

05 – Biex ma Nitkaxkarx – *Il-Metodu tal-Merħba*

Titkaxkar xejn minn sentimenti diffiċli bħal biżża', rabja, dwejjaq, wegħba f'qalbek, jew ohrajn? Hux ikaxxkeruk bħallikeiku kont f'żurżieqa tiżloq tas-sentimenti? Bil-Metodu tal-Merħba, faċili tidra ma thallix is-sentimenti jkaxxkeruk.

Il-qofol tal-metodu huwa li lil dan it-taqlib tas-sentimenti tqisu bħala ħabib li qed jipprova jgħinek, u mhux bħala għadu li tiġġilidlu.

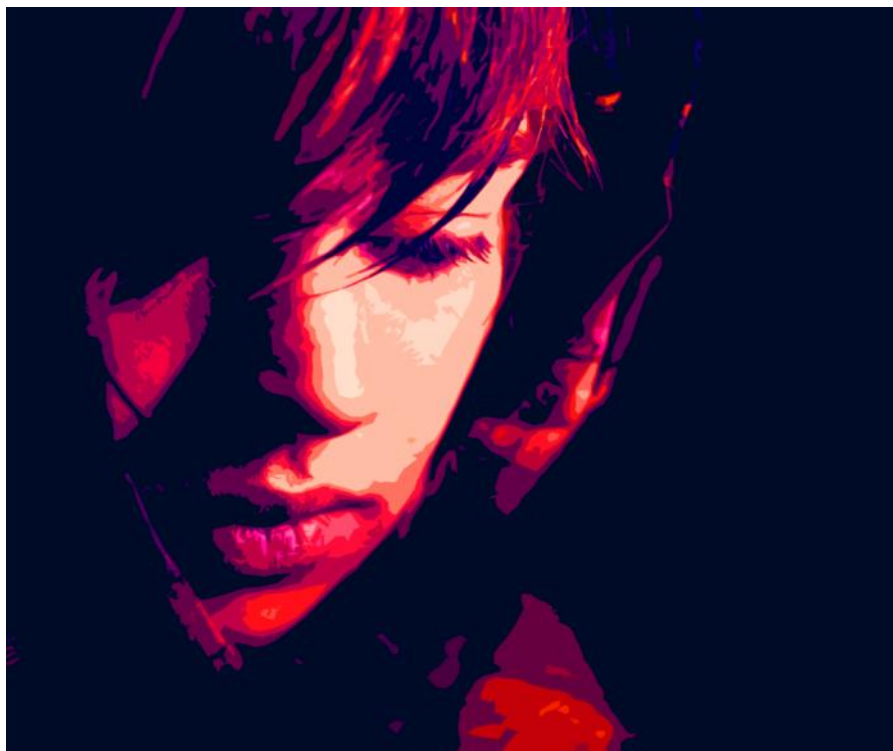
Dan it-taqlib (rabja, biżża', riżentimenti u ohrajn) ikun ġej minn *istint* li qiegħed fik biex jipproteġik. Jiġifieri huwa ħabib, mhux għadu. Iġieġhlek tbatì, għax fl-istinti mhemmx wisq intelligenza. La mhux għadu, tidholx fit-tensjoni ta' xi ġlieda kontriħ. Minflok, aġtìh il-merħba, haġa li s-soltu ma tiġinix f'rasna li nagħmlu. F'dal-Metodu tal-Merħba, x'taġħmel?

L-ewwel pass. Meta thoss li ġejja r-rabja jew sentiment diffiċli ieħor, *mur mal-ewwel fil-Belveder*, jiġifieri fil-post kwiet f'moħħok fejn mhemm ebda kundanni - post pass lura mit-taqlib li jkollok - ħalli minn hemm tkun tista' tara sewwa x'ikun qed jiġri u jinħass fik.

It-tieni pass. *Ftakar* li dan l-istint m'għandux malizzja u qed jipprova jgħinek kif jaf.

Stiednu! Għidlu, “Bongu, rabja. Grazzi li qed tipprova tġhinni. Ejja d-dar tiegħi ħalli nhoss l-uġiġh tiegħek. Għal żmien qasir, f'it mumentì, hoss it-tbatija ta' dak is-sentiment diffiċli. Għal f'it mumentì, taġħmel xejn aktar.

Wara dawk il-ftit mumentì, meta tkun hassejt it-tbatija ta' dak is-sentiment imqalleb, għidlu hekk, “Grazzi talli ġejt għandi biex inħoss it-tbatija tiegħek, u talli qed



tiprova tgħinni. Issa sarlek il-ħin biex tmur. *Grazzi, u iaw.*”

Dak il-metodu kollu! Bih m’għandekx għalfejn tiġġieled miegħek innifsek, jew li tuża volontà qawwija. U aktar ma tidra tużah, aktar isir effettiv. Għaliex? Għax bih tidra tinduna malajr x’qed jġri f’qalbek, mingħajr ma tikkundanna lil xejn u lil hadd. B’hekk tibda’ taqbad is-sentiment diffiċli meta’ jkun għadu jitwieled, qabel ma jkun kiber u sar feroċi. Hekk faċli li jisparixxi malajr malli tkun hassejt f’it-tbatija tiegħu.

Meta tidra tuża l-Metodu tal-Merħba, ma’ dik iż-żurżieqa ta’ sentimenti issa għandek proċess ieħor, li jixrob l-energija taż-żurżieqa tas-sentimenti imma bla ġlied u bla tensjoni. Issir bniedem kalm, mingħajr iż-żurżieqa li qabel kienet tkaxxkrek.



