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"**I'd thought that I had everything under control**, that the traumatic events of my past had all been 'managed.' I'd successfully built my walls around several sexual assaults. I thought I'd fully understood and come to grips with my 'abandonment' issues.

"Then suddenly I didn't have everything under control.

"My marriage began to suffer, my job became a nightmare. I couldn't sleep. I began to hate my life and I couldn't find any joy in the world. **Then I had my first panic attack at work.** Luckily a coworker took me to the ER and even luckier, the ER doctor recognized the panic attack and recommended therapy. That's when I found EMDR.

"**I had built my walls, but I'd never faced my traumas.** And without facing them and resolving them, they would always stand in the way of my ability to be ME. They stood in the way of even knowing who 'ME' was.

"It wasn't the easiest thing I've ever done in my life. EMDR opens up the past very thoroughly. Like a wound that's been safely covered for years, ripping off that covering to actually allow the wound to heal is scary. **The pain of sudden exposure is real. But it's short-lived. And the healing is so very worth it!**

"**I can truly say from the depth of my soul, that not only is my life better after EMDR therapy...I'M better. I'm better as a wife, a mother, a business person...I'm better at being MYSELF.**

"I can finally say that **I didn't deserve those terrible things that happened to me**, and even better, I finally FEEL it and KNOW it to be true.

"**Take the chance. It will change your life!**" B, 30 year-old professional/mother/spouse

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