



Explore your Emotional Archetype

'Not as a Label, But as a Lens.'

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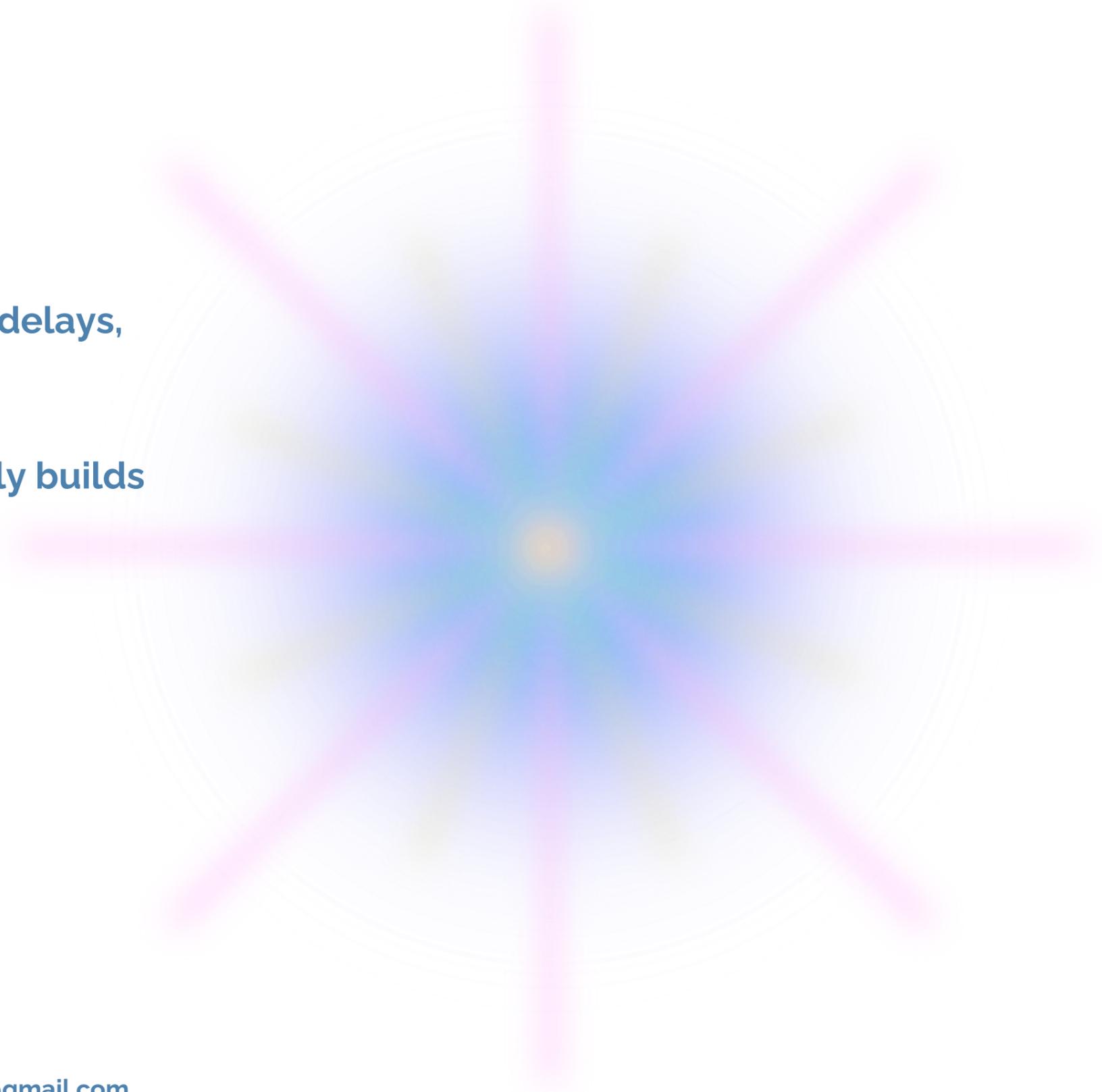
The Listening Lab™ Powered by CoreNeuroCare©

1. The Avoider

“I’ll deal with it later...”

Moves away from discomfort. Distracts, delays, disconnects.

Feels temporary relief—but stress quietly builds underneath.



2. The Suppressor

“I’m fine. It’s fine.”

Pushes feelings down to stay functional.

Highly capable—but often running on empty,
disconnected from their own needs.



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3. The Aggressor

“Something has to change—now.”

Energy moves outward fast. Irritability, control, reactivity.

Often a nervous system overwhelmed and trying to discharge pressure.



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4. The Boundaryless Empathizer

“I feel everything... for everyone.”

Deeply attuned to others—but can lose themselves in the process.

Carries emotional load that was never theirs to hold alone..



5. The Analyzer

“If I can just figure it out...”

Lives in the mind to manage the intensity of feeling.