Jekk taħseb li tassew ma tistax tkampa waħdek mal-uġiġħ, biża', rabja, niket u riżentimenti kbar tiegħek, fittex l-għajnuna minn xi habib għaqli kalm u matur, jew minn xi servizz professjonali. Jekk għandek bżonn, ngħinuk fis-Servizz ta' Helsien Emożżjonali, St Jeanne Antide Foundation, tas-Sorijiet tal-Karità f'Hal Tarxien. www.antidemalta.org. Facebook: [Fondazzjoni St Jeanne Antide](#). Ikteb sjafngo@gmail.com jew ċempel għal appuntament għal dan is-servizz li huwa bla hlas: 2767 2367 jew 2180 9011.

L-artikli ta' qabel f'din is-Sensiela tista' tnizzilhom minn www.antidemalta.org/efs-books

Dan l-artiklu għandek permess tqassmu jew tippubblikah bla bidliet. ©SJAF 2018 Kuntatt: imagnetony@gmail.com.

Biex ma titkaxkarx minn sentimenti koroh!

Il-Metodu tal-Merħba

Idra uza' dan il-metodu kull meta tinduna li ġejja fuqek **BIZA'**, jew **RABJA**, **INKWIET** jew meta tħossok insultat u **HADT GĦALIK**, jew xi **DISAPPUNT** kbir, jew tħossok li **WAQAJT GĦAĊ-ĈAJT**, eċċ.



St Jeanne Antida
Foundation

Hawn taħt ser nużaw, bħala eżempju, **IL-BIŻA'**



PASS 1

INDUNA BIS-SENTIMENT LI ĠEJ (JEW ĠIE): **BIŻA'**



PASS 2

FTAKAR LI DAN MHUX GĦADU TIEGHEK, għax DAN, **IL-BIŻA'**, qed jipprova jipproteġik jew jgħinek. (Kultant jesagera, għax ikun irid jinstema' jew jinħass.)



PASS 3

KELLMU, LIS-SENTIMENT: "Bongu, **BIŻA'**. Grazzi talli qed tipprova tghini! Issa qed nistiednek tiġi fid-dar tiegħi halli nhossok; inhoss it-tbatija tiegħek."



PASS 4

HOSSU GĦAL FTIT MUMENTI, mingħajr ma tiġġieled miegħu b'ebda mod. Tinsies li mhux l-għadu tiegħek. Kull ma jrid huwa li jinħass. Hoss it-tbatija ta' dan is-sentiment "**IL-BIŻA'**"



PASS 5

IRRINGRAZZJAĦ, wara dawk il-ftit mument, u għidlu: "Grazzi, **BIŻA'**, talli ġejt għandi u hallejtnl inhossok. Issa sarlek il-hin biex tmur. Grazzi, u ciao."



Jekk taf il-Metodu tat-Taptp, allura tista' ttaptp fuq xi punti waqt il-Passi 2 u 4.

Aktar ma tidra tużah, dan il-metodu jahdem aktar u aktar, għax u l-mostru tidda tinduna bih u tiehu hsiebu meta jkun għadu baby.



Għal għajnuna dwar taqlib emozzjonali (sentimenti koroh) li ma tistax teħles minnhom, ċempel il-Fondazzjoni Santa Giovanna Antida (tas-Sorijiet tal-Karita') 51 Tarxien Road, Tarxien tel 2180 8981. Aghmel appuntament għas-**Servizz Hsieben Emozzjonali** permezz ta' kwalunkwe *social worker* hemm. Qegħdin fuq *Facebook*.

Nizzel poster: <https://www.antidemalta.org/efs-books.html>

To avoid being carried away by difficult emotions:

The WELCOME Method

Get in the habit of using this Welcome Method whenever you feel a difficult emotion coming on, such as FEAR, ANGER, ANXIETY, FEELING OFFENDED or SHAMED, EMOTIONAL HURT, a big DISAPPOINTMENT, etc.



Here below, we are using FEAR as an example:



STEP 1

BECOME AWARE OF THE EMOTION that is coming, or has come: FEAR

(Note: To become *aware*, the best way is this: Take a step back from your anger so that you can see it clearly, and do not judge or condemn anything.)



STEP 2

REMEMBER THAT IT IS NOT YOUR ENEMY, because it (the FEAR) is trying to protect or help you.

(Note: Fear, Anger, and other difficult emotions are often the result of an ancient *instinct* in the human body, that is there to try and protect the person from attacks by animals, and other dangers. There is no thought or intelligence in this *instinct* and sometimes it exaggerates because all it really needs is to be heard or felt).



STEP 3

SPEAK TO THE EMOTION: "Hello, FEAR. Thank you for trying to protect me! Now I am inviting you to my house so that I can feel you, so I can feel your suffering, your pain.



STEP 4

FEEL IT FOR A FEW MOMENTS, without fighting it in any way. Don't forget that it is not your enemy. All it wants is to be felt. Feel the suffering, the pain, of this emotion of "FEAR"



STEP 5

THANK IT, after those few moments, and tell it, "Thank you, FEAR, for coming to my house and for letting me feel you. Now it is time for you to go. Thank you, and goodbye!"



If you also know the EFT Tapping Method you can tap on some of the tapping points while doing Steps 2 and 4

As you use it more and more, this method will become more and more effective. This is because you will learn to become aware of the monster earlier and earlier, when it is still small. It is easier to manage when it is small and weak.

For help with difficult emotions that "carry you away" (if you do not have diagnosed mental illness) phone the St Jeanne Antide Foundation (of the Sisters of Charity) at 51 Tarxien Road, Tarxien tel. 2180 8981 . Make an appointment with the **Emotional Freedom Service** by asking any social worker at the Foundation. The service is free. www.antidemalta.org Facebook: [Fondazzjoni St Jeanne Antide](https://www.facebook.com/Fondazzjoni-St-Jeanne-Antide)

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