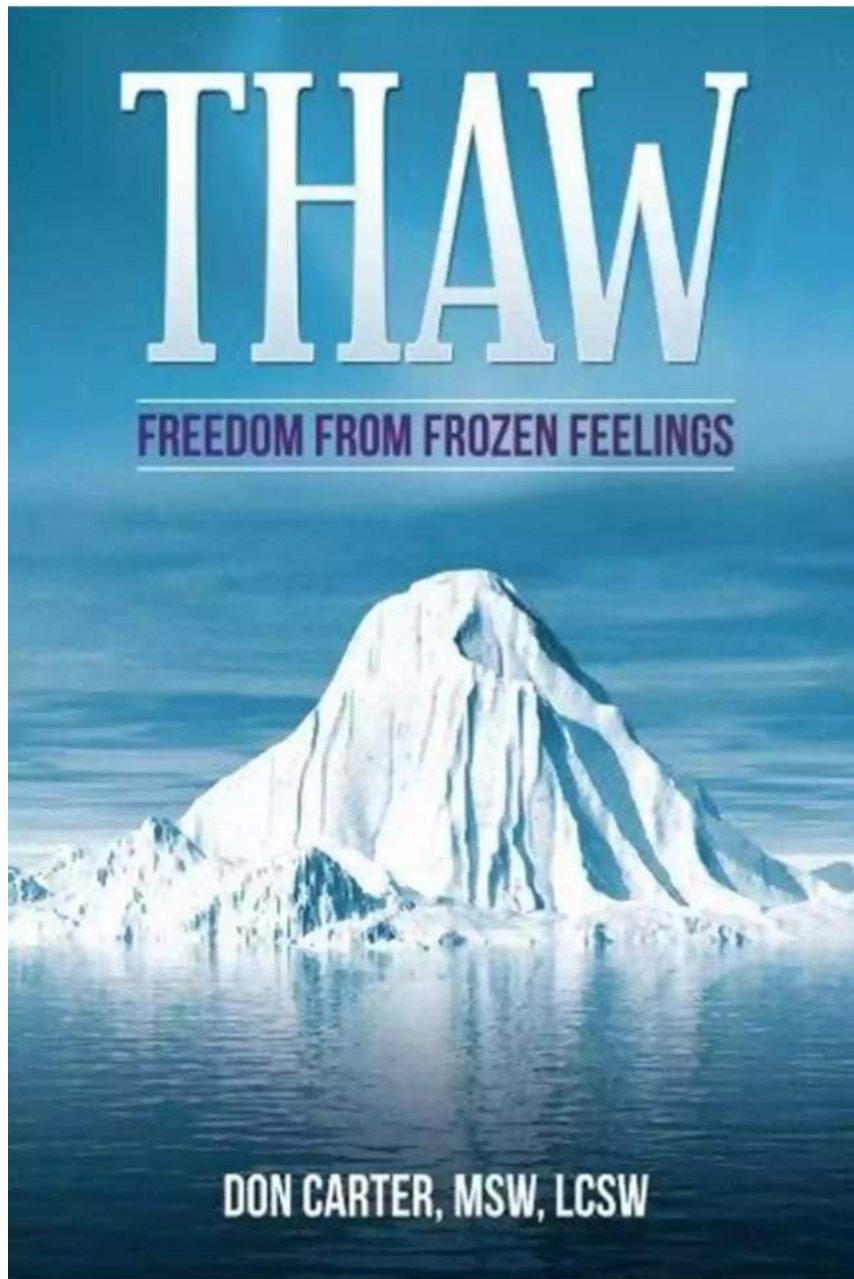


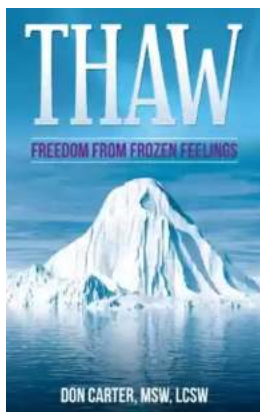
Thaw Freedom From Frozen Feelings Thawing The Iceberg



Have you ever felt emotionally stuck? Like an iceberg, there might be deep-rooted feelings frozen beneath the surface, waiting to be thawed. In this article, we will explore the concept of thawing frozen feelings and discovering the true freedom that lies within.

The Iceberg Metaphor

Imagine an iceberg floating in the vast ocean. The tip of the iceberg is visible above the water, but beneath the surface lies a massive bulk of ice. Similarly, our minds can be compared to icebergs, where only a fraction of our emotions are evident to others, while the majority remains hidden.



Thaw - Freedom from Frozen Feelings (Thawing the Iceberg Series Book 1) by Don Carter (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 1579 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 186 pages
Lending : Enabled



Oftentimes, we may find ourselves struggling with unexplained sadness, anxiety, or anger, without understanding the root cause. These emotions can be likened to the submerged part of the iceberg, waiting to be explored and understood.

Thawing the Iceberg: Unveiling Hidden Emotions

Thawing the emotional iceberg involves uncovering, processing, and releasing deep-rooted feelings that have been frozen within us. It is a journey of self-discovery, healing, and ultimately, freedom.

One effective method for thawing frozen feelings is through therapy. A professional therapist can provide a safe and non-judgmental space for

individuals to explore their emotions. Through various therapeutic techniques such as talk therapy, somatic experiencing, and emotional release exercises, individuals can gradually melt away the layers of emotional ice that have held them captive.

