

# Reboot Yourself

Take Yourself from  
Bad Times To Good

This written guide to recovery and healing has been designed to work alongside the videos in the Reboot Yourself online course.

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# Introduction

This is a guide to how to reboot yourself after tough times. I am happy to welcome you to this course and to be able to support you in your recovery from overwhelming stress.

Just because we have normalised stress doesn't mean it is any better for us

If you have bought this course you may be feeling:

- Confused
- Isolated
- Afraid
- Broken
- Stressed
- At the end of your tether
- It's your fault

These are common symptoms for someone who is on the verge of burnout or who has already broken down. You see, you cannot breakdown or burnout in a superficial fashion. The truth is that we tend to lose all of our markers within an instant, and even though it can take months, years and even decades to burnout, it is still experienced as a sudden shocking event.

You may recognise that feeling. When you have been mobilising to work; to look after your family; to honour other responsibilities you are often last on a long list. Now you have to be first, if only for a while.

## Why is it important?

It is important to recover and heal from burnout thoroughly otherwise, you can suffer a long-term malaise and never get the life you want and deserve.

This step-by-step guide helps you through recovery to healing, and beyond. Some of what you learn here will be skills and techniques that stay with you for life, and will enrich your life.

This guide from burnout/breakdown to full recovery is crucial to helping you get

onto your recovery trajectory and finally into a phase of healing. I believe that recovery and healing are two different processes. Getting ourselves into a phase of recovery is the most important first step, we can then think about healing.

A crucial element to all recovery trajectories is a decision to gain knowledge about what's happened, gain knowledge about how we may recover, and give ourselves time to do so.

Time is paramount to an

atmosphere within which recovery can take place. If we do not give ourselves time to take our recovery steps however small, our suffering is prolonged and recovery will be longer than necessary.

Reboot yourself course program is all about setting yourself in the right direction. It's not a miracle cure, it's not a one-off and all will be okay. It is a set of processes to retrain your brain and your whole system to allow recovery.

# What do you need to know

There are 5 common signs of overwhelming stress:

## Feeling full up; dizzy headed, can't take another thing

You have no 'bandwidth' left to absorb any more demands on you, because you have been giving your all and more for so long. You may also have had many unusual demands upon you, lots of bad news, and lots to overcome. You can feel angry quickly, depressed & overwhelmed. It is your hard work that has brought you here, but none of us can carry on regardless without becoming ill.

## Missing lunch, for more than a few days, choosing fluids because they're quicker

We've all missed lunch occasionally but if you do this as a matter of course, you're actually not looking after yourself and not doing what will sustain your 'hard work'. Eventually you will become ill.

## Intrusive thoughts of walking away, running away, self doubt....

This is a sign of being overwhelmed & because you can't see a way out right now (you've got to keep bringing the £'s in and do the 'right thing') you'll start fantasizing about sitting on the train to the end of the line, or 'what if I just keep driving', 'what if I just keep walking and don't go in?' 'Will anyone care? Or notice?'

## Gut deep dread of the impending day - every day.

If you dread your work every single day you could be burning out, and if not now at some point soon you will. Nothing is worth you burning out; you're simply worth more than that (even if you do not feel that right now). People often feel weak during the early stages of burnout and plagued with thoughts 'how come I'm not hacking it like everyone else?' SO, getting help to guide you to better times is crucial.

## Anxiety, nervousness, twitchy

Shortness of breath; panic; struggling to take a deep breath. A non-specific low-level anxiety that is getting worse. You may notice getting to work is harder, doing the job is harder, and everything is harder even the simplest of tasks. You feel so anxious you might want to avoid people. You cannot put your 'finger on' why you feel this way.

# What this course is about

These 7 modules (titles) are an interactive guide to recovering from devastating life experiences. Experiences so stressful that you do not feel like yourself anymore. This course is all about what brought you to here, and how to get on the trajectory of recovery and healing.

## After following this course

This course is for you to have a solid understanding of what has happened to you, how it affects how you feel about yourself, how it affects your brain, how it affects all the systems of your body.

Living with the knowledge that you have been through hard times but they don't cripple you, they don't thwart you, they don't suck away your confidence or your identity.

