

# THE HEALING LEXICON: VOLUME FOUR: RECOGNITION

A BOOKLET OF REFLECTION,  
VOCABULARY & GRACE



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HYPNOSIS HAVEN



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**Volume 4 : Recognition**  
**The Emotional Upgrade From Hope**

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# RETICULAR ACTIVATING SYSTEM

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Years ago, I attended a talk among colleagues with the American Hypnosis Association, and the topic was the RAS. It was important for us to know about how the eyes can be used in NLP techniques in changing behaviors, mindset training - and especially, what the brain focuses on and what it ignores.

We weren't just talking about "the mind" anymore - now we were talking about the brain.

Not software, but the hardware of our being.

The RAS is a small network of neurons located in the brainstem. Its job is to filter between the outside world and the inner world.

Every moment of the day, our senses take in far more information than our brains can handle, so the RAS begins to decide and filter for us:

- What becomes important
- What gets ignored
- What gets remembered
- What gets highlighted
- What gets pushed into the background

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In other words, the RAS determines what your attention is drawn to. It scans constantly for what matters to you based on:

- Past Experiences
- Emotional Significance
- Repeated Exposure
- Beliefs
- Fears
- Desires
- And what you're subconsciously trained to look for

It's the same system that makes you suddenly notice:

- A word you've just learned - everywhere
- The car you're thinking about buying - on every street
- A song lyric that feels perfectly timed
- A danger your body senses before your mind catches up
- Someone calling your name in a noisy crowd

The RAS doesn't judge what it filters, it simply prioritizes whatever your nervous system has learned to consider important.

It's objective.

***But the things you've lived through teach it how to behave.***



# THE RAS INSIDE RELATIONSHIPS

WHY YOUR ATTENTION, PERCEPTION, AND ATTACHMENT PATTERNS MATTER MORE THAN YOU REALIZE.



Once you understand what the Reticular Activating System does in everyday life, it becomes impossible not to see how deeply it affects intimacy.

Because the RAS doesn't just filter information — *it filters people.*

It decides:

- whose tone matters
- whose behavior stands out
- whose disappointment you brace for
- whose tenderness you crave
- whose inconsistencies you overlook
- whose approval you work for without realizing it

The RAS is constantly answering one quiet question:

**“WHO IS  
IMPORTANT  
ENOUGH FOR ME  
TO PAY ATTENTION  
TO?”**

Not because you're naïve.  
Not because you're weak.  
Not because you “fall too hard.”  
But because the human brain is wired to latch onto whatever feels like connection, safety, familiarity, or hope.

In a healthy relationship, this feels grounding.

Your RAS highlights:

- steady behavior
- genuine care
- emotional responsiveness
- safety
- reciprocity
- consistency

**YOUR WHOLE SYSTEM  
RELAXES.**

## BUT IN AN UNSTABLE OR EMOTIONALLY UNEVEN RELATIONSHIP

*The RAS shifts into survival mode.*

It becomes hyper-attuned to:

- mood changes
- mixed signals
- sudden shifts in tone
- emotional hot-and-cold
- the smallest signs of affection
- the smallest signs of danger

**You start scanning.**

**You start anticipating.**

**You start reading between lines that shouldn't need translation.**

The RAS begins filtering the relationship for anything that keeps the bond alive— even if the bond is hurting you.

That's why women stay longer than people think they "should."

The RAS makes the relationship feel... relevant.

Emotionally important.

Worth tracking.

Worth waiting for.

*And the RAS doesn't care whether someone is good for  
you—  
only that they matter to you.*

This is why even a toxic partner can feel like gravity.  
Not because they are your destiny,  
but because your attention has been trained to find  
meaning in them.



This is also why leaving someone isn't just emotional—  
it's neurological.

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You're trying to walk away from a system that was  
programmed to prioritize them.

## **And this is where Recognition becomes essential.**

Recognition is the moment the RAS shifts its loyalty.  
It's when the filter updates.

When your eyes stop searching their face for softness.  
When your mind stops building a future out of potential.  
When your body stops bracing for the next shift.  
When your spirit stops negotiating your worth.

## **Recognition is the first moment in a long time where you finally start noticing you.**

Your needs.  
Your truth.  
Your patterns.  
Your peace.  
Your God-given clarity.  
Your actual emotional reality—  
not the one you were hoping for.

