
Self-Healing Newsletter

For People Who Enjoy Helping Themselves

February/March 2006

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LIFE SCRIPTS

HI EVERYBODY!

I hope you are getting outside to enjoy the warmer weather and increasing light. Research has shown that receiving light exposure through the eyes can be even more effective than antidepressant medication.

Speaking of light, I recently attended an advanced Emotional Transformation Therapy workshop at which I learned new techniques that have made light therapy even more rapid and effective. For those of you who have not yet experienced Emotional Transformation Therapy, it combines viewing colored light that is emitted from a specialized light box with talking about one's concerns. This process creates a state of calm that neutralizes stress, anger, and anxiety, as well as many other negative emotions arising from abuse, illness, trauma, and unresolved loss. The positive emotional changes that occur are almost always long lasting and lead to improvements in many areas of a person's life.

Anger Management

In the past two months, I have used Emotional Transformation Therapy with five male clients who came to see me for anger management. Although each client felt that recent events had triggered his anger, each discovered that the key to his lifelong anger problem stemmed from upsetting experiences in childhood and adolescence. They all reported a dramatic reduction in anger within three to six sessions and were pleased to receive recognition from spouses and co-workers for responding more calmly to stress.

John's Anger Management Success Story

"John" came to see me after his wife convinced him that his verbal remarks to her were abusive in nature. During his first session, he quickly found himself talking about his father's harsh, physical discipline during childhood. I suggested that we use light therapy to reduce the intensity of his anger. He was hesitant to try the light machine until I explained that light and color can influence one's mood, just as a sunny day and blue sky can affect mood. John agreed to look at the light while talking with me. To his surprise, he began talking about his mother rather than his father. In response to my careful questioning, he quickly realized that he was extremely angry at his mother for not intervening when his father was too harsh. I then had John view a specific color while encouraging him to talk about his anger at this mother. Due to the relaxation effect of the light, his anger rapidly dissipated, and he remarked that she must have been terrified of his father, too. He was surprised afterwards that he now felt compassion towards his mother rather than anger. In subsequent sessions, John explored how his anger at his mother had been transferred onto his wife during disagreements, and he began to relate to his wife in a more compassionate way.

Anger Self-Help

If you struggle with anger management, an effective self-help technique that can reduce anger temporarily is the Emotional Freedom Technique (EFT). EFT involves tapping on acupressure (relaxation) points on the head and upper body while repeating specific affirmations. Instructions on how to do EFT are available at www.carollook.com.

If you would like to learn how to apply EFT to specific situations, please call me at (630) 960-2887 to schedule an appointment. You are also welcome to attend my free upcoming EFT teleclass on Wednesday, April 19, from 8:00pm-9:00pm. To sign up, visit my website at www.wellness-innovations.com.

Take Care of Yourself

With Emotional Transformation Therapy, difficult emotional concerns that used to require lengthy therapy now can be resolved in a relatively short period of time. There is no need to suffer if you are experiencing emotional upset. If you or someone you care about is struggling with anger management or other difficulties, please call me at (630) 960-2887 or email me at dlippmann@att.net to schedule an appointment. To learn more about Emotional Transformation Therapy, please visit my website at www.wellness-innovations.com where you can download a free booklet on this innovative technique.

The newsletter topic for this month, written by my colleague, Tony, is entitled **Life Scripts**. It describes how past experiences can influence current behavior. Identifying your life script can free you to make better choices in your life. In the meantime, remember to take care of yourself!

LIFE SCRIPTS

WHAT IS IT?

A script is a subconscious life plan made by a small child.

Once this plan is made, it influences the whole course of that person's life.

I am going to be telling you about the **usual** way scripts work.

But, since scripts are so extremely personal and unique, YOUR script may work quite differently.

Take what you read here as a typical **example** of how these things work, not as a thorough discussion of the topic.

Also, I will focus on a rather simplistic "bad" script which hurts a person throughout his life.

There are also "good" scripts and even "neutral" scripts.

All scripts, even good ones, impose severe and unnecessary restrictions on our freedom.

The best way to learn about "scripts" is to read Claude Steiner's book, **Scripts People Live**.

"GARY"

Gary had a rather good childhood.

His parents were OK. He had enough friends.

There was no physical abuse, no alcoholism, nothing seriously wrong at his house.

But one day when he was seven years old, he played in an old abandoned refrigerator and nearly died of suffocation.

THE DETAILS

Years later he recalled the sequence of events this way:

- 1) I was mad that my parents and my older sister were ignoring me.
- 2) I was bored and needed something exciting to do.
- 3) I decided to play with the refrigerator because I was mad. I had been warned to stay away from it.
- 4) I propped the door open so I'd be safe, but then I accidentally bumped it and it closed on me.
- 5) I didn't get scared until I started running out of air.
- 6) I passed out.
- 7) I don't know how I was rescued, but I woke up in a hospital room and a pretty nurse was the first person I saw.

HIS DAY

Years later, in therapy, Gary described his typical “problem days” this way:

“If I get angry early in the day I just sort of sulk and do as little as possible. Then, after work, I look for some way to party even though I know it will cause problems. I always try to drink just a little, to stay safe, but eventually I just say ‘the hell with it’ and I drink some more. I don’t really get scared until I get woozy and start running out of air. Then I’m afraid I’ll actually die. The next day, the only thing that really bothers me is if my wife gets angry and ignores me.”

HOW SCRIPTS WORK: “REPETITION COMPULSIONS”

If you read closely, you may have noticed that ALL seven elements in Gary’s “refrigerator story” are also present IN SEQUENCE in his “problem day.” A detailed history revealed that these seven elements were also present IN SEQUENCE in Gary’s past relationships and throughout his life story.

Here’s how scripts work:

- 1) **Something traumatic**, usually life-threatening, happens in childhood.
- 2) When it is over, the child is shocked and extremely **relieved that he survived**.
- 3) Since he’s only a child, he **can’t understand WHY he survived**.
- 4) So, subconsciously, he **assumes** that he only survived because of **the sequence of events that day!**
- 5) Then, as an adult, he **repeats this sequence of events** over and over and over – in order to **continually prove to himself that he CAN survive**. (This “repeating” is called his “**repetition compulsion**”).

WHY BOTHER TO LEARN ALL OF THIS?

We learn about our scripts so we can become

FREE TO MAKE ADULT DECISIONS

about what to do with our own lives!

Changing life scripts used to require lengthy therapy. Now with Emotional Transformation Therapy, it may only take a short time. Please give me a call if you want to release the hold that your past has on you and design a better future for yourself.

Wishing you a spring filled with light,

Dan Lippmann, LCSW, Director

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P.S. I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my website at www.wellness-innovations.com. Please forward this newsletter to your friends and associates who are experiencing stress or anger.

Dan Lippmann has more than 25 years of individual and marital counseling experience. In addition to being licensed, he is a Board Certified Diplomate in clinical social work. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a “Master Practitioner” in the book, Light Years Ahead, and in July 1999 his work on stress reduction was featured in the Chicago Tribune. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit www.wellness-innovations.com.