## How to approach this for the best results

1. To get the best out of this guide I advise you to take it one module at a time, from start to finish
2. Take time & be kind yourself - give yourself time to recover so you can heal. It took a long time to get you here & it will take time to get out of it. Be kindly to yourself in recovery
3. Consistently remember only the very strong burnout and breakdown
4. How you treat yourself through this guide to recovery is correlated to how quickly and thoroughly you recover
5. You can't bully yourself through this, that will slow down your recovery
6. You cannot think yourself better; you have to feel through this process. You can however use your intellect to interpret your emotions. This will speed up your recovery
7. Know that I am with you through this. I will help you through this guide the best I can. You will have access to my private Facebook group, where I will be also doing Facebook Live seminars, and Q&A's.

# What happens if?

If you feel like you are losing your way, do send your questions, and I will be answering them in the private Facebook group.

Your questions are really valuable and others' may well be asking similar questions. Do email your question, feedback or both to [anna@annapinkerton.com](mailto:anna@annapinkerton.com)

You may need to go through the modules more than once, and you may need to bounce around them refreshing your memory.

Burnout and breakdown can affect short term memory so be patient and kindly with yourself throughout if you can.

# Module 1

UNDERSTANDING WHAT IS HAPPENING  
STRESS is crazy you are NOT

# Module 1

This module is all about helping you gain further understanding about what is happening to you. One off stress and chronic stress changes many systems of the body including:

- Hormones
- Neurology
- Nutrition
- Cognition
- Physicality
- Emotion

Why is understanding important?

- Knowledge is power
- Knowledge lessens fear
- Knowledge creates the foundation to your recovery

Understanding what is happening helps reduce anxiety quickly. Wondering about what is happening creates fear; and will worsen anxiety. Small and incremental steps to relief are the best way out of burnout (in a similar way to how we became burned out). Small consistent persistent demands wear us down until we experience complete overwhelm.

## How you came to burnout or breakdown

There are 2 pathways to overwhelm.

One off - one overwhelming event too big for any human to cope with

Examples:

- Accident
- Sudden illness
- Bereavement
- Assault
- Redundancy
- Bankruptcy

Drip Drip - persistent chronic stresses that have ground you down over time

Examples:

- Prolonged stress
- Too many work hours
- Too much responsibility
- A string of bad luck
- Relationship difficulties



# What do you need to know

Know the symptoms are a normal reaction to an extraordinary set of events, this will help you keep perspective and help you realise you are NOT weak.

You are weakened by events, this will help you feel better and more hopeful of recovery.

You will doubt yourself hundreds of times, it's good to remind yourself again and again about the below.

## There are 2 pathways to overwhelm.

One off overwhelming event where there is no time whatsoever to anticipate the incident. Events like this could be an assault and accident as earthquake as examples.  
A slow drip-drip accumulation of stresses over

time. An incremental and consistent pressure like work related stress, bullying or abuse. Eventually the brain just cannot take anymore and it tends to lead to burnout, depression, anxiety and traumatic breakdown.

## What are the symptoms?

- Flashbulb and flashback memories
- Hyper-vigilance & startle response
- Can't interpret physical or auditory stimuli
- Avoid all triggers
- Sleep problems: getting off to sleep, staying asleep, fitful sleep, nightmares
- Memory difficulties
- Neurological overload, retching, trembling
- Anxiety, extreme & life changing
- Shame, you don't want anyone to know how bad you feel
- Aggression towards self (in how you talk, meet & treat yourself)
- Guilt, including survivor guilt and witness guilt
- Revenge fantasies, you want to get 'your own back'
- What if? What if it had been worse?
- If only? If only I'd have listened to people this would never have happened
- Why me? (turning it towards self) What is it about me that I had to breakdown?
- Despair, I can't take all this, all these symptoms, will I ever recover?
- Depressions, the many differing types.

**I will take each symptom in turn and explain a little about how you may experience this.**

# Flashbulb and flashback memories

Flashbulb memories are when you have a sudden memory/image of a past event and it goes as quickly as its come. A flashback is where you feel you're actually in the event again, seeing hearing feeling as though you are there.

## Hyper-vigilance & startle response

Hyper-vigilance is where you are persistently and disproportionately conscious of what is happening around you. Heightened startle response is where you jump at loud sounds, unexpected sounds or unfamiliar sounds.

## Can't interpret physical or auditory stimuli

People in breakdown often can't interpret what the stimuli is around them. You can easily misconstrue the sound of a car door shutting for example as you being in danger.

## Avoid all triggers

Avoiding triggers means you avoid events people material things that remind you of the thing that broke down. In work related stress this can often appear as a phobia to the actual building or even the thought of a building or going into work. This is not apathy or lethargy this is a wired in fear of what created the burnout and breakdown.



