



***What Difference Can “small interruptions”  
Make  
In Your Brain and/or in Your Family***

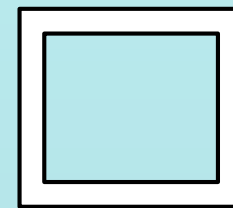
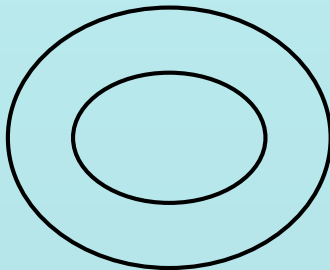
***2018 NeurOptimal Conference:  
Transforming Lives  
Montreal***

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The family is an ancient system that distributes anxiety automatically and unfairly to the weak.

Under stress we are vulnerable to losing the “I” position and becoming anxious and “other focused.”

Relationships become reactive and highly patterned.  
YOU SHOULD, MUST and WILL do or be....



The emergence of a leader occurs in all social species and the leader enables the social group to manage stress by managing relationships.



The aware leader interrupts disorganized patterns of behavior

- 1) We have inherited 4 mechanisms which automatically manage the multigenerational anxiety.
- 2) Distance, conflict, giving in or reciprocity and projection.
- 3) By interrupting brain wave patterns, NeuroOptimal enables individuals to be less automatic in relationships.

# Neuroptimal produces greater relationships awareness

Increases the ability to observe and be emotionally separate from the automatic pressure from those we care about in the “family system.”

Increases integration of thinking and feeling, clarifying under or over involvement.

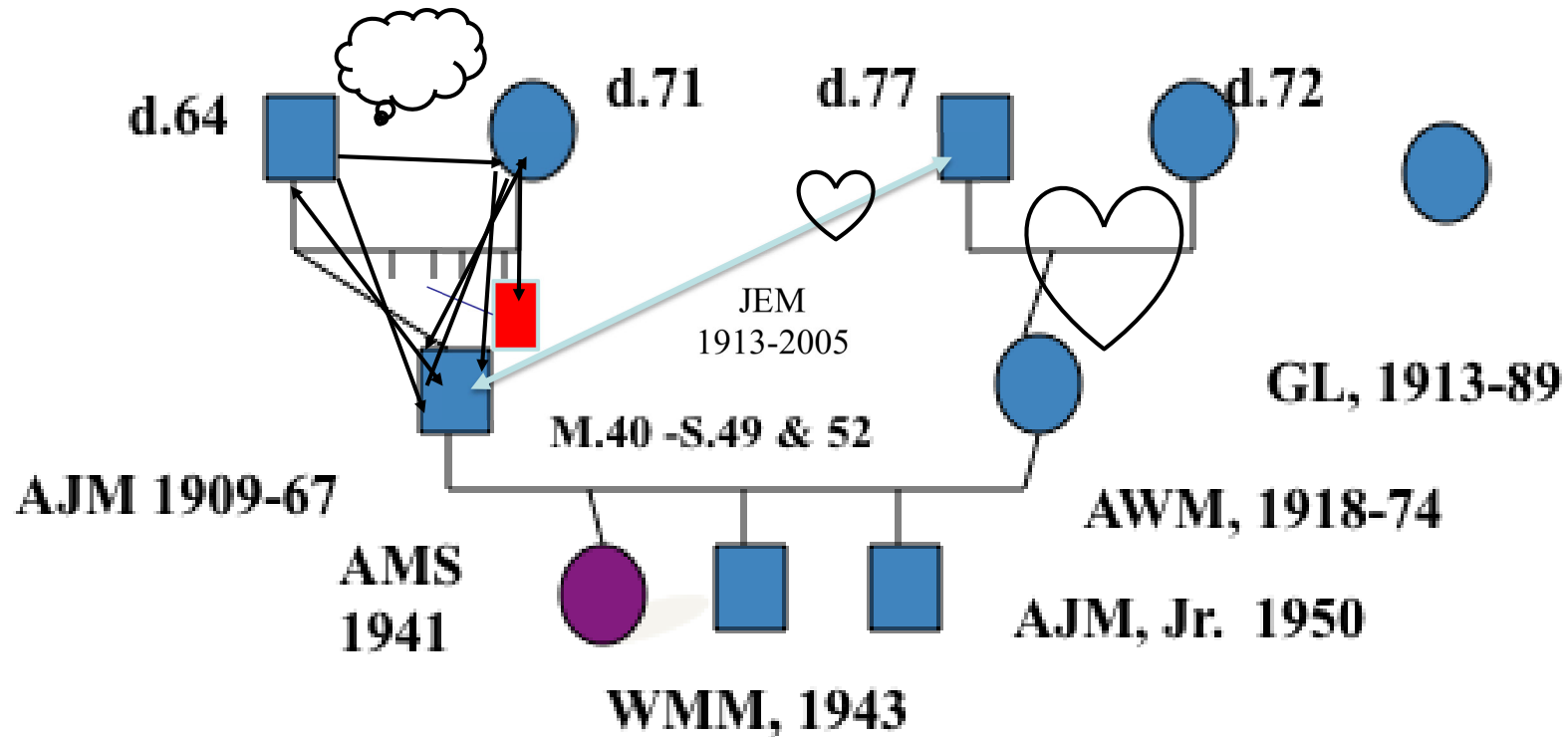
Changes are then reported as just “O by the way..”



