

Removing the Masks of Being a “Giver”

I am delighted to coach Alaine by phone using some of the 7 components of [From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer.](#)TM As we develop her integrated wellness plan, we are paying special attention right now, to the emotional aspects of healing, because without emotional healing, according to the experts in psychoneuroimmunology, physical healing is greatly stymied.

To quote Dr. Nicholas Gonzales, “I’ve had patients who didn’t get better no matter how perfectly they did my program – until they resolved serious emotional issues in their lives.”

Like so many breast cancer survivors, Alaine has a tendency to be a big “giver” A pastor’s wife, she offers herself selflessly to her community.

How does that impact her healing?

Alaine is discovering that she must put herself first. What a concept! Just as the airline attendant urges you to secure your oxygen mask before assisting others, so too, must Alaine secure her oxygen mask.

What makes this so challenging, is that the mask isn’t always visible.

Sometimes it’s in the form of smile, when the inner voice is saying “ I feel lousy and want to go home.” Sometimes the mask looks like long hours of listening to another person’s problems while crying inside for attention or support. This can be very draining of her healing energy.

Another mask is offering to help someone – instead of resting, doing nothing, meditating, or preparing healthy food. Maybe you, the reader, can think of masks that you wear to cover up the truth so you won’t have to deal with what seem like insurmountable feelings or old beliefs.

Needing or asking for help, used to be a big “no” in my life – until participating in a holistic cancer treatment program 15 years ago, taught me how important I am - that I don’t have to be “the responsible one” (my favorite mask). The world will go on just fine without my constant giving.

Alaine is currently exploring whether she wants to put herself first, how that will impact her body’s ability to rid itself completely of the cancer. As we employ EFT, Emotional Freedom Technique, Alaine will easily and gently remove any resistances that we discover.

Emotional healing takes many forms. As we spend more time in our weekly sessions, feelings that have been denied, stuffed, or ignored, will gently rise to the surface where they will be embraced and loved – just as the “good” feelings are. With practice, Alaine’s body will rejoice – will be grateful for every aspect of Who She Really Is.

She will experience more joy and greater healing capacity.

What an exciting journey to health and wholeness - to thriving!

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For further information or to request your complimentary phone coaching session, contact Dr. Talia Miller. T@BreastCancerCoach.com