and in early feelings, feel:
“I am all alone”
“I am nothing”
“I am going to die”

and as a child, about his mom:
“She never looks at me”
“She doesn’t pay attention to me”
“She doesn’t listen”
“She doesn’t care how I feel”
“She is not there for me”
“I am all alone”

Talking about his wife, a patient may say:
“She will act in her own way, regardless of what I say”
“She doesn’t take my opinion into account”
“I don’t feel like I really count for her”

The Tree of Feelings (1)

1st line (Infancy - Birth - Prenatal)
Brain stem

2nd line (Childhood)
Lymbic System

3rd line (Adulthood - present)
Cerebral Cortex

(Infancy - Birth - Prenatal)
Brain stem

(Childhood)
Lymbic System

(Adulthood - present)
Cerebral Cortex