

From 3 Decades of Personal Terror to Simply Feeling Better

Growing up in a military household with eight siblings would drive most parents crazy! But not in a household run by my mother! She was so organized, attentive, and made her role look so simple day after day. As a child, I spent a lot of time playing with my Barbie and Ken dolls. I was emulating her. I dreamt that someday I too would find a husband, have the house with the white-picket fence, and rear a large family.

After college, I married and gave birth to a beautiful baby girl. I was in awe, excited and couldn't wait to add to the family. Unfortunately, my dreams were shattered when my doctor informed me that future pregnancies would be impossible due to complications from my daughter's birth.



Deeply saddened by his words, the thought of *never* being able to conceive again was unbearable. I felt traumatized, depressed, angry, out of control and constantly wondered, "*What did the doctors that I trusted do to me!?!?*" Hence, this deeply distressing moment, began a lifetime of fear, anxiety, worry, doubt and mistrust on the subject that was so near and dear to my heart when a little girl and the one I dreamt of pursuing more than any other.

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Over the years, other things began to happen. I began feeling sick and knew something in my body was not right. Reluctantly I scheduled an appointment with a Gynecologist for testing. After several days, I met with him to discuss the results. He informed me that I had Cervical Dysplasia of the lower uterus); which is a precancerous condition where abnormal cell growth occurs on the surface lining of the cervix, (the canal through which any future baby would have to pass on its way to being born); and then he went on to say that that abnormal growth often enough develops into cancer. If not caught at an early stage the chances became greater and greater that it would in fact develop into cancer.



In the face of all this uncertainty then, what did all this mean: for me the worst... more procedures and possible surgery.

All my fears, anxiety, and lack of trust were resurrected. Again, I felt the presence of uncertainty, hopelessness, and out of control. To allow myself to surrender to the hands of doctors again...was inconceivable.

But, having no choice I did anyway. In fact, over a period of several years, I managed to endure four minor surgeries. But the trauma connected to each is something that during that time I cared not to think about as much as possible.

After that, my luck seemed to improve: ten years passed and I felt healthy with a renewed sense of self. Still not wanting to accept my childbearing fate, I pulled myself together and began to research new, promising possibilities that I was able to uncover through personal research, with respect to being able to successfully and safely conceive.

Encouraged by what I was able to turn up, I scheduled several consultations with doctors to discuss options along with my deep fear and anxieties.

In the end, I learned that there was a surgical procedure such that I could possibly conceive and carry a fetus to term. With renewed hope, I scheduled to have the operation. When I woke, my hopes were again dashed as the surgeon shared that he'd had to perform a radical hysterectomy, which is performed when cancer is discovered to be present.



And so the emotionally traumatic cycle began again this time at an even deeper level.

In the over twenty years since the radical hysterectomy, I have avoided as much as possible going to any doctor or dentist!

Every time I thought of a procedure or surgery, my brain went into overload.

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I recall vividly all of the negative experiences of those 30 years, which in turn caused panic, anxiety, stress, and severe emotional trauma.

Then, my life on this subject, changed again when I was offered a position as the Office Manager for a Dentist in the Western United States whose philosophy I discovered, soon after I started with them was this: "**Simply To Feel Better Anytime By Choice!**" This was he informed me how he managed his dental practice, his employees and his own life.

Of course, I did not believe this concept for so much as a whole minute at first, solely based on my own life experiences. Perhaps I wanted to remain distrusting anyone. However, as time went on and I watched how he was able to help others like me (patients mostly but occasionally other staff), that were anxious, untrusting, and fearful I began to research more about his philosophy at the website, www.trustcardplanet.com where I first learned about a most unusual and unexpected "friend", **The TrustCard®**.



The information was very informative and helped me to gain a newfound perspective outside of my deep-seated, cemented beliefs.

And then, the inevitable happened. Again! I was newly scheduled for major surgery due to the accumulated effects all of the complications I had endured in the past.

Once more, as the date approached, I began to change emotionally. The feelings were all too familiar: scared, worried, anxious, even reckless, destructive, and most of all, in dread of my mortality.

I persistently thought for some reason that I was going to again experience a near death event, which had actually occurred after one of my previous surgeries.

My brain was experiencing this so often that I eventually gave it a name: negative recall...the fear of the unknown.

This meant that repeatedly, I found myself again and again, as many times before, in the presence of overwhelming feelings of uncertainty, threat, danger, and helplessness. And as a result, three days prior to the surgery I completely broke down in uncontrollable tears at work.

My employer, the dentist whom I mentioned above, wasted no time in escorting me to his office, closed the door and introduced me in much greater depth (I had been to the website

www.trustcardplanet.com before), to "**The TrustCard® Solution**"; which utilized my completing simple math problems to safely activate different parts of my brain, in particular those that would disentangle the parts that were generating all the trauma, stress, and paralyzing anxiety, etc.



As he took me thru **The TrustCard®'s** math problems at a certain pace and sequence, I began to feel calmer and I actually felt relief (because as the website explains, my internal brain sensors were no longer being overloaded). The pace and sequence of doing the easy problems I just mentioned turned out to be critical to making this work. It all fit together so well. The more I did **The TrustCard®'s** simple, single-digit math problems (addition, subtraction and multiplication) sometimes giving right answers, sometimes (oddly enough) wrong answers, the steadier my breathing became; my thoughts became clearer, and all sense of danger and uncertainty dissipated.

After just 10 relaxed minutes of doing this I was, (I could barely believe it) smiling and believe it or not, very soon...laughing! I went back to work as though nothing had happened. The process didn't require me to discuss or think about my past troubles, to worry about what had caused me to break down in the first place or to try to figure out any explanation connected to anything. I just did the math the way prescribed and felt incredible.

That evening my boyfriend of 5 years, Mark noticed that my emotional state had completely changed and of course wanted to know what happened! I shared the events of the day and how **The TrustCard® works!**" You can imagine how relieved he felt. Over those five years, he had seen me crash into these emotions many, many times.

Fast-forward to the days leading up to and the day of the surgery itself: I utilized **The TrustCard®** repeatedly, effortlessly and for the first time in many, many, years, I felt at peace prior to and being wheeled into surgery!

Despite all the twists and turns above thanks to **The TrustCard®**, this story actually does have a very happy ending

The surgery went well, the doctors were awesome and today, as I write this I can tell you without the slightest hesitation ... I've learned something at the deepest emotional level imaginable: while I cannot change past events or what I felt about them back then, I now and in the future can use "**The TrustCard®**" to assist in facing the challenges to come.

With a sense of calm that for those prior 30+ years I never ever felt, I know now that I no longer have to be imprisoned by my own paralysis of worry, fear, and anxiety.

I know now that I can **Trust** others, have self-recognition, and have a new perspective on life ... Just like my boss promised me when I first came to work here: I can whenever I want to ... "Simply Feel Better Anytime By Choice!"

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Gigi R.

