to library for study

Effects of trauma on the Guard Shack (amygdala)
PTSD ping-pong between amygdalae of neutral stimuli
Hyperactivation to alarming material
  Fear tracking
  Fear bonding
  Fear mapping
  De-activation of Broca's region and prefrontal cortex

Cortisol
Effects on nervous system-solvent
  New connections
  New growth
Effects on Library (Hippocampus)
  21%-26% reduction in PTSD
  Toxic effects proportional to serum levels

The Library (Hippocampus)
Developed between 2-3 can be lesioned by high cortisol levels
Can be blocked by
  Massive discharges of the Guard Shack (amygdala)
  Split attention
  High cortisol levels

A life-long deficit managing emotions is the major result of childhood trauma (van der Kolk)

Age-specific effects of trauma and high cortisol levels (Fire Dept)
  During Joyful Identity growth (6-12 mo) - Decreased coping capacity
  During Return to Joy (12-18 mo) - Avoidance of certain feelings
  During Integration of Self (18-24) - Mood/affect ego states
  During Library myelinization (2-3 yr) - Memory disruption (amnesia)
  Without Corpus Callosum (Before 3) - No story of trauma in Right Hemispheric Memory
  During Corpus Callosum growth (about 3) - localized damage of bilateral integration between words and negative emotional states

Disorders connected with damage
3. The Size of a Strong Joyful Identity: How big is your "joy bucket?"

The ability of an individual to experience and integrate the right hemispheric memories related to a trauma is limited by two factors:

1) the strength of his joyful identity in the right prefrontal cortex, and
2) his learned capacity to regulate the negative emotions and return to joy.

Several key emotions to be regulated are: (Schore)

- terror
- rage
- shame
- disgust
- hopeless/despair

The individual will not be able to tolerate a higher level of these negative emotions than the capacity he/she has grown to withstand the positive emotion of joy. Joy sets the limits for our emotional capacity. Our "joy bucket" is the limit of what we can bear. The emotional capacity to maintain a traumatic event in memory is limited by the growth level achieved in the prefrontal cortex. This makes joy, a joyful identity, and the capacity to return to joy from negative feelings, the limiters of trauma recovery.

4. Other Aspects of the Brain's Function:

Front of brain for acting like oneself (joy/love)

Back of brain for solving problems (fear)

Left of brain for explanations and beliefs (same old story)

Right of brain sees something is wrong (upset)

5. An Eight Step Process for Resolving Traumas

Take God your best evidence for the painful view of reality and your beliefs created through traumatic experiences. You will be able to do this for any traumatic events that you can carry in your "joy bucket." You have that amount of strength with which to face the pain.

1. Find the upset. (right hemisphere)
2. Find the belief that goes with the upset. (left hemisphere)
3. Ask the Holy Spirit to find the best evidence for that belief.
4. Invite Jesus into that event or evidence.
5. Test the truth of your evidence and conclusion.
6. Check for peace and rest internally.
7. Repeat if necessary.
8. Give thanks.

Some blocks to step 4. (Ed Smith)
   Wrong question
   Holding on to anger
   Thinking (still want to figure it out yourself)
   Demonic blockage

Responses to step 5. (Ed Smith)
   See Jesus
   Hear God
   No-see no-hear

6. When Bonding is Needed for Healing.

When there is little joy strength

When they don't know the way back to joy

When an identity is built on fear and weakness
   Love or fear bonds (see chart from Life Model page 17)
   Weak or strong bonds
   Motivation comes from bonds


Joy based identity

Fear based identity
   dragon tracking
   fear mapped
   from the back of brain
   concerned with results--not truth
   not concerned with acting like ourselves

Identity change through replacing fear bonds with love bonds.

