

JS, Business Analyst, Bedford, New Hampshire

What led you to seek support?

I felt I was ready to deal with some things that I'd avoided working on for a long time. I was always looking outside myself for validation so I could feel good about myself. I'd wake up in the morning thinking anxious thoughts over and over.

So how are things different for you now than before you did this program? Are there things that feel possible to you now that might not have felt possible before?

There are number of ways things are different, but the main one is that I know I am responsible for how I feel, and I can use what I've learned through this work to improve myself through my actions.

When I started the program, I was used to my pattern of negative thinking and getting there was easy. A negative thought at the beginning of the day (usually, when I'd wake up) would put me in a familiar negative thought pattern that I could fuel with more negative thoughts for the rest of the day. I didn't have the awareness I do now of how to work with those parts of me.

Now, I am able to recognize what is happening much sooner and use what I have learned in the program to work with the negative thoughts. I feel like everything is possible now that I have a process in place to deal with whatever comes up for me. I am comfortable knowing that I can take care of myself and don't need to rely on others to meet my needs. This is really important to me because as I said before, I was always looking outside myself for validation.

But I'd say the biggest benefit is a newfound ability to discern if something is really right for me, which leads me to confident action. I can use the skills I've learned to sense what feels right in every area of my life. Once I feel what is right inside, I can act upon that with confidence. It has been amazing to discover everything that was there inside me—lots that I didn't know was there, before I started the program.

It sounds like the program helped you develop skills you can really use on your own.

Yes. One of the important, and unique, aspects of the program is that it does not create dependence. You learn to continue and deepen that process on your own. You practice the process during the sessions and are encouraged to continue the work on your own between sessions.

This helped me build confidence that I was able to use the process on my own. It really created an awareness in me, so that I was using the process whenever and wherever I felt I needed to.

How was it working with Emily?

It was great! I felt like we had a great connection from the start. She spoke with me a few times to answer all my questions before our sessions even started. That made me feel comfortable with her. I had reservations initially about working on personal issues with someone I'd never met in person, but I don't think I could have chosen anyone better for me.

Emily has a way of writing that simplified everything for me and helped me understand things on a deeper level. In addition to the book assignments, she provides Key Learnings she has written, which really help emphasize the main points of the reading.

These writings also helped me to realize that she is really passionate about what she is doing, and she really is invested in helping me. She goes beyond the weekly session. She also applies everything she teaches in her own life, which put me at ease and helped me connect with her and the material more strongly.

So the interaction you had was a key element of the learning process for you.

Yes. This reminds me of a conversation I had with my first yoga instructor.

When I signed up for the class she asked if I had ever done yoga. I said I had bought a DVD and used it a couple of times. She responded that a DVD is ok, but it helps to have a teacher to make sure your form is correct since you can't watch yourself and practice at the same time!

That applies to this work. It gave me a process and steps to use to continue this work after my sessions are done. Emily gave me the support and confidence to do this work on my own. And there is regular communication outside the weekly sessions. That is something I haven't gotten from only reading a book, or listening to an audio program.

What might you say to someone who is wondering about investing the time and money for this program?

The way I saw it, I invested that money in myself to make changes. And because I was seeing progress and being held accountable to work on myself, I found I looked forward to my sessions.

And I'd tell the person that the whole experience was so much more than I expected. Doing the assigned reading, I always felt I was reading about myself. Everything seemed to hit home. The program allows you to work on specific areas of yourself that are keeping you from being you. It doesn't generalize, or try to force you to be a certain way. You work towards being your authentic self with Emily's help.

Thank you so much for taking time to share your thoughts with me.

You are welcome!