

ARTICLE – FEBRUARY 2008

HAVING AGORAPHOBIC SOCIETY

Hello Members,

I thought you may like to hear about the treatment I've just had.

I was at an all-time low. I was spending most of my time in my bedroom. Couldn't even walk 4 steps across the landing to the loo without a full-blown panic. I heard this man, Jim Thornton (an Essex version of Paul McKenna!) on BBC Essex. He 'tapped' the presenter and cured him of his fear of putting his face in water, live on air! "I want some of that", I thought. "Bet he can't cure me!"

Anyway, I contacted him and made an appointment for him to come to my home and treat me. Prior to the appointment, I must have 'died a million times' while waiting those few days to see him. But the day came!

Jim was calming and gentle etc. I felt at ease with him. He treated me and all my fears, phobias etc. Sounds strange, but I couldn't wait for him to go so I could go out and see if it works! Afterwards though, I sat on the bed with a cuppa and was thinking "I'll go to Tesco's and see what happens".

Well then I fell asleep for 4 hours! I woke up shocked because I've not slept for more than 30 mins at a time for years (because of pain etc).

The next day I set out for Tesco's. As I got near Tesco's, I decided to keep going. I drove to Shoebury, then drove all along the seafront to Thorpe Bay (sat and had a salmon sandwich). Then I went on to Southend, Westcliff, Chalkwell, ending up at 'Old Leigh' in the Peterboat carpark, with a dish of cockles.

What a dream! No panic! I just wanted more and more!

Not every day has been like that, but I've only had one bad day since September! I try and bring the panic on, but it won't come! Only some slight twinges. Can't say I'm 100% cured (may have a top-up tap in spring, as we only had one session) but life's pretty good. At least I've GOT a life now.

My aim for spring is to drive to Colchester Zoo. Hopefully, health-wise, I'll be able to do it. I'll write again and let you know how it's going.

Good luck for 2008!

Love Carol Timcke