

Inhibition and Suppression

Along with integration, inhibition is a key aspect of how our two hemispheres interact with each other. (The more developed the corpus callosum, the greater the ability to both integrate and inhibit.) It's easy to confuse inhibition (helpful to emotional regulation, reducing stress, and overall effectiveness) with suppression (detrimental to health, stress-producing, and ineffective).

	<i>EMOTION</i>		<i>ACTION</i>
ATL	ALLOWING	AND	INHIBITION
	<p>Be present</p> <p>Bio-chemical process resolves or is not activated (no amygdala hijack)</p> <p>Awareness of the process (observer mind)</p> <p>Pay attention to core sensations, thoughts, images, feelings, etc. without judgment</p>		<p>Ability to stop and make a conscious choice</p> <p>Issue can be resolved or tabled</p> <p>Experience of being in control without rigidity</p> <p>Feeling of freedom and liberation</p> <p>Ability to shift perspective, use values, meaning and heart connection</p> <p>Can ask self "is it true?"</p>
BTL	SUPPRESSION	OR	INDULGENCE
	<p>Often unconscious, though can also seem like a "choice;" key is that it is fear-driven</p> <p>Denial, having head in the sand</p> <p>Bio-chemical response is still going on, even if unacknowledged (turmoil in body)</p> <p>Deny/push down own emotional needs—say "whatever" or "it's all good" but don't mean it</p>		<p>Leakage to others, both energetic (they can feel it) and in action (e.g., being irritable about little things)</p> <p>Feeling of not being in control</p> <p>Outbursts (physical and verbal) and poor decisions</p> <p>Cycle of worry and fear; asking "what if?" endlessly</p> <p>Meanness, sarcasm, negative "humor" and nagging</p> <p>Giving up, poor me</p>

