

Book. Introduction to 'Survive and thrive after trauma'.

Subtitle"A personal account of life's journey when alcoholism, (almost) divorce & death shatter the path."

This book begins with the story of two people who started life together in the times when it wasn't chucked away after a couple of arguments.

But I doubt the players assumed it would end the way it did.

The main purpose of the book is to give hope, inspiration, energy to those who may doubt their future.

- to see and believe that you can move on
- life can change out of all recognition, and for the better
- to take the positive intention and message given by others who have contributed
- a joy can be just ahead of you, baby steps can get you there

This book will be scattered with 'signs', scattered with humour, and warmth too.

Humour is vital to me. I love a good laugh. I enjoy simple pleasures, walking on the beach, my lovely but somewhat unruly garden, golf, tennis and reading. My family and friends.

Why am I writing this book? This book I always knew I had inside me. The one I assumed would always stay there: tucked inside. I could choose to stay safe. Not allow this book to be available to the discerning, critical and vast public. Hold it inside.

The last statement is quite important and relevant.

If it stays 'inside' what is the benefit of that? Negative memories and emotions are potentially damaging to mental and physical health.

But vitally, I do believe I have something of value to share.

The title 'Survive and thrive after trauma.' What is 'Trauma'?

- a wound or injury
- emotional shock producing a lasting effect upon a person

I am writing about the latter. I chose the simplest definition I could find. I intend this book to be simple to read and to understand.

To survive and thrive after an emotional trauma requires some form of action to be taken to remedy a situation. But you have to **CHOOSE** to take action. You will see the word and the suggestion to choose on several occasions.

'Choose and choice', those words are fundamental to how I work with my EFT (Emotional Freedom Technique) based therapy. I believe many people do not appreciate or realise that there is always a choice in how we live or continue to live our life.

So we all have choice. No-one can take that away from us. It is in our hands.

I also believe it is wrong to expect others to always be there to help us with our 'mess.' Sadly it doesn't matter whether the mess was in no way, shape or form our fault. We only gain strength when we have managed to recover from it ourselves.

The personal and varied contributions from others later in the book give testimony that we can survive and very many of us thrive, after difficult emotional trauma. I thank all those kind and generous people.

In 2001 my comfortable, although not always harmonious life, started to feel decidedly unpleasant and unattractive. By early 2003 it was stunningly altered out of all recognition.

The journey and decision to finally write my book was actually quite sudden. The complete laziness which I had always assumed was the reason for not sharing (or 'airing' dirty linen?!) was turned on its head. The time was right. Quite suddenly, or be it Law of Attraction, I attended Stephanie Hale's Millionaire Bootcamp for Authors. I wanted to find out what might be involved in book writing. I knew very little. For some reason I was now curious. It was also an opportunity to stay in London with my daughter. I love London and my daughter.

This was a 3 day event so I correctly assumed I would learn. I learned very many things. I wrote huge notes and I expect that through the writing of this book I will have used much of what I learned. I invested in Raymond Aaron's offer .

'To help you write your book quickly,' was the phrase which made me sit up and consider that I may well invest in this programme.

On day one I phoned home or to my children and reported that I had managed to save a substantial amount of money.

On day two I phoned home and reported that again I had managed to save a considerable amount of money.

On day three I reported back that I had failed to save any money that day as I had invested in a programme to help me write my first book. To me it was a complete 'no brainer.'

I had this book inside me

It was really starting to hold me back

I knew I could do it

I wanted it done and out of the way

Raymond stated that the book could be 'out' within a certain amount of time. Now, I consider that the 'out' part was getting it all out of my head. I did that very quickly actually and really enjoyed the process.

I have chosen, correctly otherwise I believe I would have been an idiot, to then spend considerable time improving my book, my story.

Over the recent few years I had spent time, effort, money on me, my new skills, my life.

Surprisingly I felt I wanted to write more books but this one had to be done first. And it certainly

had to be done correctly. I would not be free of this mission, unless I was happy with its content. That was vital to me. However I'm not sure it will be vital to anyone else!

