

TTP Extensions

Replacing the Zero-Point Process with the Rocks Process

(c) by Ed Seykota, December 10, 2013

The Trading Tribe Process (TTP) evolves empirically, by trial and error, as Tribe Members all over the world experiment and share their experiences with each other and on FAQ at www.TradingTribe.com.

TTP Extensions (2014) extends The Trading Tribe (2005) with recent developments in TTP: the Rocks Process and how it comes to replace the Zero Point Process; graphics illustrating *the Cartography of the Mind*, *Donation Dynamics* and the *Emotional Intensity Cycle*; a glossary.

The Zero-Point Process and Signature Forms

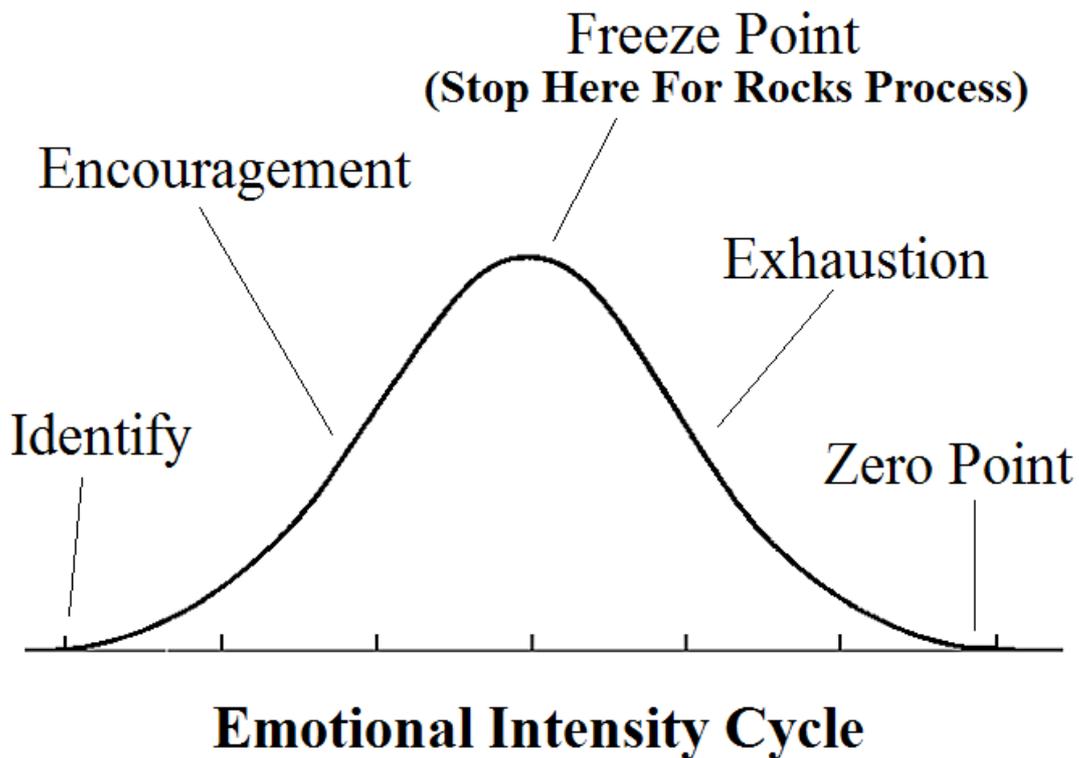
The motivation for developing the Rocks Process comes from Tribe members, reporting that users of the Zero-Point Process develop signature forms. That is, they show up at meeting after meeting with the same form.

While signature forms, like most forms, disappear during the Zero Point Process, they reappear again at the next Tribe meeting. Some Tribe members report staying in a rut with their signature forms for years without making any substantial progress.

I conclude that signature forms appear if and only if Tribe members use TTP medicinally, to let off some steam and make their feelings disappear. Medicinal solutions alleviate short-term symptoms while ignoring underlying issues.

The Rocks Process

The TTP Rocks Process addresses the signature form issue. While the Zero-Point Process makes emotions disappear, the Rocks Process intensifies emotions so we can identify the underlying issues.