## Memory difficulties

The part of the brain responsible for memory is overloaded and short-term memory in particular can be affected.

## Sleep problems

Getting off to sleep, staying asleep, fitful sleep, nightmares-this is incredibly common for people with overwhelming stress. Often the dark nights bring convoluted and dark thoughts, as well as the brain not being up to switch off.

## Neurological overload, retching, trembling

Many of the symptoms in burnout can be categorised as neurological over sensitisation and may create shaking, retching nausea, involuntary ticks, or movements.

# Anxiety

Overwhelming stress creates early anxiety which is often compounded by the time it takes to recover. Clever driven people feel they should be able to get themselves better quickly. It's vitally important not to punish yourself further for finding yourself worn down. No one does it purposely.

## Shame

This is common in a culture that expects us all to carry on regardless and to normalise stress as part of our daily life. Shame grows insidiously, hinders our recovery, and makes people feel like isolating themselves. Overwhelming shame can lead to despair

### Aggression towards self

Isolating oneself can often mean there is little help at hand. People's shame and embarrassment about their temporarily weakened state often shows up in self-harm and inner brutality towards self.

### Revenge fantasies

Revenge often shows up as a way of retaliating often we can feel rather concerned about the things we think we might do. They are a normal part of trying to recover ourselves

## Guilt, including survivor guilt and witness guilt

This shows up in many ways. Guilt that you haven't been able to avoid the breakdown, 'you should have been stronger', guilt that you need time to recover, and how could you not get yourself better. You may also feel guilty and feel you're letting your colleagues down and your family down.

## What if?

You may be asking yourself. What if scenarios play out in your mind, almost like an 'inner tormentor' showing the worst-case scenario.

Voice of the 'inner tormentor'  
'What if I'd had died?'  
'What if the guy would have had a gun?'  
'What if the whole business collapsed and all those people are relying on me?'

# If only

This can be another way that the person blames themselves for their predicament

'If only I had listened to people who were telling me I was exhausted before?'

'If only I had sold the company two years ago'

'If only I had taken that holiday'

'If only I had changed my job when I wanted to'

## Why me?

Why me questions often turn up disguised as what people might describe as self-pity. My experience of this is that actually it is usually because the person feels they are weak for getting into this situation. It's good to remember that you are weakened by circumstances you are not weak as a person.

## Despair

It is common to feel at the end of your tether and that you cannot take another thing. This is the culmination of all of the symptoms above, and therefore despair is a completely understandable reaction.

## Depressions

Different types of depression will often show up for people in burnout and breakdown because they have often spent many months if not years trying to suppress and dampen down their symptoms of overwhelm. Suppression leads to depression and many people in recovery and healing find the depression lifts also.

# Module 2

Creating headspace - stress hates that

# Module 2

## What is it?

This module is all about creating an atmosphere within which you give yourself the best chance of recovery. Stress hates you giving yourself space, but that is what you need to do. Time and space now will save you more heartache in the future. It is not a luxury it is imperative.

## Why is it important?

**Time now will save you time, money, and further heartache later on.**

We don't expect to go to surgery without having an operation. We can't attend to our stress and burnout if we don't give time and attention to it. If you carry on without due regard to yourself you will hinder your recovery, or worse prevent it.

If you fully recover the burnout/ breakdown will always have happened but you will have grown, learned from it and the 'scar like tissue' over the emotional wound will be flexible and will strengthen you and make you more resilient. That is why time now is so crucial.

# What you need to know

Almost everyone will recover to some extent overtime but if you've hit rock bottom recovery needs to be thorough and forever. If recovery is not thorough, it can lead to 'inelastic scar like tissue' (as above) that builds up over your emotional wounding to protect you from the pain of it. That builds up scar like tissue that protrudes and impinges on your life.

Our world is full of people who are in post burnout aftermath and we just accept it as a matter of course many families will have a story where there has been a relative who does not do something or who always does something to avoid reminders and therefore a right avoid symptoms. We all have bits of experience say that to a greater or lesser extent we've recovered from the difference in devastating events is that if the recovery is not thorough enough it

comes and bites in the future requiring for us to pay proper attention to our experience at some point.

Stress without attention will cause further suffering, numbness, illness, burnout. Stress is the indicator to self-care, that is why your body is reacting this way. A gentle but firm approach to overwhelming stress tells your system (mind, body, spirit) that you will take care of you now and always. But it takes practice!

This is your space to deal with every day occurrences, projects, dreams, family things, the car, the cars, the pets, the home, the homes, the everything. If it's too full you will struggle to manage everyday things, it will all get too much.