Recognition is when the RAS stops highlighting him and  
starts highlighting truth.  
It's the moment your internal settings recalibrate and the  
world becomes honest again.  
And that—  
right there—  
is where healing begins.

## Recognition is the moment your inner world finally stops waiting.

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Recognition is what happens when:

- the eyes stop searching for signs
- the RAS stops scanning for potential
- the heart stops bargaining
- the spirit stops hoping for a different version of someone
- the mind stops retelling the fantasy
- the body stops bracing for the next disappointment

Recognition does not come loudly.

It does not arrive with fireworks or rage.

Recognition comes quietly — like someone gently turning on a light in a dim room you've been sitting in for years.

You blink... look around... and suddenly you see what was always there.

Not what you hoped for.

Not what you prayed for.

Not what you built a life around.

But what is actually true.

Recognition is the beginning of emotional freedom.

**It is the end of potential.**

It is the healing of the Reticular Activating System — the recalibration of your eyes, your mind, your attention, your truth.

# HOPE VS. RECOGNITION

THE EMOTIONAL DIFFERENCE BETWEEN LONGING AND TRUTH.

## Hope

(Future-focused)

- Looks forward to what might be.
- Relies on imagination, not evidence.
- Focuses on potential, not pattern.
- Makes excuses because it wants to believe.
- Lives in “maybe,” “someday,” “if he changes.”
- Comes from the heart’s desire.
- Creates emotional loyalty before it’s earned.
- Forgives prematurely.
- Aims to save, fix, inspire, or soften another.
- Attaches to promises.
- Sees the 5% of light and filters out the 95% of reality.
- Makes crumbs look like progress.
- Needs very little to stay alive – one good moment can resurrect it.
- Keeps you waiting.
- Keeps you invested in who he could be.
- Keeps you looking up.

## Recognition

(Present-focused)

- Looks directly at what is.
- Relies on evidence, not imagination.
- Focuses on pattern, not potential.
- Removes excuses and sees behavior clearly.
- Lives in “this is what they are showing me consistently.”
- Comes from the mind, body, and spirit aligning.
- Demands reciprocity.
- Applies discernment.
- Aims to protect, honor, and align with yourself.
- Attaches only to consistency.
- Sees all of the data – not just the hopeful parts.
- Turns crumbs back into crumbs.
- Cannot be resurrected by a moment – it requires a lifestyle.
- Moves you forward.
- Frees you from who he will never become.
- Keeps you looking within.



# WHY HOPE HIJACKS THE RAS

*Now that I see you, I can see myself*

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Hope causes your RAS to highlight:

- attempts
- apologies
- potential
- moments of softness
- future promises
- imagined improvement

*And minimize:*

- lying
- deflection
- inconsistency
- emotional absence
- patterns of harm
- reality

Because the RAS prioritizes whatever the heart wants to be true.

But the second you enter Recognition, the RAS updates its filter:

**“STOP TRACKING  
POTENTIAL.  
START TRACKING TRUTH.”**

And suddenly everything looks different – not because they changed, but because your attention did.



# WHY RECOGNITION FEELS LIKE BETRAYING YOURSELF (BUT ISN'T)

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When you let go of potential, you are not betraying your hope —  
you are honoring your truth.

When you let go of potential, you are not betraying your  
hope —  
you are honoring your truth.

**Hope says:** *“Try again”*

**Recognition says:** *“You already did.”*

**Hope says:** *“Maybe this time.”*

**Recognition says:** *“Look at the pattern.”*

**Hope says:** *“But they could be better.”*

**Recognition says:** *“But they choose not to be.”*

Recognition is grief —  
the grief of releasing a future you once loved.

*But it is also peace —*

the peace of no longer living in emotional debt.  
Recognition is heartbreak with dignity.

You aren't betraying your  
heart.  
You're rescuing it.

# THE PROCESS OF RECOGNITION

## **LAYER ONE: The Eyes**

When your gaze tells the truth before your mouth does.

The eyes betray hope long before the heart does.

We look up to someone we love – literally and figuratively – not realizing that each upward tilt is a silent prayer:

*“Please be who I thought you were.”*

Recognition is the moment the eyes stop lifting.

