

RECLAIM LIFE

ACTUAL FEEDBACK FROM CLIENTS AT THE END OF THEIR 5 SESSIONS

Helped achieve goals and cope with anxiety.

Less anxiety, can manage stress to prevent build up and know when to walk away from stressful situations I cannot control.

Connect with others on a deeper level. Changes to my life & way of thinking.

Strengthen relationship with wife.

Empowered and able to cope and now have a job.

More in control and confident.

More relaxed, thoughtful about emotions and their control and more positive. Able to get my life back on track, coping with stress, feeling positive.

Greater awareness of needs and a lowering of base stress.

Calmer, more relaxed, better daily planning and general happiness.

Calmer, more rational and optimistic.
Near to achieving goal.

Gained confidence to be more outgoing and mixing with people again.

Happier, more content, confident, thankful and calm. Still work to be done on my part, but now have the knowledge and tools to achieve what I want and I can.

Feel calmer and seeing positives.

More relaxed, calmer and able to look at the bigger picture.

Calmer and able to deal with the children better.

Helped me become calmer.

Greater understanding of myself, techniques/behaviours that limit progress.

Improved self esteem, vast improvement in difficult situations, more confident and able to cope, more in control.

Much calmer and have tools for when needed.

Not so stressed with the children and children responding better towards me, don't worry so much.

Recognise emotional rational brain mechanism and control my emotions. Feel more in control. Tolerance to my son's challenging behaviour.

So much stronger. With life's events would crumble, now I am able to take the punch, shed a tear and get back up.

Positive, can prioritise, make better decisions, more confident.

Calmer, more positive and pro-active, sleeping better and looking outside the box.

More positive and take each day as it comes.

More relaxed, contented and confident. Sleeping better, fewer bad dreams and fewer thought about events in the past.

Awareness of achievements I have made during the early stages of my bereavement.

More confident and able to take back control, more understanding of why I feel the way I do. Now feel equipped to address any future difficulties.

Positive thinking and have tools when needed.

Easier to talk with people and have tools to cope better with situations.

More confident and better way of thinking, NOT ACHIEVED WITH ANY PREVIOUS COUNCELLING OR MEDICATION.

More confidence and more understanding of situation.

More aware of emotions and more confidence and self worth.

More focused and able to handle stressful situations. More aware of what is important.

Less anger flare ups, more self awareness and more able to manage stress.

Ability to react better to situations. Stopping the panic attacks I HAVE HAD FOR OVER 13 YEARS. Different outlook.

More relaxed, in control, happy! Able to cope.

Less emotional, no more stress, feeling happier in myself.

Calmer, re-engaging with people, Looking after myself (cooking etc)
Attempting more activities, smiling more, prompting good feedback from others.

My life has turned round and more positive going forward.

Taking control, motivation and goal setting.

Can move on with my life knowing I can cope, My happiness has gone up and my anxiety has gone down.

I have been able to make positive changes in my life in terms of relationships, feel more in control and have tools to help me in the future.

More awareness.

Understand ways of coping with problems that cannot be changed.

Coping with stress.

Able to cope with problems and situations. Confident in all areas of my life.
Not allowing myself to be overwhelmed with responsibilities.

Able to deal with anxiety and panic attacks. Logical thinking, coping strategies. Not being anxious about being anxious.

More positive outlook and able to cope with life better. Have tools to help me in the future.

More positive, no longer struggling with images of abuse (REWIND)

Thinking positively and better preparation to deal with confrontational situations. Better outlook on life.

New things unravelled towards end of 5 sessions so more sessions really needed.

Changes to how I deal with people, particularly on anger issues (REWIND)

Was HELPLESS AND SUICIDAL - can carry on for the rest of my family. I am a changed person with a change of outlook on life after the murder of son!

Feel better in myself and a more positive outlook on life.

More confidence and faith in the decisions I need to make. Affirmation of self worth, calmer.

Better coping, looking forward to the future.

Understanding myself and reasons I sometimes feel like I do. Ways to cope with my worrying and ways to do things differently.

More confident and positive. Able to express feelings and help myself with the tool kit.

Self belief.

Much more confident, able to face up to problems and deal with them and it has *given me back my life*.

The ability to take a step back in times of stress. Has enabled me to have a much better relationship with my son.

More positive, relaxed with helpful coping strategies.

Better able to manage anxiety. Able to move on with life with new skills. I feel empowered and able to enjoy life.

Better understanding of myself and now have different tools to help me move forward.

Best charity ever! Got rid of my anxiety 100 per cent Now a more positive and happier person.