Insightful, intelligent—but can become stuck in loops without resolution.



None of these are flaws.

They are adaptive responses— ways your neural circuits and nervous system learned to help you cope, function, and survive.

But when stress becomes chronic...
these patterns stop helping
and start limiting your capacity to think clearly, feel fully, and relate meaningfully.

Ideally what we can move towards is the following 6th archetype.



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6. The True Empathizer

**“I can feel with you, without losing myself.”
Present. Attuned. Boundaried.**

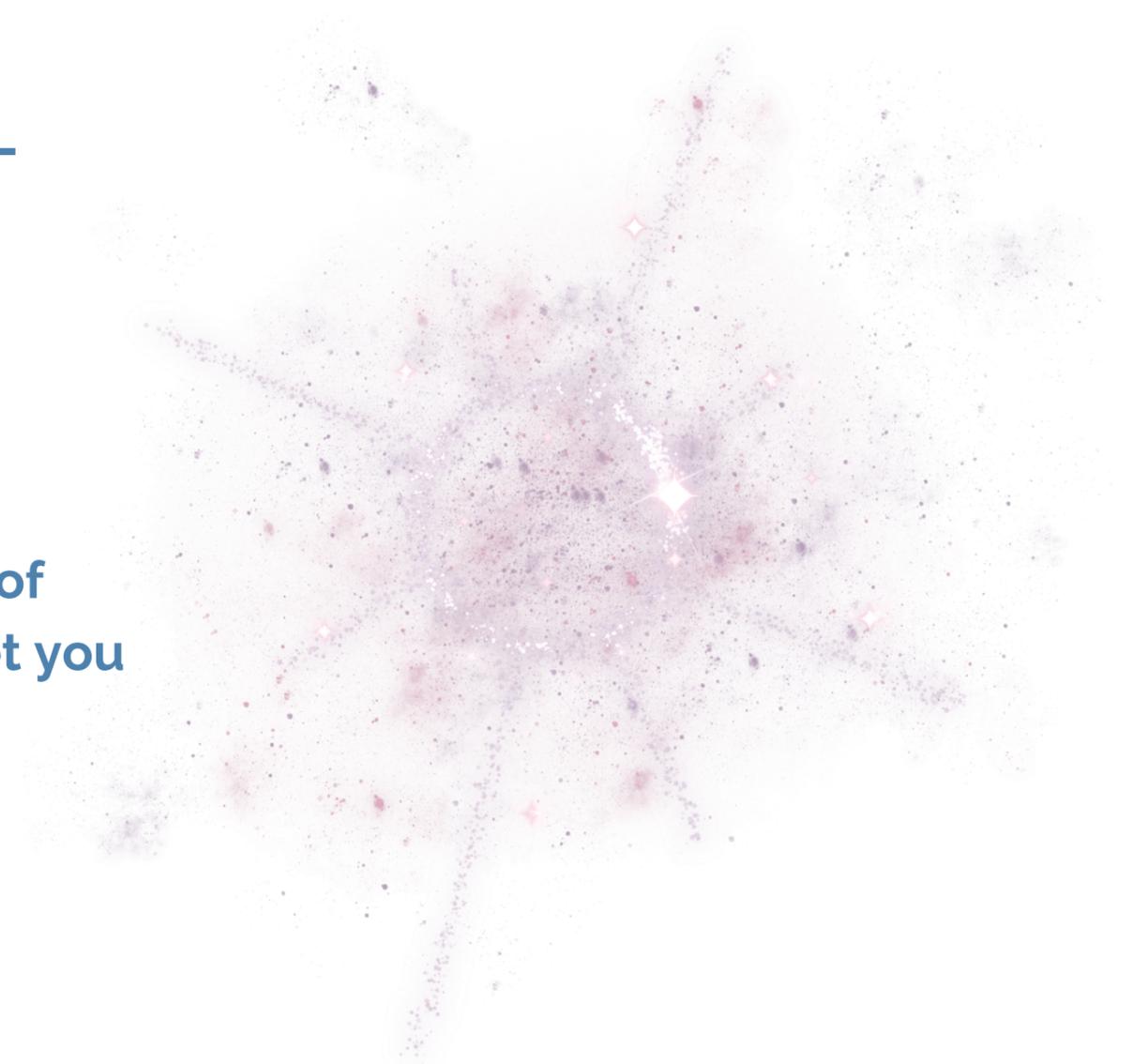
**Listens to understands another’s emotional world—
without absorbing it.**

**This is regulated empathy.
This is connection with clarity.**

**This is where healing begins and it needs a quality of
listening to become the most valuable health asset you
can practice.**

**It cannot be effectively practiced without your
embodiment.**

Read on to find out why?



As I quote with permission
from my empathy mentor; Ashok Bhattacharya Founder of The Empathy Clinic ©2025

Empathy is.....



Heightening all your senses to understand and appreciate the perspective of someone else's thoughts and feelings when they are sharing with you.