Not out of coldness, but out of clarity.

You stop scanning their face for warmth, remorse, softness, effort, promise.

You stop using their expression as your emotional forecast.

You stop waiting for the flicker of the person they could be.

Because your RAS finally says:

**“Enough. This data is consistent.**

**Stop hoping through your eyes.”**

RECOGNITION IS THE VISUAL TRUTH.

## **LAYER TWO: The Mind**

*What potential does to intelligence.*

Hope is divine.

Potential is seductive.

But the mind bends beneath both.

Potential makes excuses sound reasonable.

Hope makes crumbs taste like feasts.

Trauma-trained RAS makes inconsistency feel meaningful.

Recognition ends this trance.

**It's the cognitive click** – the shift

from: “They didn’t mean it.”

to “They meant it and didn’t care.”

From: “They’re overwhelmed.”

to “They’re showing me who they are.”

From: “If they heal...”

to “They had years.”

RECOGNITION IS INTELLECTUAL  
RECALIBRATION.

### **LAYER THREE: The Heart**

*Breaking because it sees, not because it hopes.*

Most heartbreak doesn't come from who they were.

It comes from who they will never become.

Recognition is grief – the grief of releasing a future you once loved.

But it is also peace – the peace of no longer living in emotional debt.

RECOGNITION IS HEARTBREAK  
WITH DIGNITY.

## LAYER FOUR: The RAS

*The internal shift that changes everything.*

The Reticular Activating System is the filter of your life.

When you're in love with potential, your RAS is hijacked:

- It filters for words instead of behaviors.
- It notices attempts instead of patterns.
- It highlights hope and hides harm.
- It prioritizes his needs above your safety.

Recognition rewires the filter.

Suddenly the RAS begins to:

- highlight inconsistency
- register emotional absence
- remember the truth
- notice your own needs
- prioritize your peace
- filter for reciprocity

This is the actual neurological break from toxic patterns.

RECOGNITION IS THE REWIRING  
OF YOUR ATTENTION.

## **Illumination**

**When the truth finally lights up the room you've been sitting in.**

- The slow dawning
- The painful clarity
- The end of cognitive fog
- Seeing what was always there

## **Discernment**

**When the heart learns the difference between love and longing.**

- Sorting signal from noise
- Noticing patterns, not promises
- Understanding emotional alignment
- Calling a thing what it is

## **Alignment**

**When the body, mind, and spirit finally agree on the same truth.**

- No more internal civil war
- No more arguing with your own intuition
- No more self-gaslighting
- Inner agreement

## **Emotional Sobriety**

**The end of being intoxicated by potential, fantasy, or intermittent reinforcement.**

- Clear emotional vision
- The end of romantic delusion
- Stable internal chemistry
- No more hope-highs

## **Integration**

**When the truth becomes part of your identity, not just your thoughts.**

- Carrying clarity into decision-making
- Living from what you now know
- Emotional adulthood
- Internal coherence

## **Orientation**

**Reorienting your RAS — choosing what you look for now.**

- No more scanning for crumbs
- Prioritizing reciprocity
- Noticing your own needs
- Viewing the world from healed eyes

## **Release**

**Letting go of the idea you were in love with, not the person.**

- Grieving potential
- Letting the fantasy die
- Closing the emotional loop
- Healing the attachment residue

## **Revelation**

**The spiritual layer: when God reveals what confusion kept hidden.**

- Divine clarity
- The truth that sets you free
- Understanding your story differently
- Seeing the relationship from heaven's vantage point



# REFLECTION SECTION I

## **Recognizing the Pattern**

This page is about awareness without shame

When did I first feel something was “off,” even if I couldn’t name it?

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What behaviors did I minimize because I wanted the relationship to work?

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It was never about one conversation.  
*It was about what kept repeating.*



# REFLECTION SECTION I

## **Recognizing the Pattern**

This is about awareness without shame

What patterns repeated themselves despite conversations or promises?

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What did I consistently hope would change?

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It was never about one conversation.

*It was about what kept repeating.*



# REFLECTION SECTION I

## **Recognizing the Pattern**

This is about awareness without shame

What actually changed - and what never did?

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Did I fall in love with a person, or who they could become?

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It was never about one conversation.