# Multigenerational Family Projection Process

Family as a Unit – Anxiety through the  
Generations

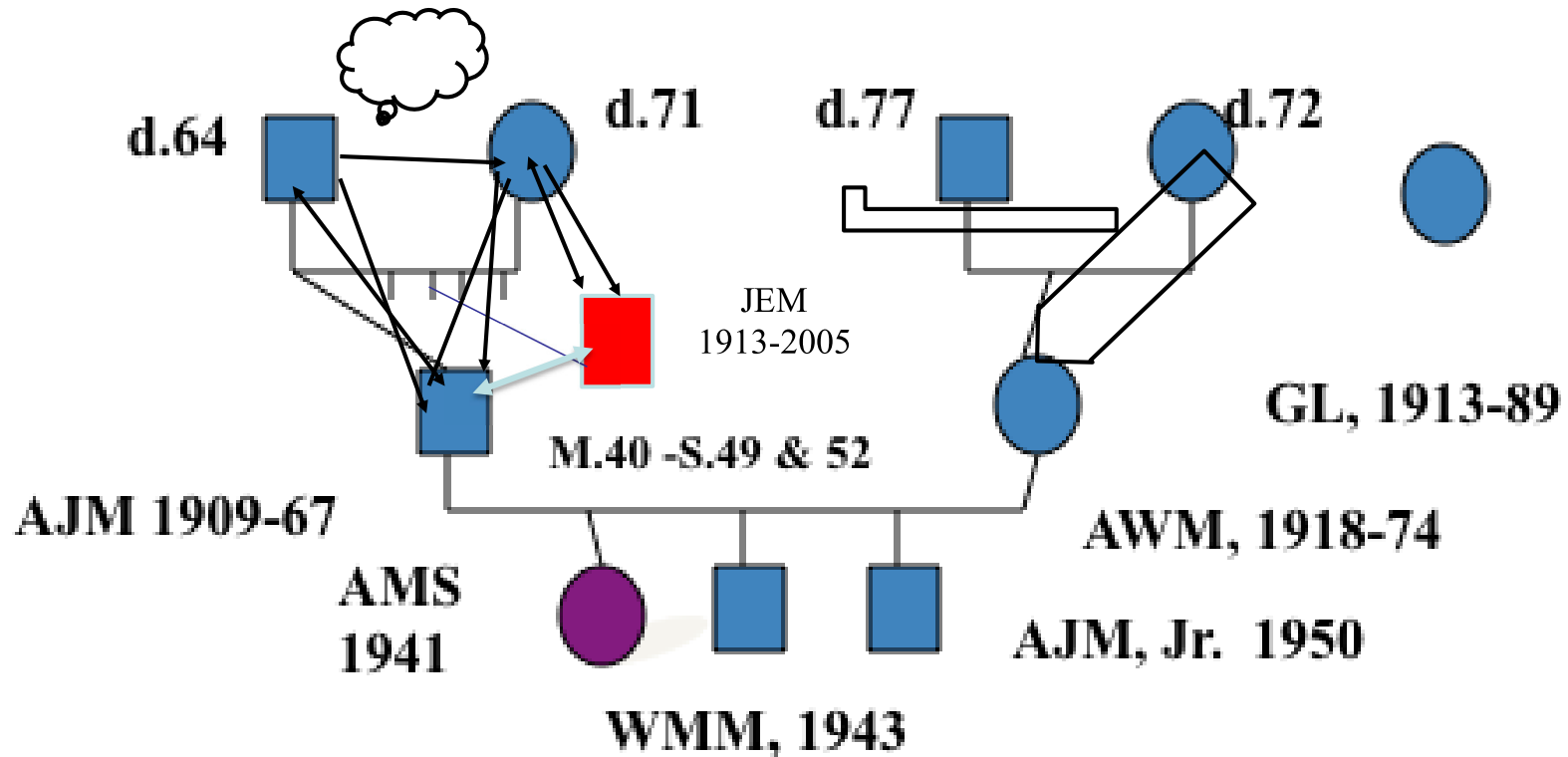