1. Begin by accepting the fear bonds as your first connection, it is usually all they know.
2. Avoid all intensity/trauma bonding by staying calm during intense emotion and then moving close after the intensity has started to subside slightly.
3. Add love bonds to fear bonds until the fear bonds can be dropped.
4. Form bonds according to the structure of the spiritual community. If you will be a parent, form parental bonds, if you will be a sibling form sibling bonds, if you will be an adopted child form child bonds.
5. Be clear about the kind of bond you are forming: parent-child or sibling-sibling.
6. Expect suffering and pain. The stronger the bond, the more pain it will likely have to sustain.
8. Review your objectives and the nature of your bond and speak them often.
10. Always build toward strong, permanent bonds.
11. Establish your bond through public ceremony or confession with symbols and stories.
12. Expect rejection, misunderstanding, criticism, judgement, doubt, suspicion, hostility, abandonment, and distancing from others, especially when things get worse and you could really use some help, understanding and support. Use this time to purify your bonds and motives and clearly interpret the bond to the person you are bonding with as well as the skeptics. Be very patient with them all.
13. Teach others how to form love bonds. There are two ways:
   1. Building Joy - Joy produces love bonds when people are genuinely glad to be together. The main sources of joy are nonverbal--a face that lights up to see us, and a warm tone of voice. Touch is third but may have the opposite results with sexually abused people.
   2. Returning to Joy - Meeting people in their unhappy feelings, sharing the feeling, and letting them know you are still glad to know them, returns people to joy. The six biggest negative feelings are sadness, anger, terror, shame, disgust and hopeless despair.

*The Life Model*, Friesen, Wilder, Bierling, Koepeke & Poole, Shepherd's House 1999.
From Dread to Joy: Dealing with Borderline Problems (Counselors only)
Dr. E. James Wilder (626) 794-3670
Room A, 8:30 AM (70 Minutes)
Saturday, March 4, 2000

Restoring missing "joy strength" and "return to joy" circuits through joy-bonded relationships. How non-verbal, right-hemispheric communication works to establish emotional control and identity. How the counselor finds joy in helping borderline people. Neurologically, joy means we are glad to be together.

Bonding and the Treatment of Borderline Problems

Here is a review of the development of bonds and the joyful identity region of the brain (right orbital prefrontal cortex) and related areas during the first three years of life. The joyful identity region of our brain is significantly also the bonding region. The strength these bonds develop is based on the amount and timing of the joy an infant receives. These loving joy bonds also determine the amount of brain growth and strength in the joyful identity region of the brain's right prefrontal cortex. Which sense a baby uses most to experience the joy and develop her brain is determined by brain maturation. Taste, smell and temperature determine joy bonds for the first three weeks after birth, while touch brings more joy for the second six weeks. When the visual areas of the brain mature and myelinate at three months, the eyes bring in most joy until hearing voice tones develops at 12 months of age. Each new sense brings a new source of joy for stronger bonds and greater brain development.

The first 12 months are used to build joy-strength brain tissue because this strength is needed to learn how to return to joy from the unhappy emotions of fear, anger, shame, disgust and hopeless despair. It is important to learn how to return to joy as soon as the baby has enough strength because of two brain "deadlines" in this next year. At 15 months the limbic system will myelinate and turn on the power for fear and anger. The baby who has not learned to return to joy before the power goes on will have real trouble regulating this intense terror and rage.

The second deadline arrives at 18 months. Until this time the baby's brain has acted like each emotion was in a different brain. Only now does the joyful identity center attempt to grow a ring around all these emotional centers and make one person out of them. The brain will unify control over emotions that are connected with a way back to joy--the other brain centers get left out. They are left out of the person's main identity and out of control. For instance, if anger is left out others will notice throughout that they "act like a different person" when they are mad. The goal of maturity, however, is to act like oneself in all emotions and circumstances.

Somewhere between 24 and 26 months, the brain will learn to keep track of our circumstances and surroundings according to: time, place and how we reacted. This is what we normally call conscious memory. With this ability, we can now be ourselves under many different circumstances. We remember so that we can continue being the same people day after day. Near the end of this second year, the two halves of the brain are joined so that what we feel and what
we think about ourselves and the world will match.

The normal development and strength of the joyful identity center of the brain is greatly impaired by both "A" and "B" traumas during the first three years. During the first year our joy strength is crippled. During the second year the return to joy structures that allow us to function as one person no matter how we feel are broken apart. Traumas in the third year break apart our capacity to stay ourselves in different circumstances over time and what we think about ourselves will not match what we feel or do.

2. Borderline and dissociation both have their origin in both A and B trauma.

1. Differences in the origin for borderline and dissociation pathology
   1. Borderline is earlier, starting with attachment leading to an emotionally incoherent self
   2. DID disrupts memory functions of the Library (hippocampus)
   3. Both can result in disruptions of right and left hemisphere memory coordination leaving implicit memories without explicit records.