This is the part of the head that we want memories in, when we are stressed all of our headspace is full, and overloaded.



If there are too many things built up inside you will naturally need to either make space or you will need to let out the tension. Before burnout this is usually by anger, rage and/or tears and collapse.

# How to create space and recovery time

## FIRST create TIME to recover

This may show up as a week, 2 weeks, or 2 months off work.

Give yourself the longest time you can within your own parameters and needs. Investments of time and money now, means quicker recovery.

Your body is telling you to slow down, and its needing you to take notice. This will be SCARY to begin with, but it is ESSENTIAL. You are beyond the time for pushing yourself through, and guilt will only serve to keep you ill.

So it is YOUR TURN, lets create your 'soft place to fall'. And even if you feel this is self indulgent, self pity, frivolous, unnecessary, OTT, know that is just your head trying to keep the status quo and strangely trying to look after you!!! Old habits do die-hard.

## Top tips in making headspace

- Ask people NOT to tell you what's in the news.
- DO NOT watch television for a while.
- Watch only films where you know what the beginning, middle, and ending is going to be.
- Breathe through your worst anxiety episodes.
- Write your story down long hand.
- Write your feelings down.
- Doodle in a notebook.
- Find professional help. If you have a hunch you need it, you are probably right! The quicker you get the support, the better for you.
- Find the place you feel the safest. Getting to feeling safe is the first part of your journey. The second part of your journey is learning how to look after yourself when you feel least like doing so.



# Module 3

Companionship

# Module 3

## What is companionship?

This module is all about how to be your own best friend through this process even though you least feel like it right now. This is the single most powerful tool that will speed up your recovery. You cannot brutalise yourself through to recovery, in fact it will prevent you from getting fully well.

You have become hurt and overwhelmed by life events and life stresses; you need to be treated with kindness, consideration and care in thoughts and action and that starts with how you talk to and treat yourself.

## Why is companionship to yourself important?

Companionship is without judgement.

It is a blame free reason finding method.

Stress thrives on you hating yourself so we are going to strive for recovery in a different way.

Kindness to self must be practised as companionship, consideration, and care.

The power of commitment, looking at how inner brutality serves you and keeps you stuck in pain.

Companionship to yourself is your responsibility not to your luxury. In fact, if you brutalise yourself you are more than likely going to brutalise others! We all know that person in the workplace who clearly hates himself or herself and they take it out on others. That is not responsible, that is inflicting our own inner

brutality on to others. Perhaps you have been that person, perhaps we all have when we are overwhelmed!

Companionship to self, in other words looking after yourself truly means you look after others too.

# What you need to know about companionship to self

It makes life easier, and makes this process of recovery easier too. However, it is NOT EASY. It takes courage and commitment, and for us humans courage and commitment for ourselves can be a difficult and seemingly insurmountable task.

What will help you mostly is to know that companionship to self is tough as we are shaped by years of experience.

# How to start

It begins with a **DECISION** to make a deep lasting change

The brain loves habits but habits were created so we with persistence can un-create them

It is time and it is OK to find new ways of:

1. Observing
2. Feeling
3. Responding
4. Being

Committing and recommitting, know that it is hard but possible

Commit to yourself and your recovery 100 times a day if required.

This must be done without any inner brutality we do the spirit the process with an anti-brutality policy you cannot brutalise yourself away from inner brutality we commit because it's not a habit yet it will become so.

## How you do it, and what to do if it gets tricky?

**To become your own best friend - Taking the vow**

**Here's the vow:**

**"From this day forward I commit to talking and treating to myself with kindness, support, and encouragement"**

**"I will not brutalise myself, swear, or demean myself and my talents ever again"**

**Take this vow only when:**

- you have fully grasped the concept
- when it is completely under your control
- when you feel ready

# What's required of you when taking the vow

- Why because your consciousness, courage , determination, commitment and re-commitment are required.
- If it is not on your terms it's weakened and it will only be words. If you want to change your wiring for the greater good, it has to be more than just words.
- This will be the most powerful piece of work you will ever do
- **REMEMBER** this is you becoming unfailingly your 'own best friend' not your 'own worst enemy'

Companionship to yourself is your responsibility not to your luxury. In fact, if you brutalise yourself you are more than likely going to brutalise others! We all know that person in the workplace who clearly hates himself or herself and they take it out on others. That is not responsible, that is inflicting our

own inner brutality on to others. Perhaps you have been that person, perhaps we all have when we are overwhelmed!

