

The Broken Cycle

Discover the Block Paralyzing Your Life
and Reclaim Your Vital Impulse

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Have you ever felt like your life isn't moving forward?

Claudia is 37. She has a stable job, a family who loves her, and friends to laugh with. From the outside, everything looks fine.

But inside, something is stuck. She starts things and doesn't finish them. She feels a vague restlessness she can't name. Every Sunday brings a faint dread of the week ahead. She's tried therapy, read self-help books, taken courses. Nothing sticks for long.

Claudia isn't broken, lazy, or weak.

► THE KEY IDEA

She has a blocked cycle. And until she identifies exactly where the block is, no technique, method, or positive thinking will hold.

Gestalt psychotherapy — specifically the model developed by Dr. Héctor Salama — maps the 8 natural phases that energy moves through when we pursue any goal, desire, or need. In each phase, there is a specific block that can interrupt the cycle. When a cycle doesn't complete, it drains our energy, creates repetitive patterns, and generates the feeling that we're "stuck."

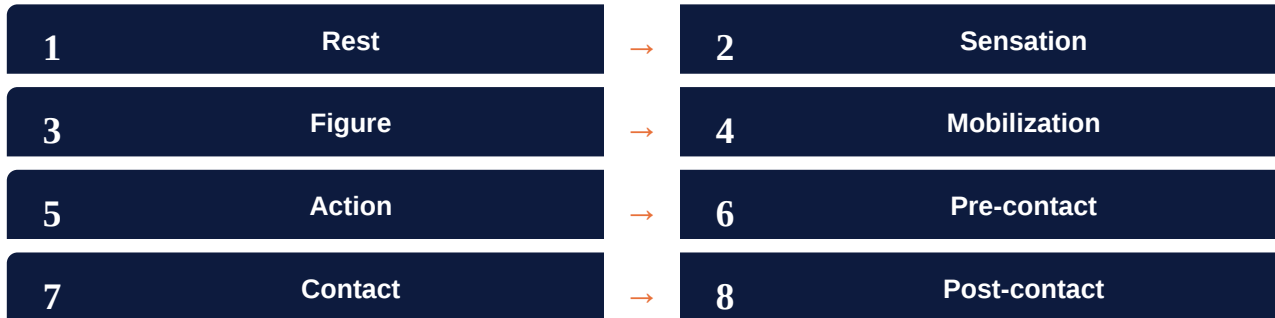
This ebook will help you understand that model and identify which phase is most blocked in your life right now.

"The goal of Gestalt therapy is not to eliminate symptoms, but to restore the person's capacity to complete their cycles."

— Dr. Héctor Salama Penhos

The 8 Phases of the Vital Cycle

Dr. Héctor Salama Penhos — founder of the Universidad Gestalt de América and creator of the Test de Psicodiagnóstico Gestalt (TPG) — described how healthy energy flows through 8 sequential phases. When one of them is blocked, the cycle breaks and the vital impulse gets stuck.



Each phase has a natural block — a mechanism the psyche uses to interrupt the cycle when it isn't safe or possible to continue. In small doses, these blocks are adaptive. When they become chronic, they create patterns that repeat across every area of life.

► IMPORTANT DISTINCTION

You are not your block. Your block is a strategy your system developed to protect you. In therapy, we transform it — not eliminate it.

▮ THE 3 CORE PILLARS

The three pillars of Gestalt (Drs. Perls & Salama):

Awareness — perceiving what is actually happening in body, emotion, and thought.

Here and Now — lived experience only exists in the present moment.

The Obvious — trusting what is available to awareness without over-interpreting.

▮ THE 4 UNIVERSAL VALUES — Dr. Héctor Salama

Dr. Héctor Salama went further: he removed Responsibility as a pillar and integrated it into the 4 universal values every individual needs to complete their Gestalt cycle:

Love · Honesty · Responsibility · Respect — toward oneself and toward the other.

Without these four values, cycles break again and again, no matter how many techniques are learned.

The 8 Blocks — What Each One Feels Like

Below, each phase of the cycle with its block, how it's experienced internally, a phrase commonly heard in session, and a concrete example.

1 Rest bloqueo: Postponement

You can't truly rest or fully start. You stay in a limbo between doing and not doing. Action feels threatening, but inaction generates guilt.

"I'll start next week. When things calm down, I'll move forward."

Ejemplo: You have an important project that's been sitting for months. You open it, add a line, close it. You repeat this cycle endlessly.

2 Sensation bloqueo: Desensitization

You've disconnected from your body's signals. You intellectualize before you feel. Emotions arrive days after they happened — or not at all.

"I don't know how I feel. I think it doesn't affect me that much."

Ejemplo: You find out disappointing news and react calmly. Three days later, without knowing why, you feel an enormous sadness and don't know where it came from.

3 Figure bloqueo: Projection

What's yours gets attributed to others. You experience your own thoughts, feelings, or intentions as coming from the outside. Neutral situations feel threatening.

"I know he's upset with me. They're all judging me."

Ejemplo: Your boss greets you briefly and you spend the whole day wondering what you did wrong. The brief greeting was neutral — the interpretation was entirely yours.

4 Mobilization bloqueo: Introjection

There are rules, beliefs, or values that aren't really yours — you've swallowed them whole from important figures. They block your energy before you can even act.

"A person like me doesn't do things like that."

Ejemplo: You want to change careers but an internal voice that sounds like your father says "that's not serious," and the energy freezes before you can act.

5 Action bloqueo: Retroflection

You do to yourself what you'd like to do to the world — or to someone specific. Energy that should go outward turns against you: muscle tension, guilt, harsh self-criticism.

"I'm a disaster. I ruin everything. It must be my fault."

Ejemplo: Instead of telling your partner they hurt you, you shut down, punish yourself, and end up with a headache.