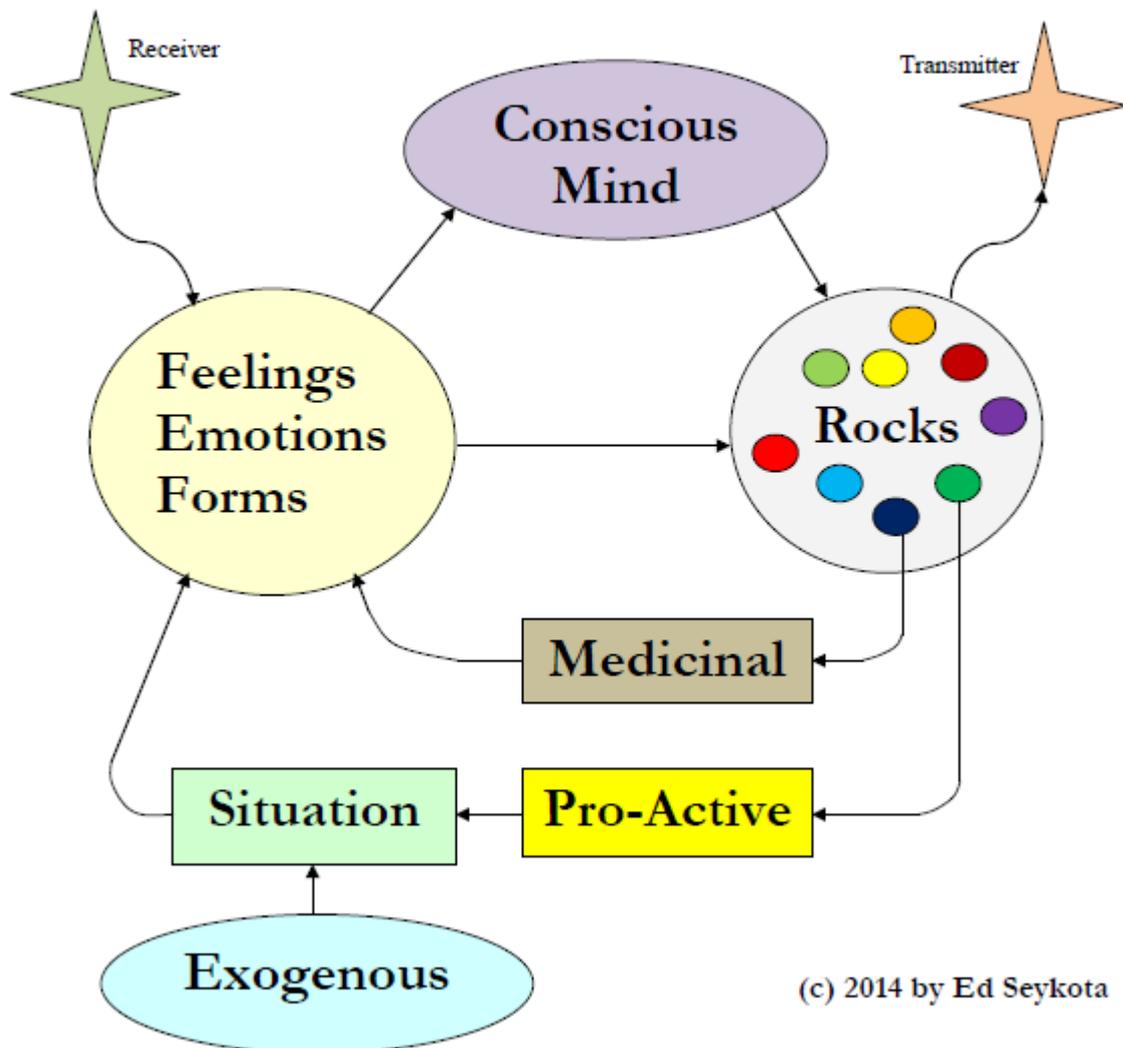


In TTP, a rock links an emotion to an action. For example, in response to sadness, some people might cry - or get angry to hide the sadness – or simply shut down. In the first case, we have a [sadness → cry] Rock; in the second case, we have a [sadness → show anger] Rock; in the third case, we have a [sadness → shut down] Rock. A Rock has two elements: an emotion (noun) and an action (verb).

TTP Uses Actual Physical Rocks

In the Rocks Process, we use actual physical rocks as tokens to represent response patterns. This helps organize the process, particularly for alpha males who generally deal more easily with physical objects and less easily with abstract feelings.

Cartography of the Mind



Cartography of the Mind

To help visualize The Rocks Process, and how it differs from the Zero-Point Process, I use the diagram, above.

An exogenous input (say, a letter from a friend requesting a loan) leads to a situation (you have to respond). You then develop some feelings and emotions about the situation that appear as physical forms (you rest your forehead on the palm of your hand and squint your eyes).

You might give your form a composite name such as anxiety. In TTP, we rarely use names such as fear, sadness or anxiety; we use very specific descriptions of physical forms.