The Freedom Within

As we begin to thaw our frozen emotions, we open ourselves up to a newfound freedom. A freedom to express and understand our feelings, make healthier choices, and build deeper connections with ourselves and others.

Thawing the emotional iceberg allows us to let go of past traumas, overcome fears, and break free from self-limiting beliefs. We gain a greater sense of self-awareness and self-acceptance, paving the way for personal growth and transformation.

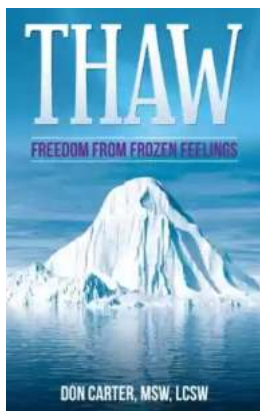
The Importance of Emotional Healing

Emotional healing is crucial for our overall well-being. Ignoring or suppressing our feelings can have detrimental effects on our mental, emotional, and even physical health. Unresolved emotions may manifest as chronic stress, relationship difficulties, or even physical ailments.

By embracing the process of thawing frozen feelings, we empower ourselves to take control of our emotional health. We become more equipped to face life's challenges and navigate through them with resilience and grace.

The journey to thaw the iceberg of frozen feelings is not an easy one, but it is undoubtedly worth embarking on. By acknowledging and exploring our hidden emotions, we gain the opportunity to free ourselves from emotional burdens that have weighed us down for far too long.

So, take the first step towards thawing your frozen feelings. Seek support from a therapist or engage in self-reflective practices such as journaling or meditation. Embrace the freedom that awaits you as you delve deep into the depths of your emotional iceberg and emerge stronger, wiser, and more whole.



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THAW - Freedom from Frozen Feelings, is a book about the emotional wounds of abandonment, shame, and contempt created by growing up in a less-than-nurturing family. If you experience abandonment issues, emotional flooding, toxic shame, a pattern of dysfunctional relationships, or you help people who do, THAW - Freedom from Frozen Feelings is a "must have" .

The book outlines the wounding process experienced by those who were raised in alcoholic and other less-than-nurturing family; how those emotional wounds show up in various personal and interpersonal problems in adulthood. An innovative, easy to understand, integrated model of recovery from alcoholism, addiction, codependency, enabling relationships, Adult/Child Syndrome and other manifestations of emotional abandonment is presented. The book includes an

Inner Child focus along with transactional analysis and gestalt therapy techniques.

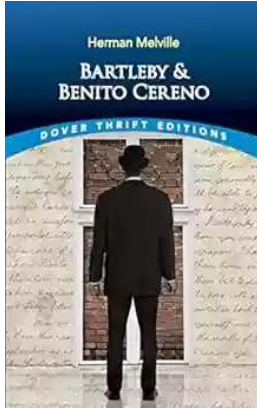
Moderate to severe cases of abandonment comes from situations, such as a family where alcoholism and codependency are present, where the child does not fully or consistently get their emotional dependency needs met such as when the child lives in a shame-based family system. In such families the children get messages of disapproval through constant criticism rather than messages of approval and warmth. A shame-based family system is characterized by the parent's use of shame to provide direction.

Children who get their dependency needs met fully on a regular basis will thrive, flourish, and grow at a healthy pace. Life will be good for these kids. In the worst case scenario, kids who do not get their needs met at all will experience a failure to thrive and many will even die from these emotional wounds, also known as original pain of abandonment of childhood dependency needs.

When parents do not meet the needs of their children it is not usually because the parents don't love them. I say 'usually' because there are those cases that one cannot understand, accept, explain, or excuse for any reason. But most parents do the best they can, given the internal and external resources they possess, to take care of their children. In fact, I cannot count the times I have heard parents say "I try hard to make sure my kids have it better than I did." This speaks very loudly to me. It says that these parents are familiar with unmet dependency needs.

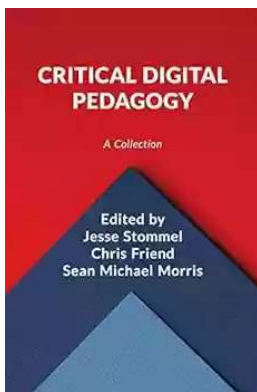
So, most often it is not the parent's lack of love or effort that is to blame.
Wounded people wound people!

Each of the books in the "Thawing the Iceberg Series" contain the Iceberg Model but each one branches off into their own specific directions addressing issues that spring from childhood abandonment issues.



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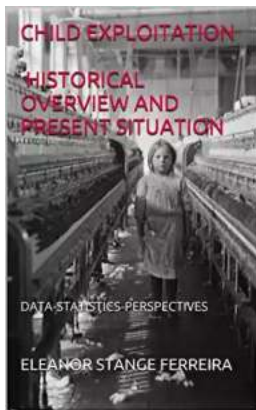
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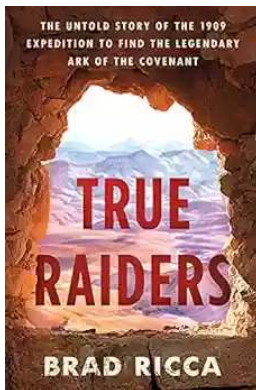
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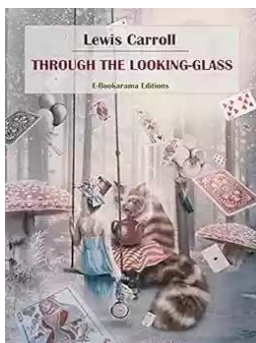
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