Companionship to self, in other words looking after yourself truly means you look after others too.

**It doesn't have to be this way**

# Module 4

Consideration

# What is it?

Consideration for yourself, for everything that you have been through, everything you are and everything you are not.

Everything you like and everything you don't like.

Considering your life as a whole, how you identify yourself now, is not how you have to identify yourself forever.

***'You are more than your experience'***

You get to choose, but first you must be prepared to look and then prepared to be companionable to yourself with whatever you find.

You are in a better place to investigate and discover how you feel, and the differing elements of your burnout experience.

# Why is it important?

Once you are companionable to yourself you will be open and able to accept whatever you find. You will be able to have your feelings without bouncing away from them, or working yourself into the ground in order to ignore them.

# What do you need to know?

With a companionable relationship with yourself you get to truly consider.

Whilst transforming:

- **Judgement**
- **Blame**
- **Shame**

# Being your own best friend is the responsible route and here's why

Companionship with you actually means a new way of taking responsibility. People often think taking responsibility for actions is to berate, hate, and brutalise themselves.

However, this is actually a complex and convoluted way of staying away from our conscience and truly processing how we feel about what pains us.

Self-disgust becomes so habituated that we actually think that is how we take responsibility, but the exact opposite is true.

By being companionable to yourself you can look at how you feel, feel it, and move through it. You get the chance to rectify things you are not proud of or you get to feel through your true emotions

and move through to better times and do differently next time.

By facing feelings and having them, you genuinely get the chance to do differently next time. Suppressing them not only leads to depression but it also does not allow the brain to adapt to different ways of being and doing.

## How you do it and what happens if you don't like what you find?

**Use this time to consider.**

Make sure that you are companionable, reliable, and consistent with yourself. If you've put the companionship in place:

**"You can't fall out with yourself"**

and

**"You can't let yourself down"**

**This is the culmination of the whole process. You have to be able to adjust to how you feel day to day without falling out with yourself or letting yourself down.**

**It is a very different life if you get this installed into your mind now!**



# **The following things to ponder you may find useful:**

- **Who am I**
- **Who am I not**
- **Who would I like to be**
- **Who would I not like to be**
- **What do I want**
- **What do not want**
- **What have I done**
- **Whatever not done**
- **What am I proud of**
- **What am I not proud of**

It can also be useful to imagine yourself much younger even three years old and think about that little person. How life has turned out for them, good and bad. Troubled or trouble-free.

This is also useful because people rarely would berate, ridicule, and brutalise a three-year-old so how do we become accustomed to believe that is the way to treat ourselves in adulthood. (See module 6)

Considering yourself as a whole person, in a whole life, with all

of the facets of being a human being is true responsibility. In a world where we cannot control everything companionship and consideration from within is something that we can control and make a real difference to others and ourselves.

People who brutalise themselves tend to brutalise others so it is contagious. So we are not taking responsibility when we berate and brutalise ourselves. In fact we all know people who are angry over a long period of time can be

vicious physically or and/or emotionally and these people affect others for the worse.

You don't have to like everything about you in order to love yourself. People who learn to love themselves give off good feeling and positivity to others they uplift others they don't need to demean and brutalise others.

***"You get to choose how you affect others, from the inside out"***

# Module 5

Care

# What is it?

This module is all about how to consistently care and install thoroughly the previous modules of companionship and consideration and how to do that throughout life.

It's easier to consistently care for yourself once you are companionable and you have considered the questions in module 4.

**Start caring about you, and learn to make this a lifelong decision  
Meet and treat yourself with kindness, become your own best friend not your own worst enemy.**

## What you need to know

**Self-care is not a luxury  
it is an imperative**

How you look after yourself from now on to gives you the best chance of staying recovered

Create boundaries and the conditions for recovery.

Failure to do this will prolong your recovery.

Wrap soft, robust, and consistent care around your overwhelm and reduce your suffering more quickly.