2. Necessary skills for personality function in relationships
   1. Secure attachment
   2. Sufficient joy strength (joy bucket) to resolve loss
   3. Emotional regulation
      (1) Mutual regulation
      (2) Self regulation
   4. Return to Joy "circuits" from all emotional states
   5. Limbic system control
   6. A working internal interpreter of others (virtual other)
   7. Ability to repair ruptures in relationships

3. Borderline problems are produced by an immature and disrupted identity based on multiple generations of trauma with a: diminished joy bucket, insecure and disorganized attachment, severely impaired emotional regulation, with an incoherent virtual other, an inability to repair relationships, out of control limbic system.

3. When different emotional control centers were not connected to joy at 12-18 months they remain as separate mood states.

1. Shame hides
2. Humiliation attacks in a rage
3. Hopelessness disconnects
   1. Telling time before the library myelinates at 2 1/2 years
2. Attachment to father and Dorsolateral PFC (night terrors with father absence between 18-28 mo--Herzog)
3. Control of the limbic system
4. The anticipation of help--a return to joy

4. Narcissism is largely due to intense hopelessness about returning to joy from shame. All shame producing perceptions are blocked.

5. When combined with type B trauma, these states trigger high levels of unregulated painful affect.

6. Defenses are built to avoid triggering or entering these states

7. When there is little joyful identity present, these defenses are largely ineffectual and produce the unregulated alteration from mood state to mood state seen in borderline personality

8. Since these unregulated states cannot be integrated into one self between 18-24 months, they remain as highly volatile and separate behavior patterns.

9. These behaviors can be observed by the client's verbal left hemisphere but not regulated by it (The right hemisphere is dominant for negative affect)

10. There is no disruption in left hemispheric memory if the library (hippocampus) is intact, but the importance of the recalled material varies with the client's emotional state.

4. Attachment and Borderline development

1. Attachment patterns (Mary Ainsworth, Mary Main, Judith Solomon, Daniel Siegel)
   1. What develops through attachment
      (1) The relationship
      (2) The attachment circuit
      (3) The internal interpreter (virtual other)
      (4) Repair of broken attachments
   2. Attachment patterns
      (1) Secure--joy based
      (2) Anxious-- fear based
         (1) avoidant
         (2) ambivalent
         (3) disorganized
   3. Secure
      (1) How the attachment works -- come and go
(2) The attachment circuit -- on and off as the child needs
(3) The interpreter (virtual other) -- alive, accurate and present oriented (good boundaries with present and past)
(4) Repair -- does not overwhelm and accounts for all disruptions

4. Avoidant (dismissive parents)
   (1) Connections are infrequent and unsoothing -- child does not respond
   (2) Circuit -- always off
   (3) Interpreter -- lifeless, unresponsive, blocks emotional messages
   (4) No repairs -- nothing happened anyway

5. Ambivalent -- (distracted parents)
   (1) Connections are unpredictable, overwhelming and intrusive so they are not comforting -- child doesn't settle or reassure, clingy
   (2) Circuit -- always on
   (3) Interpreter -- too loud with messages from the past
   (4) Repair -- overstimulating, too intense and overwhems child for little ruptures

6. Disorganized
   (1) Connections produce over-aroused terror, despair and distress without any comfort. Can't get close but has too. The source of comfort is actually the source of fear
      (1) Frightening parents
      (2) Frightened parents
   (2) Circuit -- random
   (3) Interpreter -- scrambled
   (4) Repair -- none, the child remains disconnected and frozen while the parent is overwhelmed with their own actions and reactions so the parents refuse to deal with the rupture.

5. When are remedial bonds/attachments needed? When right hemispheric memories and emotions aren't processed due to:

1. Lack of self (Joyful identity) - this requires climbing Joy Mt.
   1. can't hold on to a complete traumatic memory
   2. does not return to joy by the end of the day
   3. consistently overwhelmed by feelings
   4. forgets who she/he is when upset
   5. simply can't get into the emotion at all

2. When there is extensive type A trauma--climb Joy Mountain
3. When there is infant level maturity--climb
4. When functioning keeps dropping--build joy

6. The remedial plan for borderline problems
1. Remediate mutual regulations skills if necessary
   (1) These are the 6-12 mo skills
   (2) Disengage to self-regulate when overwhelmed
   (3) Re-engage quickly
   (4) Don't overwhelm the other
   (5) All of these are non-verbal skills