## The Maloney- Maher Family



# Distance, Conflict and Reciprocity

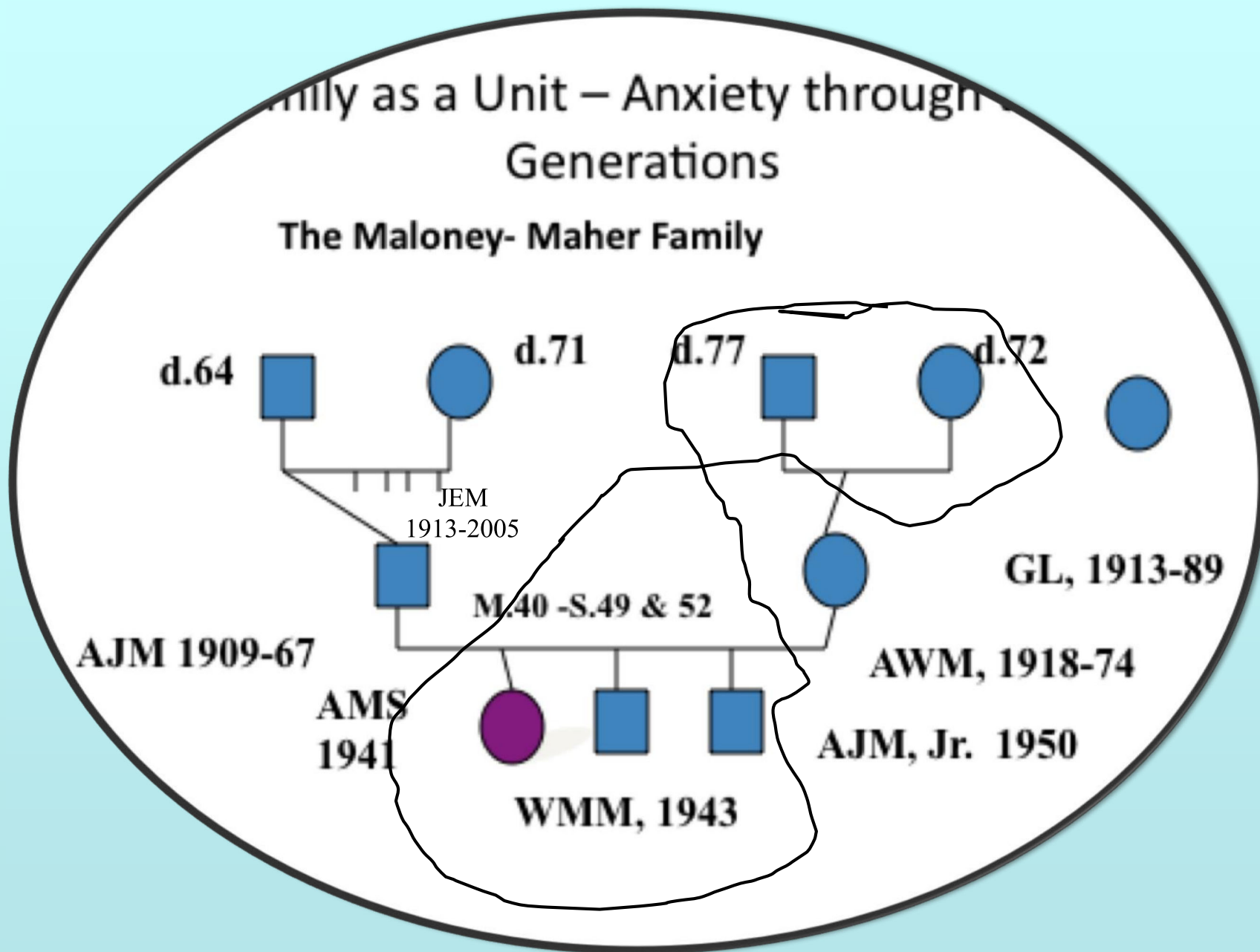
## Family as a Unit – Anxiety through the Generations

