narrative eft processing modes

✓ awareness & contextualization of emotions
  - key importance of bodily felt sense & five part awareness

✓ symbolizing emotions
  - naming emotions helps to cool amygdala responses

✓ narrative construction
  - combines bottom-up felt-sense & top-down conceptual processing

✓ transformation of emotion & story outcomes
  - shift from maladaptive secondary to adaptive primary emotions

✓ identity reconstruction
  - personal narratives deepen (enrich with emotional meaning) & enlarge (fuller understanding/integration); more compassionate sense of self with new ways of feeling & being in the world