Levels of Reconsolidation in EFT Tell the Story Technique

From Implicit Survival Encoding → Narrative Memory → Meaning & Identity Transformation

THE PROCESS

TRIGGER
Something happens now or is recalled

ACTIVATION
Memories, feelings, sensations, meanings activate

WINDOW OF TOLERANCE
Stay within the window for safety and processing

TELL THE STORY PROCESS
- Stop at crescendos
- Name aspects
- Treat each piece safely
- Maintain window of tolerance
- Test the work

1 LEVEL 1
Implicit Memory → Autobiographical Memory
Putting words, descriptions and sequences on experiences

IMPLICIT / SOMATIC FRAGMENTS
- Sensory flashes
- Body sensations
- Emotions
- Implicit meaning
- Disconnected fragments

TELL THE STORY
Break into crescendos and process in pieces
- Identify crescendos
- Name aspects
- Put words to experience
- Sequence events
- Give it a beginning, middle & end

AUTOBIOGRAPHICAL MEMORY
- Ordered sequence
- Language & description
- Temporal location
- Remembered, not re-lived
- Integrated into life story

RESULT: Organized Narrative Memory
- Experience becomes something remembered rather than re-lived
- Foundation for deeper healing and meaning change

2 LEVEL 2
Reconsolidation of Arousal, Threat & Meaning
Autobiographical memories go back into storage with physiological and meaning changes

OLD TRAUMA STATE OF CONSCIOUSNESS
- Hyperarousal
- Appraisal of danger
- Shame & fear
- Negative self-talk
- Dis-associated memory
- Threat cues

RECONSOLIDATION CHANGES
- Reduced autonomic arousal
- Reduced dysregulation
- Reduced threat appraisal
- New meanings
- New emotional associations
- New somatic responses
- New cue-response patterns

RECONDITIONED TRAUMA STATE OF CONSCIOUSNESS
- Regulation & calm
- Appraisal of relative safety
- Belonging & empathy
- Neutral self-talk
- Memory is dis-associated
- Mastery

RESULT: Re-Stored with New State Associations
- Lower arousal
- Fewer triggers
- Greater regulation
- New meanings
- Increased sense of safety, choice & mastery

3 LEVEL 3
Reconsolidation of Somatic Meaning, Schema & Core Beliefs
Systematically treat the "legs" that support the table tops

OLD LIMITING TABLE TOPS



Strong evidence structure supporting limiting beliefs

LEG WORK THROUGH RECONSOLIDATION
- Treat specific events linked to belief
- Change somatic meaning
- Update implicit conclusions
- Weaken old associations
- Build new-evidence

NEW EMPOWERING TABLE TOPS



New meaning & identity structure takes root

RESULT: New Meaning & Identity Integration
- Limiting beliefs weaken
- Somatic meaning changes
- Identity shifts
- New beliefs become neurologically & emotionally plausible
- Lasting transformation

THE PROGRESSIVE PATH OF RECONSOLIDATION

Implicit Survival Encoding	Narrative Organization	State Reconsolidation	Meaning Reconstruction	Identity Transformation
Fragmented, implicit, survival-based	Put into words, sequenced, time located	New arousal, threat, and association patterns	New interpretations, values & understanding	Integrated self, resilience & mastery

EFT Tell the Story is not merely symptom reduction.

It progresively reorganizes the architecture of consciousness across memory, physiology, meaning, and identity.

© Robert Schwarz, PsyD Dr.Robertschwarz@gmail.com