

A brief introduction to
Re-Evaluation
Co-Counselling



Information comes in through all our senses. We compare it to everything that we already know, and contrast it to everything we know. Then we 'file' it away so that we can use it when we need to.

When information is processed like this we can use it to create a fresh new response to every situation we are in.



However, when we are hurt, physically or emotionally, we cannot process information in this way. Our minds temporarily stop working, although information is still pouring in through our senses, making a complete recording of the event.



We instinctively try to find a safe person and, if they will allow it, we start to heal ourselves of the hurt by crying, or one of the other physical processes we naturally use to get over the distressing event. If this happens, the information recorded in the painful event becomes just like all the other information we have. It becomes no more than a useful memory.



If we are not allowed to complete this healing process, the information remains in the form of a recording which includes how we felt at the time. The next time something happens which is similar enough to the first time, the recording seems to play and we start to feel and behave how we did the first time. Our minds temporarily shut down again, and we try to find a safe place to heal the hurt. If we cannot do this, a second recording is added to the first. It becomes like a snowball.

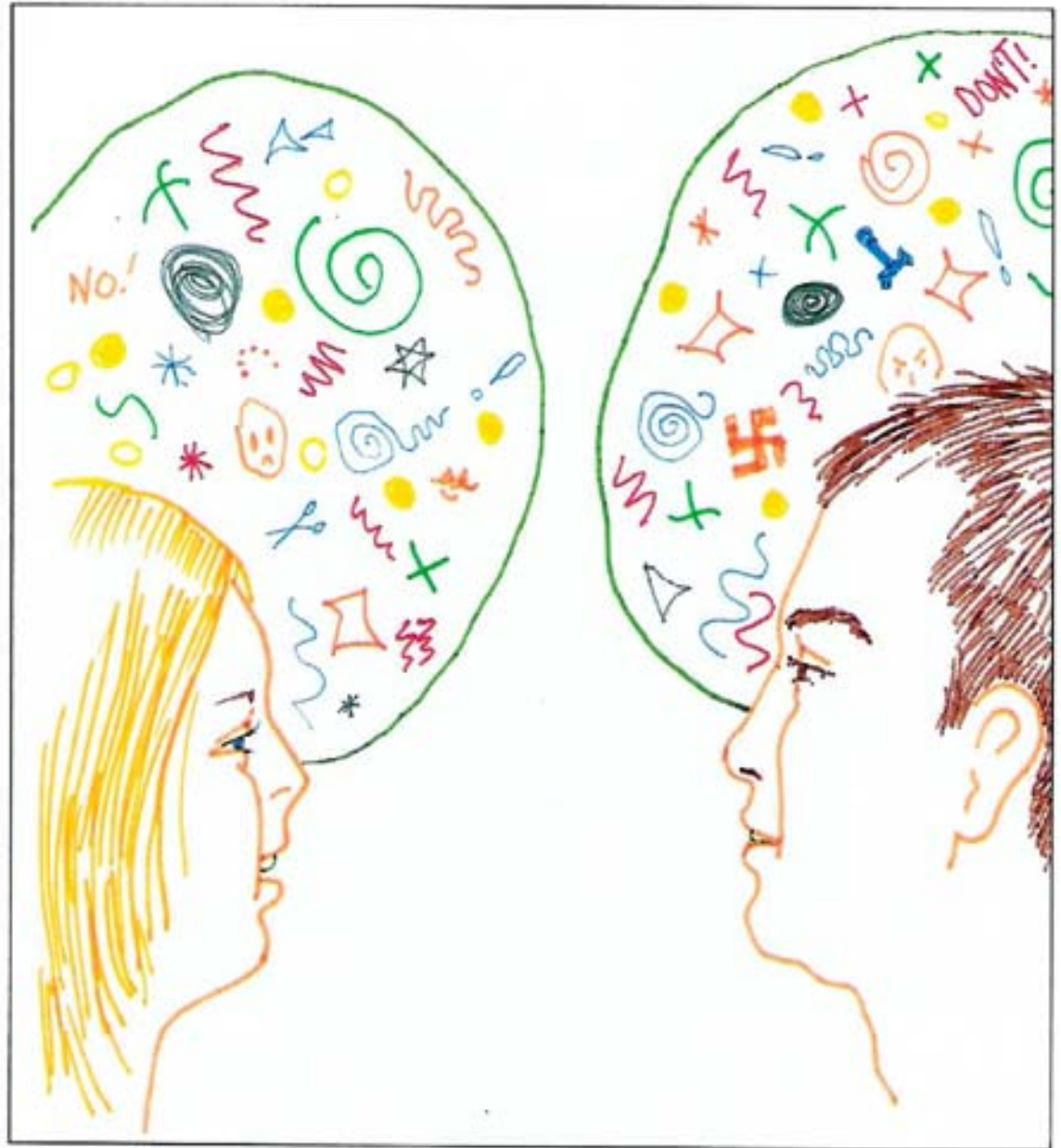


In time our minds become a mixture of useful information and distress recordings which have not been allowed to be processed, or healed. This uses up increasing amounts of our free intelligence, and sometimes makes us feel and behave in ways which are irrational.



This is any two people meeting. We see each other through a distorting bubble of our distress. Not only that, we see the other person's distress before we see them. We do not see things as they really are.

Luckily, it is never too late to process our recorded memories and to reclaim our complete intelligence and freedom of action. All we need is the warm attention of another human being. Most 'normal' interactions between people are two people trying to get the other person to listen to them so that the process can start.



In a Co-Counselling class we learn to take turns listening to each other and encouraging our natural healing process to work. The counsellor learns to leave their bubble of distress recordings aside for the duration of the session.