The star above the forms area represents the receiver that gathers intentions from others through the subconscious path that I call the Under-Fred Network. A corresponding transmitter adjacent to the rocks area represents the associating transmitter.

Rocks convert emotions directly into actions, without conscious awareness. Pro-active rocks act upon the situation. Medicinal rocks bypass the situation and work directly on the feelings, emotions and forms. Some rocks radiate intentions to other receivers on the Under-Fred Network.

The direct connection that rocks provide between emotions and actions bypasses the conscious mind. This explains observations such as “advice rarely works,” “people have trouble consciously changing deep emotional patterns,” and “well, here I go again.”

The conscious mind may gain awareness of feelings, emotions and forms by experiencing them. This generates self-knowledge useful in re-programming rocks. The TTP Rocks Process engages this circuit.

Pro-Active and Medicinal Rocks

Medicinal rocks aim to make feelings go away without having to deal with the underlying situation. For example: ingesting benzodiazepines rather than dealing with relationship problems; starting a fight in order to avoid the feelings of deeper intimacy; prescribing methylphenidate for inattentive students rather than improving stultifying curricula; appealing to government for subsidies and regulations rather than competing and innovating; running away from a bully rather than confronting him.

The Heart Rock, a type of pro-active rock, works by establishing rapport between the participants in the situation and supports intimacy-centric relating. Medicinal rocks supports control-centric relating.

The Rocks Process, Step by Step

We use the Rocks Process to identify the client's medicinal rocks and to assist the client to replace them with pro-active rocks. In Tribe meetings, we begin by inviting a Tribe member who has some issue he wishes to resolve to volunteer as the client.

The Tribe members engage the client in conversation, first to screen for willingness and then to draw out his issue, get to the root of it and raise his associating forms. We then promote the blossoming of his forms through acceptance, encouragement, and acknowledgment. When the process manager senses the forms reaching maximum intensity, he tells the client to freeze his form and then to further amplify and experience his emotions.

If the process manager allows the client to go further along the Emotional Intensity Cycle before freezing, the client may dissipate his emotions to the Zero Point, feel much better, lose his motivation to address his issues and validate his signature form.

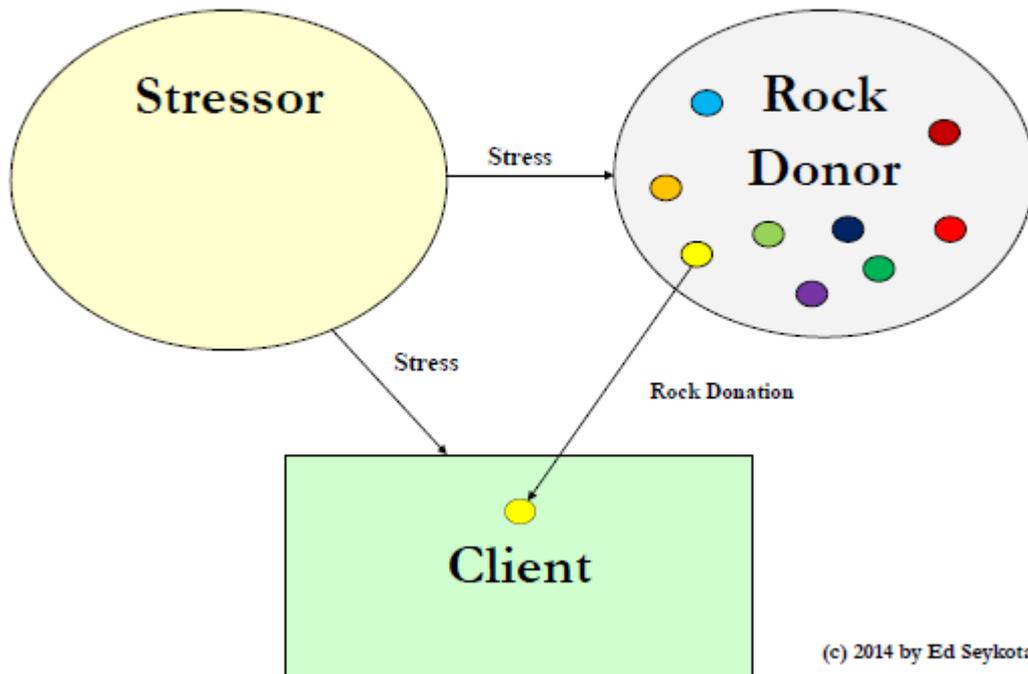
If the process manager freezes the form at a high point, he may then ask the client to recall an early childhood event which feels the same way.