2. Grow the "return to joy" circuits for each emotion
   1. This is the 12-18 mo task
   2. Grow self-regulating circuits through mutual regulation practice
   3. Return to joy from each affect starting with the least difficult
   4. Stop and grow a stronger ROPFC Joy strength if needed for more intense
      and painful affect
   5. Mutual regulation of hopeless/despair will take the longest
      (1) Intensely felt and destabilizing
      (2) Associated with disengagement
      (3) Triggers right hemisphere abandonment/despair memories
      (4) All movement away triggers the guard shack
      (5) Likely associated with all affect states and centers
      (6) Requires counselor "eagerness" to mutually regulate rather than
          avoid the feeling
      (7) Most counselors have trouble with hopeless/despair
   6. Look for a direct return to joy from each feeling without needing to pass
      first into (rage, sadness, fear)
   7. Shift emotional dominance from Guard Shack to Joyful Identity. Going
      from the back to the front of the brain to "act like ourselves."
   8. Duplication of the older brain in the younger one--the identity creation
      process (be-like stuff) Some parts of the ROPFC can grow throughout our
      entire lives.
   9. Modeling how to feel their feeling and still be yourself

7. Right hemisphere to right hemisphere communication
   1. ROPFC take over during intense emotion
   2. Speed of transactions
   3. Nonverbal--visual, voice tone, body language
   4. Misreading of faces by ROPFC impaired individuals
   5. Simultaneously experienced by both as caused by the other
   6. Right hemispheric memory and right hemispheric emotional regulation and
disregulation
1. Imputing causality
2. No subjective sense of being remembered
3. Emotional intensity
4. ROPFC "tapes" and response patterns

7. Therapeutic ruptures (misattunement)
   1. Actual
   2. Anticipated
   3. When the counselor becomes overwhelmed
   4. Misattunement and reattunement is essential
      1) Repairing ruptures builds hope
      2) Teaches relational and internal repair
      3) Corrects narcissism

8. Actual mutual regulation
   1. Intensely painful affect which the client can't regulate is:
      1) Induced in the counselor
      2) Tracked by right-to-right communication
      3) Triggers ROPFC pathology (if any)
      4) Triggers disengagement reaction (if any) if counselor is overwhelmed
      5) Client (younger brain) tracks and duplicates counselor's (older brain) self-regulation to achieve mutual regulation
      6) Awaits a return to joy (we are glad to be together)
      7) Loses most gains to cortisol if joy is not achieved

9. Return to joy methods
   1. Failure of verbal methods predicted
   2. ROPFC take-over
   3. Shut down of left hemisphere
   4. Deactivation of Broca's area
   5. Not verbally mediated
   6. Failure of communication based interventions with borderline and narcissistic personalities
   7. Singing and teaching identity
      1) Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord. (Eph 5:19 NIV)
      2) Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. (Colossians 3:16 NAS)

10. Repeated trials to achieve learning

8. Inducing affect for which there is no return to joy is punished by the client
9. Mutual regulation will uncover the emotions from which the counselor does not know his or her way back to joy (doesn't know how to act like himself)

10. Mutual regulation will uncover how strong the counselor's joyful identity is (What intensity of overwhelmingly painful affect can you take and still act like yourself) Our capacity is increased when we have a joyful group identity.

11. When the painful affect is mixed with right hemisphere memories of sexual arousal

12. Three face bond theory
   1. Why there must theoretically be three faces not two
   2. When the third face is not joyful
   3. The third face attacks
   4. The third face is absent
   5. Jealousy and freedom

13. Stone's list of Borderline traits less amenable or not amenable to therapy. (Michael Stone Abnormalities of Personality Within and Beyond the Realm of Treatment, W.W. Norton 1993)
   1. Patients irritating to therapists-frequent calls
   2. Sensation-seeking
   3. Infantile (demanding, irritable, tantruming, unreasonable, childlike pouting or petulance, blaming others, wantonly hurtful to others, unfair, entitled, envious, live in the present, poor memory)
   4. Bitterness
   5. Plasticity (as-if personality, bland chameleon-like)
   6. Indiscretion (blithely unaware of social gaffes)
   7. Vengefulness
   8. Callousness
   9. Highly destructive of others (drives others to suicide)