# Here are some steps you can make to create a caring 'recovery environment'

1. Reduce stimuli events, noise, people
2. Predictability. Makes things clear for yourself, create a routine
3. Softness. Be kindly in thought, and action
4. Allow and discharge feelings. All feelings should be felt & moved through
5. Talk. Find someone to talk to
6. Write. Write your story
7. Draw. Draw it if you can't write it
8. Stay connected. Keep trustworthy caring people close, try not to push people away
9. Give yourself alone time when you need it
10. Exercise. However small this helps reduce anxiety
11. Eat well. Even though you least feel like it, tiny portions of food & drink help
12. Allow yourself to change your mind, for example if you've accepted an invitation that you don't feel up to it allow yourself to adjust
13. Find your own unique things that help stabilise you through this difficult time.
14. Tame your inner bully if it re-emerges
15. Know that it is normal for recovery to have peaks and troughs
16. Commit and recommit to yourself until this is the new habit

# Daily things that help you CARE

- Feel sorry for what you have been through, do not worry about self-pity it's very unlikely!
- Throw away the 'big stick', all self punishment will prevent your recovery
- Eat and drink as well as you can manage. Good nutrition fuels the body & mind.
- Take a shower; put on make-up; have a shave.
- Be conscious of self-medicating, with food, alcohol, drugs, gambling seeking specialist support is the kindest thing you can do for yourself.
- Get rest if not sleep, and try not to worry, sleepless nights will not last.
- Draw and write.
- Remind yourself you will recover with these stepping stones in place

## What to do when you feel you can't care

This is not always a linear journey; it can very much be one-step forward two steps back. Therefore, there will be times when you are tired, frustrated, and even despairing.

It can be tremendously difficult to change how you think and behave towards yourself; it can be the greatest challenge. However, it will be the greatest achievement and the best way of moving forward with the life you want and stay well.

### Remind yourself:

1 Of the kind of life you want.

2 Your life starts with the relationship you have with yourself.

## How to care when you least feel like it

Knowing that you will have times where you can't care and you feel defeated is crucial to remember. These times unbelievably can be transformed into your greatest gift. I know that sounds a bit crazy but sometimes when we are facing our internal challenges we have a chance to 'rewire' old and unhelpful patterns.

***"When you least feel like looking after yourself but then you do that will be when you have your greatest gain."***

This is sometimes in the most subtle and small ways. Like taking a shower when actually felt like hurting yourself or making yourself a nice cup of tea instead of drinking alcohol to numb the pain.

Knowing that your resources will be worn out occasionally will help you not worry that that is a backward step, it is just a blip and another way of helping you install the new way of thinking.

This can be tough for all of us especially in countries where there is a 'carry on regardless' culture.

***"Companionship, consideration and care are the three keys to carrying on with due regard"***

# Module 6

BEING FULLY HUMAN

Having your full Range of Feelings for life

A full emotional palette to live a full and rich, colourful life

# What is it?

We are all born with a full range of feelings; however, many of us come out of childhood and adolescence with only a few which seem allowed. There is a bottom line here.

If you disallow your feelings you're going to be more miserable, because on the whole the feelings come anyway whether you want them to or not.

**"You can't get feelings wrong"**

This module is all about what is to be fully human. Many of us operate with a deep belief that what we are feeling is wrong. With this a deeply held belief, multiple injunctions get created about certain feelings. Many burnouts and breakdowns can be

prevented by carrying on with due regard for your humanness. Along with consistent stresses and pressures our dehumanisation of ourselves and society's dehumanisation of us causes us to breakdown.

Often the demands of daily life simply are too much for any human.

## What do you need to know and what I think is going on

We are all born with a full range of feelings but somehow through childhood experience and early adulthood we develop a firmly held belief that only two or three emotions are acceptable.

A perfect example of this is jealousy. This is a feeling just like all others.

However, over many years jealousy has been demonised as inappropriate and somewhat evil.

Jealousy just means somebody has something that you would like; it is as simple as that. What is so evil about that?

What we have mixed up are

the behaviours that may occur due to jealousy, and the feeling. The feeling itself however cannot be wrong.

What you do with it is the issue but jealousy is a normal feeling like happy, sad, and angry. All feelings are the same; they are all from the same toolkit.

## Feeling your way through to recovery and healing

- Full range of feelings to be fully human
- It's not just about recovery it is about having a full life, to experience all we are supposed to experience without exception.
- Without a full range we are hindered into an emotionally stunted experience, and saddled with self torment as we continue to programme ourselves against our natural feeling responses

## Why is it important?

**1** You need your full emotional palette to lead a full life.

**2** If you disallow certain emotions the human being naturally demonises themselves not just the emotion that is disallowed.



## **"Have your full emotional palette without judgement"**

You will have your own way and method of doing something; the way you operate, feel about things, and react. You have an Emotional Modus Operandi (EMO) it was programmed before you can remember and now it is time to discover whether it thoroughly works for you or not.