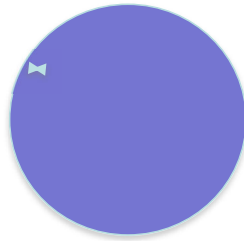
### The Maloney- Maher Family





# The Emotional Cut Off as Part of the Shock Wave

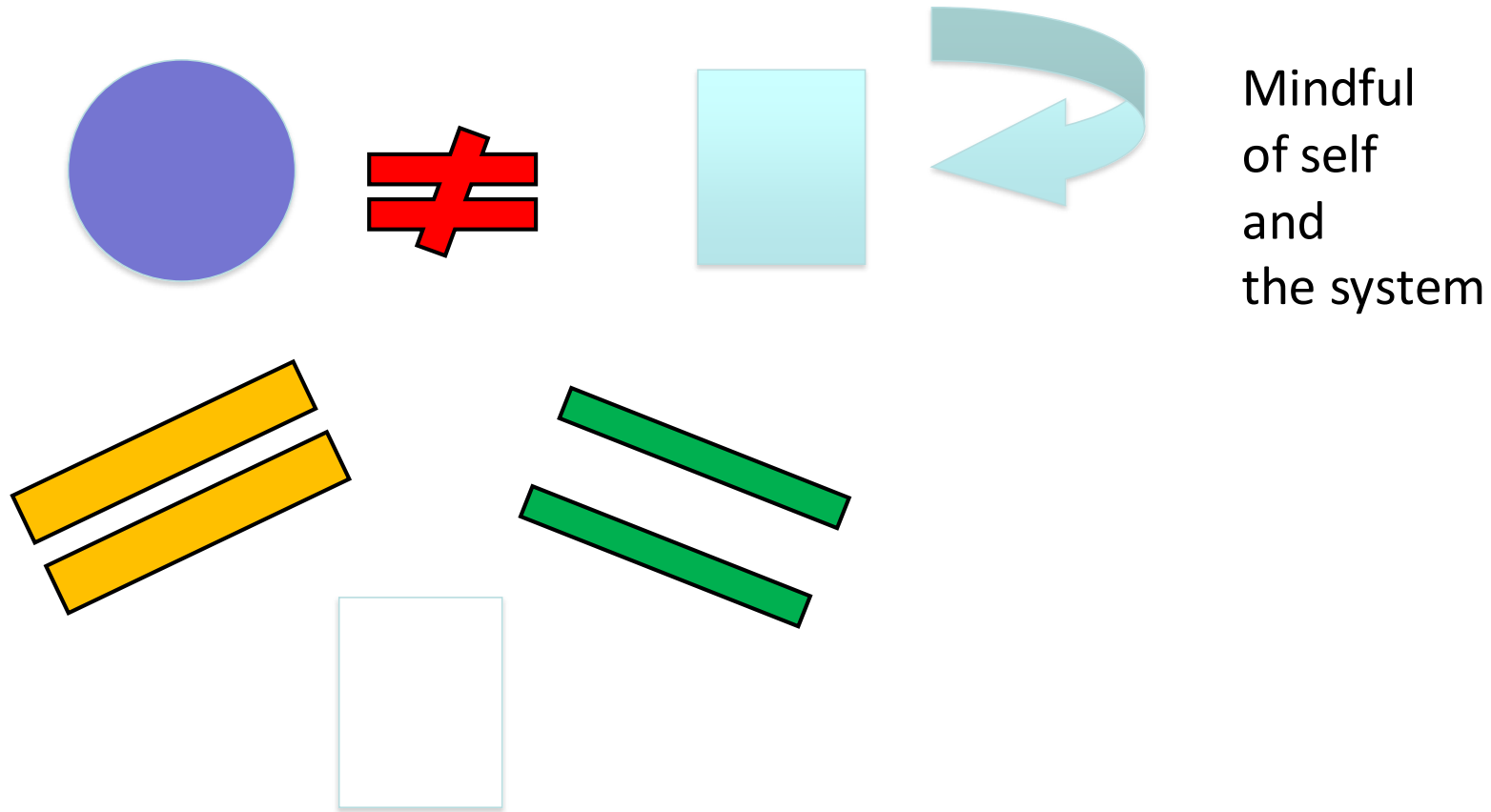




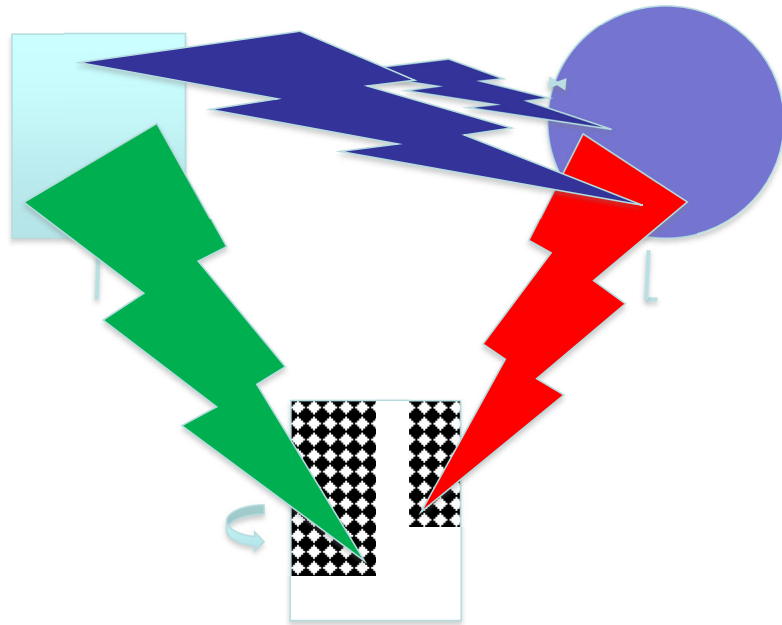
## **Fusion or con-fusion**

Two people get close and one begins to lose self, or the ability to live by self defined principles.

*Whose brain is in my head?*



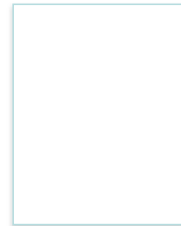
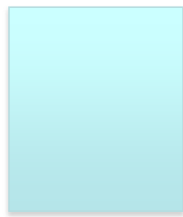
- (1) Emotional distance goes from mild to total cut off.
- (2) Can you move towards relationships, can you interrupt with questions or tell stories?
- (3) Or are you paralyzed?



