



# Less Stress Press

## The Midwest Center

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Dedicated to hope and help since

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# Minute

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*"The Midwest Center is committed to providing the individual with cost and time efficient cognitive behavioral based solutions - solutions that foster strength, character and self-empowerment."*

## Hearing Voices?

I think lesson three should be titled: Hearing Voices. Boy, wouldn't that get our attention! The marketing guru's tell us that title might send the program back to us faster than the speed of sound.

Lesson three could be called a study in "voices." We talk to ourselves all day and most of the night. Our mind is the biggest television station we will ever encounter. We've been producing "shows" from the time we were conceived. (Remember the last time you saw a sleeping dog chase rabbits!)

Before I went through the program I didn't think I had any control over what I thought about. I guess I thought someone planted them and I had to grow them. If I had received nothing else from the Attacking Anxiety and Depression program, the knowledge that I could restructure and choose what I dwelt on-would have been worth everything I gave to go through the program.

It takes time and patience to learn the skills in lesson three. I recommend reading every book you can get your hands on that explains how truth speaking with compassion will heal your life and give you the power to live in peace and pursue your dreams.

I'm still reading, FRESH BREWED LIFE, by Nicole Johnson, Thomas Nelson Publishers. I hope you will all buy this book and find it as enjoyable as I have. I quote from page 37-38: "I hear voices in my head all day long...I know I'm not alone here. Although, I do feel a bit like Ray Kinsella in Field of Dreams. When he said out loud that he was hearing voices, the rumors began to fly, the heads began to shake, "Ray is hearing voices in the cornfield." Well, so be it. But my voice isn't calling me to build. The voice I hear tears me down. It rises up in me to create fear or to try to convince me that I don't have value. I can be minding my own business, cleaning up the kitchen, and from out of nowhere a voice will tell me, "You don't know how to keep a house clean."

### **DON'T PANIC!**

- Accept the feeling, it can't hurt you.
- Give yourself permission to feel anxious.
- Don't over-breathe. Breathe slowly through your nose.
- Calm yourself with positive self-talk.
- Let go. Just float and flow.
- Distract yourself, it is only anxiety.
- Use the adrenalin in a positive pursuit.
- Don't let a bad day scare you.
- Let time pass. IT WILL GO AWAY.

*(continued on next page)*

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Or, when I sit down to write, the voice nags me, "You don't have anything to say. No You're too fat!

Who do you think you are?

You can't do that.

Nothing ever changes.

You say you will, but you won't.

You can't ever say no to chocolate.

If people really knew you...

You think you're making a difference, but you're not.

Why are you doing that? Nobody cares anyway.

You don't have your own life under control, so how can you tell others anything?

These voices keep our souls chained in the basement. They make us fearful to try anything new, anxious about what others think of us, and they keep us on the treadmill of performance. In short, if we allow them, these voices can easily rob every ounce of enjoyment from the lives we have...Understand this: these voices can immobilize us and keep us from dreaming our dreams. They can discourage us and cause us to think too small and expect too little from our lives. Or they can yell and demand that we expect more from our lives and beat us up for not "doing more." They make us afraid to be who we are. The voices can keep us from writing books or changing careers or loving our children well.....But only if we let them."

No longer "chained in the basement." [Don't you love that line?]

Positively yours, Carolyn

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### Here and There...

Diane in New Jersey shared with me that she occasionally "takes up a collection" for herself. It goes like this, "Oh, poor me. Why me? I'm cursed. No one cares."

I told her it was ok if she wanted to occasionally (!) have a pity party but the rules dictate that she put a time limit of 10 minutes for the party and that she be the only guest.

Caroline in AZ was very fearful of taking an anti depressant. She reports that the medication is finally kicking in and, "I still feel like myself-only it's easier to be me."

Think about it...

Perfectionism doesn't leave any room for mistakes...or questions...think about it.

If you're into the 'blame game'...you might end up...blaming yourself...think about it.

We read other people's minds...What if! They read ours...think about it. Yikes!

"Yesterday was the birth of today." Marvin Gaye

## Motivation + Determination = Recovery

“It’s been several weeks since I completed the Personal Coaching program with Tammy using the “Attacking Anxiety, Stress & Depression” program. Is it effective?

Let me just say, without going into details, that I am in the midst of significant challenges on several levels. I feel like Dante in the midst of the “Inferno.”

And yet, I am writing to you feeling at peace and present because of one thing: I AM MY OWN SAFE PLACE. That one phrase, and the daily practicing of it...is helping to reorganize my life and relationships and is giving me an irrevocable lease on life that I did not think was possible. I’m not completely out of the woods, but at least I can distinguish the forest for the trees.

Were it not for the tools and skills I’ve learned and am using, from your course, there is no way that I would have been able to cope with such an emotional and physical debt load. The personal coaching with Tammy Barlekamp was invaluable. She was more than a coach, she was someone I could open up to and share with. I count her as a valued friend of mine. I feel as if I am recovering my very soul, which I lost somewhere in this human race. I’m learning how to give myself the gift of myself....

Carpe Diem, Cliff Stockamp” IN

Sent to me by Kathy in MO...As Nelson Mandella, President of South Africa, stated in his 1994 inaugural address:

“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, who are we to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?...

You playing small doesn’t serve the world.

There is nothing enlightened about shrinking so other people won’t feel insecure around you...

And as we let our light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others!”

.....  
● Suggested exercise: Take one or two of the above statements and meditate on how this plays in your life. For  
● example, the first two sentences can be applied to our fear of making a decision, or perfectionism, or fear of respon-  
● sibility. See what you can come up with that will help you grow. [If you feel motivated to write something for this  
● newsletter or the one that is published 4 times a year, send it to Carolyn at: P.O. Box 205, Oak Harbor, OH 43449]  
● .....

“The course helped me sooo much. I have gained sooo much ground. It gave me permission to do what I knew was right...” Shirley B.

Don’t hide your light this week!