6 Pre-contact bloqueo: Deflection

You avoid direct contact with what matters. You use humor, detours, change the subject, or become extremely busy just when the situation requires presence.

"Anyway, changing the subject... In the end it's not that bad."

Ejemplo: When the conversation gets emotional, you crack a joke or check your phone. You reach the edge and turn away.

7 Contact bloqueo: Confluence

You lose yourself in the other person. There are no clear boundaries between you and your environment. You say yes when you want to say no. You don't know what you feel vs. what you feel "by contagion."

"I don't want to rock the boat. If he's okay, I'm okay."

Ejemplo: You adapt your plans, opinions, and even emotions to those around you. Over time, you don't know who you are outside of others.

8 Post-contact bloqueo: Fixation

You can't let go of an experience — good or bad. You're stuck to past success, a relationship that ended, a mistake you made. There's no closure.

"Nothing will ever be the same. Before was better. I can't let go."

Ejemplo: Five years after a breakup you're still comparing everyone to your ex. Or you're still living off an achievement from ten years ago without building a new one.

Which Is Your Block? — Self-Assessment

Read each group of statements. Check (X) those that resemble what you frequently experience. The group with the most checks usually indicates your predominant block.

1

Rest — Postponement

- ☐ I always find reasons to wait before starting
- ☐ I struggle to enjoy rest without feeling guilty
- ☐ I have important projects that haven't moved in months

2

Sensation — Desensitization

- ☐ I only notice strong emotions days after something happened
- ☐ I struggle to identify what I feel in the moment
- ☐ I prefer to reason through things rather than feel them

3

Figure — Projection

- ☐ I frequently know what others are thinking about me
- ☐ I find it hard to clearly say what I want (not what I want for others)
- ☐ I interpret neutral attitudes as criticism or rejection

4

Mobilization — Introjection

- ☐ There are things I want to do but an inner voice says "you shouldn't"
- ☐ It's very hard for me to act against what I'm "supposed to do"
- ☐ I feel I must be a certain way even when it costs me

5

Action — Retroflexion

- ☐ I criticize myself harshly when something goes wrong
- ☐ I prefer to hold back my frustration rather than hurt the other person
- ☐ I somatize: tension, pain, or illness when there's emotional conflict

6

Pre-contact — Deflection

- ☐ When conversation gets serious, I lighten it with humor or change the subject
- ☐ I find it hard to stay present in moments of high emotional intensity
- ☐ I keep very busy to avoid sitting with difficult feelings

7

Contact — Confluence

- ☐ I adapt my plans and opinions to please the people around me
- ☐ I find it hard to say "no" without feeling guilty
- ☐ I don't know where my feelings end and the other person's begin

8

Post-contact — Fixation

- ☐ I frequently relive past experiences as if they were current
- ☐ I compare current situations to past ones and the past always wins
- ☐ I find it hard to close cycles and move forward

What Happens in a Gestalt Session?

Many people arrive thinking Gestalt is a technique or a breathing exercise. It's actually a complete clinical model with specific tools for working directly with blocks in the cycle.

► Contact with present experience

Instead of analyzing the past, we work with what's alive right now in the session — what you feel in your body, what arises when you talk about the subject.

► The empty chair

A technique for completing unfinished conversations with important figures — present or absent, living or deceased. One of the most powerful tools for dissolving introjections.

► Body work

We pay attention to posture, breathing, muscle tension. The body always knows before the mind. Blocks are also stored as physical patterns.

► The TPG (Gestalt Psychodiagnostic Test)

A validated clinical tool created by Dr. Héctor Salama to precisely identify your block profile. It generates a personalized map that guides the therapeutic process.

"Learning is discovering that something is possible."

— Fritz Perls

About Me

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For over 15 years I've worked with people who feel stuck. People who know what they want — but can't move toward it. Who repeat the same patterns at work, in relationships, or with themselves. Who've tried other things and nothing stuck.

The model I use — the 8-Phase Cycle and the Gestalt Psychodiagnostic Test (TPG) — is designed to precisely identify where your cycle broke down. Not through intuition or interpretation: through a clinical map. I trained directly with the creator of this model and hold authorization to apply the TPG.

I work with adults, couples, children, and adolescents in Mexico City.

Dr. Doctor in Gestalt Psychotherapy — Universidad Gestalt de América

Mtr. Master's in Gestalt Psychotherapy — Universidad Gestalt de América

Mtr. Master's in Executive Management — Escuela Bancaria y Comercial

Lic. B.A. in Psychology — Universidad Gestalt de América

Lic. B.A. in Communication — Universidad Iberoamericana

TPG Training in the 8-Phase Cycle and TPG with Dr. Héctor Salama

15+ Over 15 years of clinical practice in Mexico City

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YT youtube.com/@diegosalama

► BEFORE YOU FINISH

This ebook is just the first step. If something resonated strongly — if you recognized yourself in one of the blocks or feel that something in your cycle has been stuck for a long time — the next page is for you.

Your Next Step

Identifying your block is the beginning. Real change happens when you work with it in a space designed for that.

01 ► 1. Book Your Clarity Consultation (20 min, free)

A conversation to understand where your cycle is right now and what type of support makes the most sense for you. No commitment, no pressure.

02 ► 2. Reconecta 5.0 — if you prefer a group format

Two intensive days of experiential work to transform your communication and relationships from the inside. A complementary experience, not a requirement. Groups of maximum 12 people.

03 ► 3. TPG Assessment

The Gestalt Psychodiagnostic Test (TPG) precisely identifies your block profile and maps a personalized plan of work. I can apply it to you directly.

04 ► 4. Individual Psychotherapy

Deep therapeutic process for those who want to work their vital cycle with continuous support — individual, couples, or for children and adolescents.

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