- 1) Conflict also varies in intensity and is an automatic reaction to differences.
- 2) If one person has the courage to step out of the dance the others can get angry or just be confused.



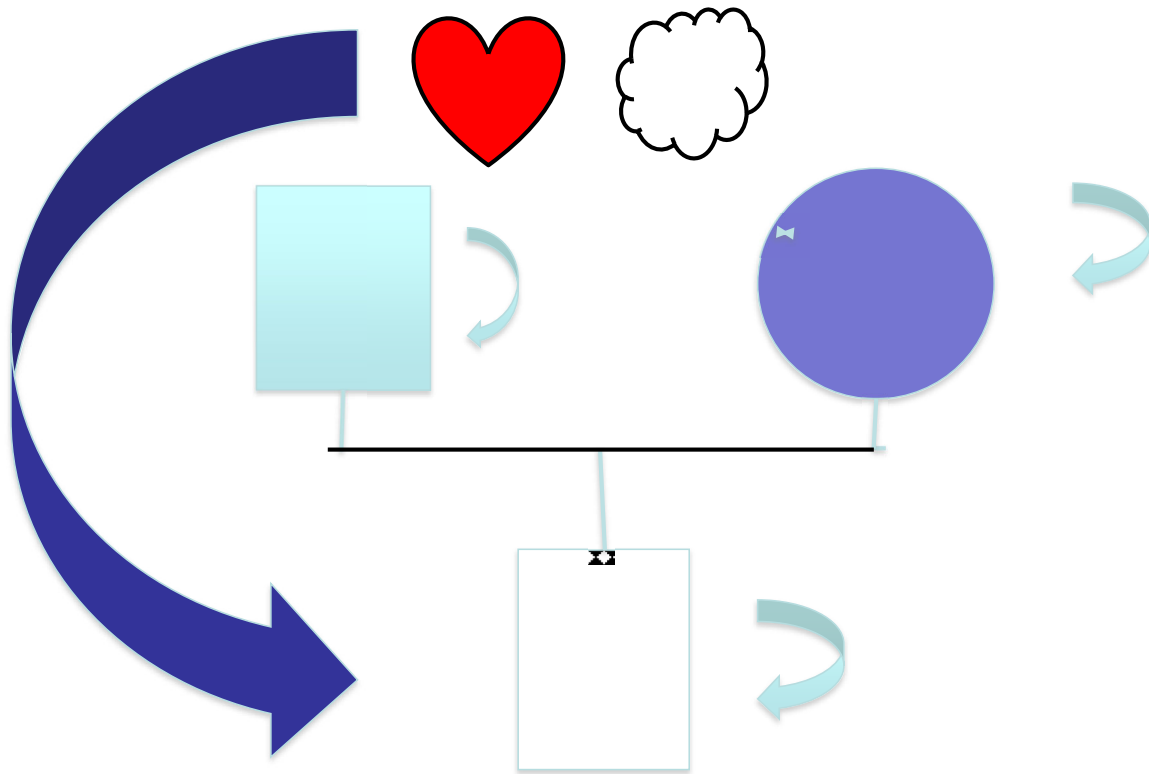
**Reciprocal relationships:**  
One give in  
And the other wins.  
*You can pin your spouse  
into the one up or the one  
down.*



Family Projection:  
“I am worried  
about

**you.... You need  
to, you must or  
should** grow up,  
you must be the  
way **I need you** to  
be.”

***Now what are  
you going to do?***



**The Family  
unit  
influences  
individual  
behavior**

- 1) By observing the state of the system.
- 2) One can **learn to tolerate** being more **separate**.
- 3) Needing less love and approval gives one **freedom**.
- 4) **Interrupting** conversations can **enable integration** of thinking and feeling over time.

Separating a self from the social group, differentiation of self, demonstrate that individuals can be more separate from the “control” of the family system.