The best news is; YOU CAN CHANGE IT  
An emotional M.O. is looking

at what kind of family culture and community you were brought into. Certain feelings would have been acceptable and some not, I call this the template or the imprint it's really the pattern of what's emotionally acceptable. Some families for instance have an EMO where there is no anger or confrontation some have one where there is no laughter or no grief.

Often people are

uncomfortable looking back if they think they are supposed to seek blame. I am not a big fan of blame. It usually provokes, guilt, self-disgust, feelings of disloyalty which creates weight. We are all about recovery, which is to feel emotionally lighter. I like to think of it as discovering reasons, not blame.

It is really important to try to

## **"Find reasons not blame"**

discover what your emotional template is without blame and in the spirit of discovery and reason. If you don't find out what has imprinted your 'operating system' your recovery is way harder. When you haven't got an EMO that doesn't allow you your full range of feelings it creates suffering. Sometimes the simplest of injunctions within your template can have a far-reaching effect when it comes to your experience of burnout and breakdown.

For example; if you have a family template which says we 'don't cry' your recovery is

hindered. This will often come with a suggestion that crying is weak yet crying is due to emotional pain and therefore you are deemed to not have what you need to allow emotional pain out.

It is not the just 'difficult to feel' feelings that get branded unacceptable like anger and grief it can be all kinds of feelings too. Feelings like elation joy and pride may also be discouraged. Some families see these as vulgar, and conceited. It thus renders you out of balance takes away your ability to enrich yourself from within.

If you are shown that only

two or three emotions are acceptable; inadvertently you have disabled your ability to be fully rounded human being. You wouldn't give a carpenter a spanner and tell him or her to build a table. The tools would not be there in order to achieve it. The same goes for being a human. The full emotional palette is your toolkit and is necessary to lead a life with content, ease, and to fully experience it.

The sooner humans allow the full palette of emotion the less they will demonise the feelings and themselves.

## **"You need full range to have a full life"**

# How to do it? How do you find your full emotional palette?

## What's your EMO task?

Make sure you have companionship for yourself in place before doing this task. Look at the list of emotions and mark down which emotions you feel okay with having and those that you feel you ought not to have.

1. Sad
2. Happy
3. Anger
4. Envy
5. Fear
6. Disgust
7. Grief
8. Pride
9. Shame
10. Joy

*"Many of us come out of childhood with two or three emotions that are truly acceptable to us. If however we are supposed to have all 10 emotions we are disabled in our ability to throw ourselves into life. I believe they are all the same. It is equally as acceptable and valuable to have grief as it is to be happy.*

*It's equally acceptable and valuable to have envy as it is to have joy. The truth is; all emotions are transient if we allow them. Those that we discount or thwart actually persist. When we learn to have our full emotional palette and we know what our EMO is, we can start to learn to allow all feelings and allow them to pass through us. Feelings are feelings they are not meant to be a state within which we live".*

# Module 7

Healing and Moving On

Healing: smoothing out the stress marks

# What is it?

This module is about how you move from recovery i.e. recovering yourself, your life, your life style and into a phase of healing. Healing is the process you move into after recovery whilst you discover how you are affected by your experience.

## Why is it important?

It is important to put this module in about healing because once we are recovered it's tempting to want to draw a line under experience and move on. I can totally understand this feeling but it doesn't allow for us to truly come to terms of our experience.

Being able to live beyond burnout and breakdown without it impinging on the rest of your life is essential in order to attain fulfilment. The path of healing is in no way a linear journey. It is like taking a

rickety set of stairs where there are different sized steps, some easier to take than others.

Sometimes an essential part of the journey is to go back to stage 1 for instance and create safety in self-care all over again whilst we have may have forgotten it for instance.

You may find this incredibly frustrating but if you proceed with a considerate pace and work with companionability for each issue that arises for yourself you reduce the risk

of putting yourself into a distressed state. If you manage your recovery and healing with CARE you don't run the risk of losing the gains that you have made. Every gain is followed by putting that resource into your skills kit; like installing it. To learn about your experience feel the feelings learn about yourself install the knowledge for future reference is the way forward.

***"You grow with your journey; knowledge of yourself grows, as does your resilience"***

The more aware of your own resilience and resources the more in control of your own destiny you are.

Healing is where the scar tissue from the events become smooth and elastic. It requires

your constant attention to achieve this.

This is not to say that you have to force the issue it just means for you to attend to issues as they arise with COMPANIONSHIP,

CONSIDERATION AND CARE.

You cannot force healing there is no healing in a place of force, or brutality.