If the client does not recall such an event, the process manager may return the Tribe to encouraging the client to express his forms with more intensity; he may also re-test the client for willingness to proceed. As a Tribe gathers experience over a series of meetings, it learns how to develop a client form and how to freeze it at a point of maximum intensity.

A client with sufficiently intense emotions may easily recall a number of early incidents. For example, he might recall the stress of an overbearing parent restricting his freedom. He might also notice that he copes with the stress by modeling the other parent who frequently has to deal with the same situation. We call the parent who creates the stress the stressor and other parent the rock donor.

The stressor creates tension in the rock donor and in the client. The rock donor helps the client deal with this tension by giving the client a medicinal rock to help make his feelings go away.

Donation Dynamics



The stressor creates tension in the rock donor and in the client.
The rock donor helps the client resolve this tension
by giving the client a medicinal rock.

Passing the Medicinal Rock

In this example, the stressor (an overbearing parent) stresses the rock donor (the other parent) and also the client (as a child). The client naturally looks to the rock donor for information about how to cope with the stress. The rock donor shares the coping method (rock) with the Client.

In the TTP Rocks Process, the rock donor gives the client a medicinal rock that tells him how to make his feelings go away. We assume, since the situation still presents an emotional issue for the client, that the rock donor gives him a medicinal rock. Pro-active rocks dissolve situations and do not generally leave emotional issues behind.

Role Playing

We use role playing to formalize the donation of the medicinal rock. Typically the role playing proceeds until the client feels stress from the stressor. At that point, the rock donor appears, hands the client a medicinal rock and teaches him how to use it. Medicinal coping mechanisms generally include some variation of escape through self distraction, substance abuse, over eating, shutting down and running away.

We then confirm with the client that the role playing feels familiar and that the medicinal rock does indeed account for the client's behavior during countless subsequent events during his life.

We then test the client for willingness to give up his medicinal rock and to accept a pro-active rock which we also call the Heart Rock.

Willingness Testing to Avoid Co-Dependency

If the client does not wish to proceed, we end the process and move on. Working with an unwilling client leads to a codependent relationship between the client and the other Tribe members and ends with the client validating his signature form.

Fore-Giving the Medicinal Rock

If the client does wish to proceed, we return to role playing and ask the client to fore-give the medicinal rock to the rock donor. Fore-give means to give back, during role playing of a historical critical incident. The rock donor offers resistance to help the client demonstrate his willingness to return the medicinal rock.

Note that in the Rocks Process, the client fore-gives the rock back to the rock donor. Some schools of therapy and some religions encourage the client to forgive the stressor. In TTP, we do not fore-give rocks to stressors since stressors do not donate rocks in the first place. We hold that absolving stressors promotes codependency. Clients who implement their Heart Rocks typically demonstrate establishing rapport with stressors.

Once the client succeeds in fore-giving the medicinal rock back to the rock donor, another Tribe member awards the client a pro-active Heart Rock and explains how to use it. He instructs the client to respond to stress by establishing rapport with the stressor, finding out how the stressor feels and inviting the stressor to listen to the client's feelings. Once rapport forms, the client and stressor generally develop a working relationship, including clear boundaries and respect for personal sovereignty. If the stressor proves intransigent, the client accepts the fact and moves on. Since the Rocks Process works on the client's internal programming, the original stressor does not have to attend the meeting.

We find that during role playing, Tribe members have an instinctive ability to tune into the situation and replicate stressors and rock donors and supporting roles with uncanny accuracy - down to subtle mannerisms, postures, tones of voice and even figures of speech.

The Client Projects a New Outcome

We then role play further, once again re-enacting the critical event – with the client using the Heart Rock in place of the medicinal rock. Tribe members may initially coach the client on how to use the Heart Rock by providing hints about what to say until the client gets the hang of it.

If the Client has trouble catching on, other Tribe members may temporarily step into the client's role to model using the Heart Rock. Once the client fully applies the Heart Rock by himself, he invariably astounds himself and other Tribe members who notice they can no longer carry out the original role play. The client, by using the Heart Rock, succeeds in projecting a new outcome on the role play – by a combination of staying on task, using his pro-active Heart Rock and broadcasting his intentions.

Return to the Original Issue

After the client succeeds in implementing the Heart Rock, we return to conversing about the original issue. The client generally observes that from the Heart Rock viewpoint, the issue no longer seems formidable and hopeless and, instead, presents an exciting opportunity to apply his new resources.

Checking Out and Releasing the Role Players

At the conclusion of the role playing, the role players have an opportunity to check-out while still in their roles, sharing their experiences with the Tribe. At the conclusion of the in-role checkout, the client addresses each role player in turn, releasing them from their roles and welcoming them back as Tribe members and friends.