So who am I to think I can offer hope, encouragement, belief to others.? Who am I indeed! I choose to use the much quoted 'Our Deepest Fear' by Marianne Williamson.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?

So who am I?

I was a primary teacher for many years and I still do a little supply teaching.

I am Scottish. I have a son and a daughter and I love them both, equally. A long term family joke was- if I could only choose one of them, which one would it be.No answer was ever given much to their frustration.

Now I work in the field of Emotional Healing. Energy Healing. Mentor, Healer, Practitioner. I wonder which is the correct word? I consider myself a holistic practitioner.

I work in the field of psychotherapy.

I work primarily with [EFT](#) (Emotional Freedom Technique) and Matrix ReImprinting. My website is www.hampshire-eft.co.uk .

People also know it as 'psychological acupuncture' 'the tapping therapy'. I also use a variety of different 'tools' of the trade.

I am a Reiki practitioner. I have a good level of Counselling skills.

From a marketing point of view I call myself '[the real confidence guide](#)'. My website is www.therealconfidenceguide.com . I work with an individual. I help them work through 'their issue', to gain or regain confidence, so that they can see their future in a much more positive light. The way I believe I help is by clearing the fear around 'their issue.' An interesting observation is that most people do not believe they are fearful. That's for another book though! I may suddenly become humorous at inappropriate times. But hey, that's when some humour is necessary; laughs, deep stuff and trauma – life's rich tapestry.

There is a great scene in the film 'Steel Magnolias' when the characters are at a funeral.

Something is suggested to break the awful distress.

http://www.starpulse.com/Movies/Steel_Magnolias/Great_Film_Moments/ Choose the last video clip – the funeral scene.

I laughed, cried, was surprised : lots of emotional reactions within that fantastic scene.

Humour, a reality check, call it what you want but vital if we are affected by trauma or upset.

Otherwise we become self obsessed, over indulgent and feel sorry for ourselves for far too much of the time. In the past I have asked my children and my partner to give me a shove when I am

being too serious so that I can lighten up. I prefer being lighter, calmer. Life is much more pleasant and easy.

But it is hard to forget the bad events one has experienced; however it is not a prerequisite to life's path that we are bound by them.

With this kind of life experience I will be sharing, it is quite hard to forget or block when you have children. You have a constant reminder.

When my daughter read this part, (before the 1st editing) she asked what I meant by that statement. I was not surprised that she asked the question.

It is quite difficult to explain clearly. But an explanation could be that if I wanted to forget the whole thing: they reminded me. They loved their father, they had lost their father. Sadly his illness, the alcoholism, had of course scarred them too. In the early years after 2003, I perhaps could have booted those memories 'into touch' if I didn't have the children. I could have tried to block the 'nasty stuff'. But difficult emotions cannot easily be hidden.

Over time after a trauma a healing process is needed. But they were a reminder. As I was for them. I could not escape that fact. So I think that is how I can best describe that somewhat emotive phrase. But facts are facts. Sometimes we have difficult stuff to deal with. Others involved on the sidelines of our awful event carry on with their life and so must you and I.

With time and effort I now remember the good times: It is a choice. A healthy choice.

You will see words written in bold quite frequently in the book. These words will be given their own place of importance later on in the explanations section. They are vital to the understanding of how we behave as people. What can drive us. But the big question is why do they drive us? I try to give acceptable meaning to the words and to show how those emotive feelings can keep us in a place of negativity. To move forward positively in our life we need to release the hold certain emotions have on us.

So why might this book be of benefit and value to you?

Statement

- a big trauma to one person is a small trauma to another
- a small trauma to one person is a big trauma to another

It is how it is viewed by the individual.

In the therapy world there are definitions of trauma.

- a big 'T' trauma: when you are in a life threatening situation eg. war, rape, serious accident
- a small 't' trauma: stressful and traumatic life events – an endless list which can shatter your emotional security

Trauma is very personal and individual. This book may help you or someone you know.

- I hope to offer help through my resources.
- I hope to offer a realistic approach to how trauma need not dictate the rest of your life

- I hope to offer 'a light at the end of the tunnel'
- I hope to give others inspiration to work with or to work through 'their 'stuff'
- I offer you hope to re-discover the joy and pleasure in life

And for those of you who have 'come out the other side' and are reading, I wish to share and celebrate with you as we continue positively on our life's journey.