*It was about what kept repeating.*



# REFLECTION SECTION I

## **Recognizing the Pattern**

This is about awareness without shame

Where did I confuse intensity with intimacy?

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What did my body feel before my mind admitted the truth?

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It was never about one conversation.

*It was about what kept repeating.*



# REFLECTION SECTION II

## **Recognizing Myself**

This gently turns the gaze inward without blame.

What was I longing for when I attached to this relationship?

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What part of me felt seen - even if it wasn't treated well?

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Recognition is not self-blame,  
*it is self-return*



# REFLECTION SECTION II

## **Recognizing Myself**

This gently turns the gaze inward without blame.

Where did I override my own discomfort?

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What did I tolerate that my younger self would have questioned?

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Recognition is not self-blame,  
*it is self-return*



# REFLECTION SECTION II

## **Recognizing Myself**

This gently turns the gaze inward without blame.

When did I begin shrinking to maintain connection?

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Did I feel calm in this relationship, or activated?

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Recognition is not self-blame,  
*it is self-return*



# REFLECTION SECTION II

## **Recognizing Myself**

This gently turns the gaze inward without blame.

What version of myself was trying to survive here?

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Who am I when I am not trying to earn love?

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Recognition is not self-blame,  
*it is self-return*



# REFLECTION SECTION III

## **Hope vs. Truth**

Consider these things along with the comparison page

What did hope keep me holding onto?

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What evidence did I quietly ignore?

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Hope kept me holding on.  
*Truth is what finally lets me rest*



# REFLECTION SECTION III

## **Hope vs. Truth**

Consider these things along with the comparison page

Did I need grand change — or just consistent small honesty?

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What would I advise my daughter or closest friend if she described this dynamic?

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Hope kept me holding on.  
*Truth is what finally lets me rest*



# REFLECTION SECTION III

## **Hope vs. Truth**

Consider these things along with the comparison page

If I remove potential from the equation, what remains?

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Am I grieving the relationship — or the future I imagined?

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Clarity does not erase the past.  
*It simply changes how I carry it.*



# REFLECTION SECTION IV

## **Reorienting the RAS**

Subtle but powerful neurological integration

What qualities will I train myself to notice in future relationships?

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What behaviors are now non-negotiable?

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*My attention is a sacred resource.  
I choose carefully where it rests.*



# REFLECTION SECTION IV

## **Reorienting the RAS**

Subtle but powerful neurological integration

What does emotional safety look like for me?

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What does calm feel like in my body?

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*My attention is a sacred resource.  
I choose carefully where it rests.*



# REFLECTION SECTION IV

## **Reorienting the RAS**

Subtle but powerful neurological integration

Where do I want my attention to go now?

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What evidence of my own strength have I overlooked?

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*My attention is a sacred resource.  
I choose carefully where it rests.*



# REFLECTION SECTION IV

## **Reorienting the RAS**

Subtle but powerful neurological integration

What patterns will I no longer romanticize?

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What kind of love feels steady rather than thrilling?

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*My attention is a sacred resource.  
I choose carefully where it rests.*

**Recognition does not harden your heart.**

It steadies it — so it no longer bends toward what cannot hold you.

Recline in a comfortable position and listen to this recording as many times as you want and allow yourself to let go a little more each time - and to recognize yourself more and more.

Let your shoulders rest... and imagine you're somewhere still, safe, and just a little bit softer than this moment.”  
“There's nothing to fix right now. Just feel.



*Scan me*

# READY TO TALK?

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**SUSANA PADILLA, CHT**  
Certified Hypnotherapist  
Therapeutic Imagery Master

## YOU DON'T HAVE TO MOVE THROUGH THIS ALONE.

If something stirred in you as you explored these pages—

If you remembered a time you didn't speak up, or a time you did and weren't heard—

This is your invitation.

To say it.

To mean it.

To stop apologizing for it.

I offer Private Sessions for boundary repair, emotional clarity, and reclaiming your voice—especially when you were never taught you had one.

*Recognition does not erase hope.*

*It teaches hope where to rest.*

 [Come Ashore – Schedule Now](#)

 [www.hypnosis-haven.com](http://www.hypnosis-haven.com)

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Holding space for what's hard to name, and what still needs to be heard.