At the same time you momentarily negate your thoughts and feelings that may contaminate your pure perception of them.

**Your 'chatter'[I'm including nervous system chatter !!]
Your emotions ,Your judgement , Your need to fix them...**

These all get in the way of purely empathizing.

This is very hard to do, but the other person will feel your presence more clearly.

They will feel heard, understood, and appreciated. That's gold to the soul.

and as I have always said

"If we cannot be present with whats present, we cannot heal"

We don't need more pressure right now.

We need better ways to listen to what's already here and support the systems, hearts and minds, carrying it all. That's where the real work with me begins.

Deeper Reflection: The Misunderstood Nature of Empathy

There is a quiet misunderstanding that has shaped the meaning of empathy.
A belief that to be empathetic you must feel what others feel.

But this isn't empathy.

This is absorption.

And over time, it becomes exhausting, mentally emotionally energetically.

True empathy requires something far more refined.

This is why I established THE LISTENING LAB™

To provide basic listening skills that can bring healing to everyday life for everybody.

Reducing collapse and merging and messy empathy

This is built upon intentional presence.



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You can feel less pressure with presence by your side in most situations.

We need better ways to listen to what's already here and support the systems, hearts and minds, carrying it all.

That's where the real work with me begins.

Hello I'm Roseanne—

A practitioner in Neuro-Somatic Stress & Emotional Integration,
and the creator of The Listening Lab™, powered by Core NeuroCare©.



I help people move beyond stress and beneath emotional overwhelm—
into a place where we begin internally coming together to externally come together.

All forms of stored stress shape how you think, relate, and function.

When your overloaded:

- your cognition narrows (overthinking, looping, indecision)
- your focus fragments (you start... but can't sustain)
- your emotional range distorts (your unpredictable)
- your relational world shifts (people and tasks feel overwhelming, distant, or draining)

You may notice:

- you withdraw or snap when things matter most
- you over give, overextend, then crash
- you question yourself more than you trust yourself
- you know what's going on... but can't shift it

I help you:

- lead your nervous system (not override it)
- decode stress signals before they escalate
- regulate, resolve and repair in real time
- process emotional load without becoming overwhelmed
- restore clarity, focus, and relational ease

Within The Listening Lab™ is where this work comes to life.

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What it includes:

- 6 full private Core NeuroCare sessions
- Brief intersession support
- Full access to the RISE Digital Resource Library
- Complete 5-Guidebook healing collection

It is one of the most comprehensive ways to work with me.

If you can, let's go deeper than surface-level stress support.

This is structured, evidence-informed, and deeply personalized neuron-somatic sequencing designed to help you move from survival patterning into adaptive, self-led living.

Email Roseanne Directly Today:
At rfbreilly@gmail.com

Survival Stress - The Essential Recovery Manual

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R.I.S.E. BY ROSEANNE

SOOTHING SURVIVAL STRESS

A Nervous System That Feels Safe ... Heals Better.
Use this care plan daily — especially when you feel stuck in survival
These techniques retrain your brain + body to recognize safety faster

Prioritize S.S.O.S.
Signs & Signals Of Safety

Recognizing that a nervous system 'anchor' or self-regulation tool is truly working means noticing clear, often times subtle yet measurable shifts in your body, emotions, thoughts, and interactions. These shifts indicate that your system is increasing its capacity for safety and Presence.

SETTLE THE SIGNALS Soften your inner alarms.

- Try a slow straw breath
- Listen to safe & familiar sounds
- Use grounding scents like lavender or frankincense

SPEAK SAFETY TO YOURSELF Your tone matters.

- Whisper calming phrases:
- "You're safe now." "This moment is manageable."
- Use your name in self-talk — it helps create a sense of care

OFFER TOUCH

Safe contact + deep reset.

- Place hand over your heart + belly
- Weighted blanket or gentle pressure
- Rocking or swaying movements

SEE & SENSE SAFETY Your eyes guide your state.

- Soft gaze on something beautiful or neutral
- Step into natural light
- Look at calm, predictable environments

ORIENT TO HERE & NOW Survival resets when we land in the present.

- Name 3 things you see, 2 things you hear, 1 thing you feel
- Anchor with breath + surroundings

Path Together

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WHAT THIS PROGRAM SUPPORTS

- Chronic stress and burnout
- Emotional overwhelm or shutdown patterns
- Survival-based relationship patterns
- Loss of connection to self, intuition, or clarity
- Energy instability or fatigue
- Difficulty maintaining boundaries
- Living in functioning mode rather than embodied living

WHAT MAKES THIS DIFFERENT

Most approaches teach coping.

Core NeuroCare restores internal organization.

Through the RISE to WISE sequencing model, we work with your nervous system so your body, emotions, cognition, and energy begin communicating intelligently again.

The goal is not just relief.

The goal is sustainable support and transparency

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