



My Story of Hope

I had a rough start living in a chaotic household with an angry mother who suffered from chronic pain. I did not figure out for 50 years that the migraine headache I suffered at age five would be the beginning of a lifetime filled with chronic pain. I eventually experienced 16 of the over 30 symptoms that can be created by a stressed nervous system and the relentless adrenaline assault. For years I thrived on it and was proud of the fact that I was an “adrenaline junkie”. Little did I know that same drive that took me up the hill would drive me down the other side into an Abyss.



I suffered severely for over 13 years and I happened to pick up a book, I had read years earlier, *Feeling Good* by David Burns. It is a great book and one of his first admonitions to actively engage in the tools he described as opposed to just reading his book. One of the basic ones was writing in a three-column format. You first write down your disturbing thought and categorize into one of 10 categories of cognitive distortions. Then you write down a more rational thought.

I was alone with plenty of time and I began to write for hours. I instinctively tore the writings up. It was initially disconcerting to observe the types of cognitive distortions that were torturing me. But for the first time I felt a shift. Within six weeks I noticed an appreciable difference in my anxiety and I began to sleep better. I finally had a ray of hope.

Anger

But I was still having more anxiety than I was comfortable with and wasn't sure what to do next. Then I exploded in a manner I can't describe in words. My personal situation became so difficult that I became extremely angry. Up to that point I did not think I had any anger. I had developed a persona of being cool under any amount of pressure. I was so good at it that I actually did not feel anger. However, it was clear to everyone else that I was not that relaxed.

I was forced to acknowledge I had anger and that I was in a perpetual victim mode. The details of how I processed the anger are not important and I didn't do it well. But one day I simply gave up and admitted that I was angry and that I couldn't solve it. I could feel another massive shift. Within six weeks my physical symptoms almost completely disappeared. I still did not know what had happened.

It took me another five years to make sense out of any aspect of this ordeal. What had I done wrong? I did have a difficult childhood. But at age 15, I just left it behind and moved on. I worked hard, coped with my past, underwent counseling, took leadership roles, committed to caring for my patients and was intent of not repeating the past. I still feel at the deepest level that this was an undeserved ordeal. I have also learned at a deeper level that holding on to the past is a huge problem and you will guarantee yourself a life of misery. It is clear in retrospect that acknowledging my anger was the key beginning the process that would eventually solve my chronic pain. It was when Dr. Luskin's book, *Forgive for Good*, was introduced into the process that patients began to consistently go to pain free. When they get stuck, it is almost always around not being able to forgive and move on.

I have been out of this hole for over 18 years. It is still hard for me to believe and I'm thankful for every second that I am not in the Abyss. Additionally, I am thriving at a level that I could never imagined was possible.



Practice, practice, practice

That being said my wife reminds me (almost daily) that I am free of pain if I continue to practice the concepts that I teach my patients. If I quit, I have a recurrence of symptoms within a couple of weeks. My scalp itches, ears ring, feet burn, can't sleep, and rashes show up on the back of both of my wrists. I do have severe arthritis of both of my knees that is my current challenge. Although I am not thrilled with my daily knee pain, it is not nearly as disruptive as during my period of suffering that had the additional layer of anxiety.

The ongoing tools that I have found helpful include:

- Few minutes of daily expressive writing
- Practicing being aware of my reactions to others and other's reactions to me.
- Forgiveness
 - Acknowledging the endless ways I go into the victim mode and disguising it.
- Visualizing a different outcome before an expected unpleasant situation happens.
- Active meditation – my most frequent tool
- Nurturing a sense of play
- Continually “letting go”
- Giving back
- Consistent sleep
- Exercise
- Understanding the role of the family dynamics in triggering pain pathways
- Regular reading of Anthony DeMello's *The Way to Love*

I think that one of the reasons The DOC Journey has been effective is that I learned the tools to process pain through enduring extreme suffering. I know the depth of despair and misery, especially when there seems to be no hope and endless broken promises. I am now able to pass on these concepts more clearly that allows people to escape from pain more quickly. Chronic pain is solvable and I am privileged to be able to pass on what I have learned.