## How do you do it?

The healing phase is a necessary part of your recovery journey. Another way of seeing your healing phase is; convalescence. It means that you prevent yourself inadvertently heading towards overwhelm again.

It means that you are in the knowledge that it is going to take some time to integrate all of what you have learned and feel all of the benefits of it.

Although recovery is a great feeling and you've recovered many facets of your life now it's time to heal the emotional scars, (and physical scars) where possible.

# What do you need to know?

- Healing might mean knowing that some things may never be okay – wrap your healing around that.
- Overcoming injunctions; if they do not help you on your healing journey.
- A new personal power is the result of your healing.
- Where there is physical injury it may need special attention and time because there are physical reminders and associated scars, pain and identity changes
- Creating 'flexible scar tissue' around your emotional wounds, so you can have new life experiences.
- Reminding yourself of the changes you've made already is a internal guide to more healing in the future
- Knowing you are changed by your experience isn't all for the bad. Companionship to yourself creates your inner strength, resilience, resolve
- Continue to practice the 3 C's always it helps with all the above

## What you can do if you are off course

If you find yourself struggling with memories of how hard it was or feeling like it comes back, here are three things that you must carry with you always.

- **1. BE PATIENT** with yourself and your healing process
- **2. Speak KINDLY** to yourself always
- **3. Discover the elements of healing that HELP you and consistently weave them into your life.**

# What is it?

## Vision & Moving on

### Why is it important?

Vision and moving on is all about true acceptance of your experience, how you feel changed by it, and how you therefore live in a changed way.

### What do you need to know

Put yourself at the centre of your life. This means looking after you so that you can continue to look after everything else and the other people you have responsibility for.

Changed by it, but not all for the bad.

You do not have to work very hard at finding your vision again it's happening all the time as the pain of the burnout and breakdown slowly recedes. It just doesn't feel that way sometimes. Vision cannot be forced it will be crystallising just outside of your awareness. Vision does not often come like an epiphany. You will find that the fog of burnout starts to clear for longer periods, and you will begin to feel your abilities coming back. Your hopes and visions for your future come back in short bursts at first.

One of the indicators of the journey of genuine healing becoming apparent is when you can reflect upon an idle thought and you begin to experience flashes of excitement about your future.

Almost like the flashbulb memories that I was talking about before these are like flashes of what is possible and of being content without stress and living with renewed energy.

The early flashes of renewed ambition are an exciting time in your recovery journey these are the signs of the building blocks of the ability to be able to dream again. The saddening and frustrating aspect of burnout and breakdown is that the turmoil is so intense and out of control initially that dreams are stolen in an instant and the ability to be able to conjure dreams in your mind's

eye are stolen in an instant to in one an unfathomable moment.

So early flashes of vision however momentary are incredibly significant. These flashes will extend become moments and minutes of dreaming however hard that might be to believe now once the early flashes of vision are there although they might not be consistent they will grow. You will be able to consciously extend these moments before long. Your ability to reproduce them increases your hope for recovery this is specific evidence that the brain is recovering that the nervous system is recovering that the heart body mind and soul are recovering you begin to know that you're on the upward spiral.

# What is next?

## INTEGRATING YOUR EXPERIENCE

### Remember:

- Glimpses of renewed vision are strong signs of recovery
- They last longer and longer
- Eventually you can purposefully extend the time the vision lasts.
- You get to re-master your brain rather than being at the mercy of its disarray
- You're getting feedback on every level that you are now beyond the despair and hopelessness and reaching repair

## YOU HAVE THESE TOOLS THAT WILL NEVER LET YOU DOWN BE:

1. Fully human
2. Companionable
3. Considerate
4. Care for yourself always and know this a dynamic process

## How do you do it and what happens if you have difficulty staying on track

- Working on your Inner brutality will be the stabilisers of your continued journey.
- Transforming inner brutality into companionship, consideration, care will be your own self therapy for life.
- You cannot let yourself down
- You cannot hate yourself
- You can take stock of yourself & life without brutalising yourself
- You can have your full range of feelings
- You can take true responsibility
- You can move through and move on more quickly

***"Strange as it might seem when the whole body mind and soul is shaken to the floor there comes with it another opportunity to re-evaluate, and recalibrate. In and after terrible experiences you can realign your relationship with yourself, your purpose in life, what you want and don't want.***

***The human ability to overcome, re-new and reinvigorate is phenomenal, but be patient and kindly with yourself always"***

**GOOD LUCK!**