

Story 7 Female aged 58

I've been asked to write this letter to try to help you to understand why going for group therapy might work for you.

Honestly when I agreed to attend the sessions I really did not think that it could help me.

I was so sick of feeling useless and out of control that I was willing to try anything. I remember thinking I'll go for the first one, just so I could say "I've tried it and it's not for me". That first morning I felt physically sick I was that scared. I didn't want to have a panic attack and feel that I'd made a fool of myself. I didn't sleep the night before and had butterflies of long gliders in my tummy. Does any of this sound familiar to you?

I'm a successful career woman with a happy marriage and a loving family OR rather I was five years back. Then the roof caved in!!!

id breast cancer – my second bout of the Big C.

husband couldn't stand the strain and my marriage ended.

husband had an operation and had an allergic reaction which has affected his thought process.

children told me that had been sexually abused by my first husband. They now need support.

youngest daughter is in a very abusive relationship, arriving at my door battered & bruised.

My job became more stressful and I began to feel that I was the target and being made the scapegoat.

I started to have panic attacks to hide from the world and real depression etc.etc.etc.

Reading that lot makes me believe that I had a right to go nuts. I felt that I was in one of those snow shaker things each time I stopped everything had changed.

As I hope you can tell I am now able to laugh. Never thought I would be able to see the funny side again. I went to my first session without hope. Just needed to try anything to take control again. Knowing that everything was confidential helped. We had a fairly large group, nine of us all very different; mixed ages, sexes and problems. When we started to talk as each session progressed I found that my problems were different from others but that didn't matter. There was no feeling of judgment, just a willingness to help. We found that we had a great deal in common and we are able to make suggestions and offer alternatives ideas.

I didn't want to go to that first session I needed to go, I will be forever glad that I went. No one can solve my problems, I always knew that. What the course has done for me is to give me ways to deal with my symptoms and another way to look at life. I now know that I am not responsible for the behavior of others, I take each day as it comes and find that I now have more good days than bad.

Give it a go – it might not work – no one can promise to make life better. **BUT IT JUST MIGHT.**

Whatever you decide to do I'd like to wish you the future that you would wish yourself.

