

## Tom's Story

The first time I had a full-fledged panic attack, I'll never forget it, was one night after I left work. I was walking down the street and it felt like somebody had hit me over the head, it was that sudden. My heart started pounding, my legs turned to jelly, I couldn't breathe; the whole bit. This got me into an anxiety state for weeks. Finally, after a couple of weeks of this constant anxiety, I confided in a friend of mine, who happens to be a therapist. And she referred me to a psychiatrist. So I went into therapy and that lasted two years.

Although I got a lot out of the therapy itself, for instance, I learned a lot about myself; it forced me to look at and resolve a lot of the conflicts in my life; it didn't help me as far as the panic attacks were concerned. It didn't give me the practical knowledge I needed in order to deal with the panic attacks. My most feared experience was driving through a tunnel and getting stuck in traffic there. One day this happened, and I thought I was going to stop breathing. It was night time, it was dark, and I felt just like getting out and running. It was total panic!

So it wasn't until I got the Neurocalm Method off the internet that I really felt it was going to get better. The information that the method gave me was basic, concrete, common sense information. I didn't have to take apart my mother, my father, and this and that, to try to find out how to resolve something. I stopped smoking over a year ago. That was one of the things I wanted to do, and I finally did it. I must say, I feel so much better! I'll never go back to smoking. I gained weight, I was much too thin before, and I exercise, I work out. I feel really good, and I look a lot better, too.

I learned two important things from the Neurocalm Method; they are two things that stayed with me, that have become part of my coping skills. It's how I stopped the attacks.

My message to someone suffering from panic attacks is this; you really can get beyond it and over it.

It takes time. My improvement was gradual. That's how I learned to be patient and to stick with it. You can't give up on yourself.

Tom M.

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