We then have a general check-out in which each Tribe member has an opportunity to express any feelings and insights he has as a result of the process.

Follow-Up

During the following Tribe meeting, the client reports on any progress with his issue since the last meeting. He generally reports a major breakthrough. Other Tribe members typically report associating breakthroughs in their lives as well.

Freeze Point and Zero Point

In the Rocks Process, we freeze the form at its peak in the Emotional Intensity Cycle in order for the client to access a critical childhood incident. If we continue to encourage the client past the Freeze Point, he exhausts his emotional charge and settles at the Zero Point with little motivation to continue.

Practice, Practice, Practice

Facility with the Rocks Process develops with practice. Tribe members from all over the world write to FAQ to share their experiences and to encourage and learn from others.

Glossary Terms that appear in The Trading Tribe (2005)

Page 162: A **Form** displays the outer physical manifestation of inner feelings, thoughts and emotions. Forms provide a way for Tribe members to access the inner process of the person on the hot seat.

Page 162: The **Forms Process** includes a set of methods by which the members of a Tribe can help the person on the hot seat take a form all the way to completion.

Page 162: In TTP, we use the term **Fred** to represent the subconscious mind, limbic system and autonomic nervous system plus the desire to communicate feelings, Fred runs most of our daily lives, such as managing how to speak, listen, balance the body and react to a hot stove. Fred communicates feelings to the conscious mind to gain experience and develop wisdom and ability. When the conscious mind does not acknowledge Fred, Fred may arrange drama to get its attention. Fred controls subtle interpersonal communications via emotions, such as facial expressions and body postures, and uses them to enroll others in fulfilling intentions. See: Under-Fred Network.

Page 163: The **Responsibility Model** holds that the world system continuously co-evolves, that everyone bears responsibility for everything. People who embrace the Responsibility Model notice their intentions manifest as results.

Page 164: **Right Livelihood** describes a lifestyle that includes living the Responsibility Model, with willingness to experience feelings and to share special gifts with focus and vigor.

Page 164: The **Under-Fred Network** associates all the transmitters and receivers of all Freds. We use it to enroll each other in drama as well as in Right Livelihood.

Page 164: The **Zero Point** appears after a client exhausts his forms and experiences a state of peacefulness.

New Glossary Terms for TTP Extensions (2014)

The **Client** volunteers to go on the Hot Seat and to work on his issues during the Rocks Process.

In a **Control-Centric** relationship, one party controls another by force or manipulation, such as blaming, whining, guilt-tripping, bossing, threatening, feigning and deceiving.

An **Emotion** contains feelings and forms that associate with a situation. People tend to name their emotions. Identifying the specific feelings and forms provides a much more precise description.

A **Feeling** describes any sensation in any part of the body

We **Fore-Give** a rock to a rock donor, during role playing when we hand the rock back to the donor and overcome his resistance to receiving it back. *Fore* means before, as in an early childhood incident. *Give* means to return the rock to its donor. The moment of fore-giving the medicinal rock marks the turning point in the Rocks Process.

Physical **Forms** such as clenching fists, squinting eyes and redness in the face associate with emotions. Gamblers use forms as *tells* to help them identify emotion and bluffing. In TTP, we use forms to register and to access the client's emotions.

Freeze Point: In the Rocks Process, the process manager interrupts the client's Emotional Intensity Cycle at a high point by telling him to freeze.

A **Heart Rock** generates a pro-active, intimacy-centric response to all feelings.

Intimacy-Centric relating includes accepting people without having to control them, establishing rapport, receiving and sending feelings and working together to create mutually beneficial outcomes.

A **Medicinal** response aims to make feelings go away.

A **Pro-Active** response addresses the underlying situation.

A **Rock** links emotions to actions. For example, a run-away rock converts the stress of a parent yelling in anger into the action of running away. The run-away rock has a medicinal property since it makes the feeling go away without addressing the underlying situation. In comparison, a Heart Rock converts the same feeling into the action of establishing rapport with the parent and providing a space for both parties to find a better way to communicate.

The **Rocks Process** contains a number of steps to help a client locate medicinal rocks, to replace them with pro-active rocks and to practice using the pro-active rocks.

The **Rock Donor**, someone who already knows how to medicate the feelings the Stressor induces, gives a medicinal rock to the client. Later in the Rocks Process, the client fore-gives the medicinal rock back to the rock donor.

A **Stressor** provokes tension and anxiety in the client, motivating him to accept a medicinal rock from the rock donor. Stressors generally favor control-centric relating.