14. When Jesus can be the third face
   1. For the counselor
   2. For the client

15. Developmental problems addressed by bonding
1. When you have a weak self (poor ego strength)
2. When you have a fear based identity (anxious attachment)
3. When you have not learned who you are during an emotion
4. When you can't return to joy
5. When the third face attacks
6. When disengaging is punished
16. Being glad to see them

_The Life Model_, Friesen, Wilder, Bierling, Koepcke & Poole, Shepherd's House 1999.
Joy is the basis of our individual and corporate identities biologically and spiritually. Finish the conference with a quick review of our joyful identities and how they help us act like the person God created us to be—even in distress and pain. Let us learn by doing and return to joy together. Joy means we are glad to be together: with ourselves, each other and God. Finish with joy.

1. Start with joy and end with joy

Neurologically, joy means we are glad to be together. Joy is relational.

Both our individual and group identities are based on joy. *(Stages of a Man's Life)*

The first three stages of maturity produce a joyful individual identity
- Unborn
- Infant
- Child

The last three stages of maturity produce a joyful group (corporate) identity
- Adult
- Parent
- Elder

The joyful identity is an actual brain center and must be grown by joy-bonds
- The right orbital prefrontal cortex
- Building the joyful identity center through joy-bonds: birth-12 months
- Returning to joy 12-18 months
  - before the limbic system develops
  - after the limbic system develops at 15 months
- Joy Camp and Joy Mountain
- Acting like self while in distress/pain is controlled by the joyful identity center
- The front and the back of the brain

A & B traumas and the development of the brain *(The Life Model)*
- Type A trauma - the absence of necessary good things
- Type B trauma - bad things that happen
- Cortisol when there is no return to joy
  - Loss of brain cells or connections
  - Loss of "mental toughness"
- "Joy bucket" - the size of our strength, limits our ability to return to joy
- The assumption that working through trauma brings healing is wrong
Joyful identity can develop throughout life any time we give or receive joy.

Start in joy and end in joy
   Live in joy--I'm glad to be with you!
   Bring others back to joy--I'm glad to be with you in your troubles!

2. Recovery: Building joyful identity

Two ways to grow love bonds: *(The Red Dragon Cast Down)*
   1. Building Joy - Joy produces love bonds when people are genuinely glad to be together. The main sources of joy are nonverbal--a face that lights up to see us, and a warm tone of voice. Touch is third but may have the opposite results with sexually abused people. To read more on building self and others in joy see *The Life Model* page 12.

   2. Returning to Joy - Meeting people in their unhappy feelings, sharing the feeling, and letting them know you are still glad to know them, returns people to joy. The six biggest negative feelings are sadness, anger, terror, shame, disgust and hopeless despair.

Acting like ourselves when we are in pain and distress

The amount of pain we can face is limited to the strength of our joyful identity brain structure and how much it has grown through loving joy-bonds. Building our joyful identity strength and learning the ways back to joy is how we develop the capacity to suffer

3. Why we hurt

The heart, soul and mind.

The heart as the organ of spiritual discernment - how we see God.

The heart Jesus gives us and lives in is a new creation.

Learn the main characteristics of your believing heart for it will be like Jesus.

How pain reveals your heart, it cares as Jesus would care
   Hurting like it is like us to hurt
   The main characteristic of the heart causes the most pain
   Pain will be felt by "good" until the end of the age
   We need enough joy (someone is glad to be with us) and a strong enough joyful identity to live with our hearts. (Peter -- I will die for you) (Loving the abuser)
   Jesus is glad to be with me

4. Returning to joy: finding friends for your heart
What makes your heart hurt?

What does that tell us about you?

What would hurt a heart like yours?

Why it is like us to hurt -- being a living sacrifice (Romans 12:1&8)
  teachers teach (but hurt when people don't see)
  encouragers encourage (but hurt when people don't move)
  givers give (but hurt when others do not receive or appreciate)

Hurting like it is like us to hurt and still acting like ourselves.

Accepting your heart and its joy and pain. (Prayer time.)

Commiting to see and encourage the hearts of others. Take the care to find out the characteristics of a heart near you. Be glad to be with them!

Tell someone who loves you about your heart!

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*Affect Regulation and The Origin of the Self*, Allan Schore, Hillsdale: Lawrence