My most important message is. ' I hope to give people a realisation that they can permit, allow and believe that they can heal.'

I want this book to allow you to think

- I give myself permission to 'move on.'
- I give myself permission for 'that' traumatic event to stop dictating my thoughts, my feelings, my life.

When I started writing this book, I wrote down a note to myself-

'Am I airing 'dirty linen' and if so, why?'

'Could I not just keep all this to myself?'

When I had just started this project I took a 'tea break' turned the radio on and received a 'sign'.

The Four Tops singing 'Reach out I'll be there' on Chris Evans breakfast show Radio 2- at the Olympic village. I listened to the words and thought,

'These words resonate with why I'm doing this and more importantly with what the readers may have thought, at some point, when considering their next step.'

[I'LL BE THERE THE FOUR TOPS](#)

Some interesting words in there. Have a look. Words about the gremlins, the self doubt.

I also gave myself some stick beating angst around the possibility that I can or may hurt a small number of people. Three of them are the most important people in my life. I feel an area of responsibility. In this case I most definitely should be aware of a responsibility. However this has not stopped me. I will not be using the important people's names. However as I write it, it does feel as if there is a lack of warmth. But privacy is vital.

Fundamental to the book is the understanding that we are only responsible to ourself. Illness, death, divorce, whatever the ghastly situation that befalls, we adults are only responsible to and for ourself. (and any children involved). But we cannot be responsible for the actions of others who should know better. And we should not expect others to be responsible for us.

So I am not permitting self- sabotage to stop me. By that I mean the feelings which make you/me nervous or anxious.

- The 'should I do this, oh best not do it'
- ' a silly idea: who am I to think I can accomplish this?'
- or worse still 'they'll all laugh at me'

That kind of thinking does not serve me as an individual who believes that she has something to contribute to others. However, I have been tested, not surprisingly during my writing.

Interestingly, after I had finished the first draft, I suffered a trapped nerve in my right elbow. Now this could have been a sign:

1. To stop and forget the whole thing.
2. To take the rest from writing and allow quiet and clarity to be given a place – to do a proper job.

I chose Number 2. I trust that my loved ones will understand .

Signs. We can take what we like when we receive 'signs', So you'll get my take on it. I have always thought that I am quite unobservant but highly intuitive. We'll see. Cynics can say what they will about 'signs' or messages. But they are out there for us to act on.

I expect this exercise to be cathartic. We'll see. I'm told that it should be cathartic . Therefore it it will be?!

What do I want to have happen?

I want this to be a book which can be given to others who seek or need inspiration

I wish it to be of value to someone who feels wounded by life.

With regard to the small selection of 'contributions' from others. I hoped for a variation of messages. I believe I have achieved this.

I am most grateful to them and I trust you will see value in their positive statements.

I see their brief interpretation of their 'event' as a wonderful and generous gift. I read their contribution and of course considered how awful that must have been for them. But it is part of their life's journey. It was something dark that they had to deal with. Their experience and they have their learning from it. They have moved on.

Those who know and love me know I have a problem with keeping things to myself. I have a need to share!

And yes I could keep it to myself but now I know and understand many things based around the 'sub-conscious'.and it's power to protect, to keep us safe. To keep us from facing our emotional pain. If we face our emotional pain, we could be released from its potential tight hold on us. We could be free to move forward. Now there's a thought!

So I choose not to keep quiet.

Emotional pain is still seen as a weakness; 'Put on a brave face'. 'It will be better soon.'

I prefer to say that a quiet cry or a roaring of rage can be truly beneficial.

Too many suffer in silence. (or is this really just a British thing? I welcome comments)

I aim to help, give value and inspiration to others to 'move on.'

And finally.....

'There but for the grace of God goes '

John Bradford(1510–1555)

That quote, regardless of personal beliefs, is a statement that has been uttered, considered and acknowledged by many with regard to the potential pitfalls that life can have in store for us.

SO – to Chapter 1 The Golden Years.