
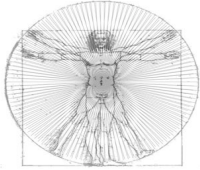


## Somatic Integration of Symptoms Using a Generative State

**Robert Dilts**

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## Symptoms as Signals



*The Unconscious is always compensating for the biases of the conscious mind.*  
— Carl Jung


*The Symptom is the Solution.*  
— Milton Erickson




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## The CRASH State — Degenerative



- **C**ontracted
- **R**eactive
- **A**nalysis Paralysis
- **S**eparated
- **H**ostile/Hurting/Hating


In a CRASH state you are contracted, reacting to the environment, analyzing, separated and feeling hurt or hate.




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## The COACH State — Generative




- **C**enter yourself, especially in your belly center
- **O**pen your field of awareness
- **A**ttend to what is going on within you and around you with mindfulness
- **C**onnect to yourself and to the larger system(s) of which you are a part
- **H**old whatever is happening from a state of resourcefulness and curiosity




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## Welcoming Symptoms




1. “That’s interesting”
2. “I’m sure that makes sense”
3. “Something needs to be held / heard / healed”
4. “Welcome....”



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## Transforming Symptoms



Accepting and entering the client’s model of the world and then helping client to:

- (a) **gradually reduce the intensity** of the behaviors
- (b) **gradually vary the types of expression** to something more common or acceptable
- (c) **find a more appropriate context** in which to fully express the behavior.


Rather than fighting against the behavior, it is encouraged to evolve to a more appropriate and “satisfying” form.



*I am very curious to discover what is possible.*  
— Milton H. Erickson

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### Transforming Symptoms

1. Establish a COACH (generative) state.
2. Identify the situation where the symptom occurs. Associate into the experience and create a somatic model (physical gesture and movement) representing the symptom.
3. Welcome the symptom and bring awareness to where in the body the CRASH shows up.
4. Explore the positive intention of the symptom. What is it trying to do positively for you?
5. Create a somatic model (physical gesture and movement) of the desired state.
6. Staying in a COACH state and maintaining awareness of the positive intention of the symptom, practice moving from the somatic model of the symptom to the somatic model of the desired state slowly and mindfully. What new possibilities emerge?

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