

SUCCESS STORY – JANUARY 2007 EDITION

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I had the privilege of working with Sandra** recently. Sandra is a remarkable woman who chose to take responsibility for the unhappiness she felt in her life. In a nutshell, she had allowed herself to be ruled by her fear of social situations and the limiting decision she had created that she was inferior to others. Sandra had actualised this belief for 60 years!

Imagine that – 60 years of focusing on the following self-made beliefs and emotions:

- Not being able to communicate with others
- To not fit in socially
- To not be worthy of being listened to
- To not be wanted by others
- To want sympathy because life not how she wanted it
- To believe all change will be hard
- To believe she was not capable of doing anything
- To believe she cannot cope
- To believe she was not an interesting person
- To feel inadequate, lonely, anxious, disappointment in self and resentment of others

I knew immediately that among other tools and interventions (which will not be covered in this case study), Sandra would benefit hugely from Time Line Therapy® techniques – particularly the removal of negative emotions and limiting decisions.

For those of you who may be reading this and asking “Time Line Therapy®, what is that?” in brief it is a very powerful and empowering technique created by Dr. Tad James in the early 1980’s. It is essentially a process of active imagination, whereby the client follows instructions from the therapist in a process that enables them to take control of their life.

So I elicited Sandra's time line, she had a front-to-back orientation. When I first tested the Time Line, Sandra reported having a clear and bright future, yet most of her past line was dark and stormy.

Sandra fully embraced Time Line Therapy®. We let go of anger, sadness, fear, guilt and hurt first, and on each occasion, Sandra confidently and delightfully recognised it had disappeared. Sandra was very interested that the root cause events were mostly at age 3. We then released Sandra's limiting decisions (those identified above).

Once we were done, Sandra reported feeling incredibly light, and like a massive weight had been lifted. In fact she commented that she couldn't believe she had ever thought those 'things' about herself, that it just didn't make sense to her.

Of course, while this part of the therapy went extremely well, no intervention is complete without ACTION being taken by the client. Action is facilitated through *specifically and individually designed* tasks that empower the client to develop and use new skills; to install new habits; and practice new ways of doing behaviour. In this instance, tasks chosen enabled Sandra to try on new ways of 'doing' social experiences. Examples of the tasks allocated included:

- 1) Researching one topic of interest per fortnight (e.g. cricket, politics etc) that will increase what Sandra has to offer to conversation; and
- 2) Arranging one social event per week (e.g. coffee/lunch with people), attend, journal thoughts, feelings and actions taken during the interaction. Identify successes and any challenges faced.

Since our sessions, Sandra has reported she has a new found lease on life, where she feels comfortable contributing in social interactions. Sandra now has a group of friends she regularly spends time with. Her loneliness has gone and her self-esteem has increased tremendously.

This fantastic technique has been hugely beneficial in my life and I share this with the vast majority of clients. I encourage you to take the time to learn and master this wonderful and powerful tool.

*[** Please note that to protect client confidentiality, the name and any other identifying characteristics have been changed]*