
Overcoming My Fears

My experience with hypnotherapy

July 2015



Introduction

I have been meaning to type this letter / diary entry / memoir to Karen Verall for such a long time. Karen is a hypnotherapist that I had seen for a few weeks earlier this year. I was about to go on a trip to the United States with my partner Dirk and I really wanted to address my fear of heights / tall structures. I did some research through “Dr. Google” and it appears that I have (or should I say HAD) a condition or fear called “Batophobia”. Definition Wikipedia

Noun[\[edit\]](#)

batophobia (*uncountable*)

1 The **fear** of **high objects** or of high objects falling down.

Basically what this means is that I am afraid of being near or next to tall structures, buildings, monuments etc. sounds weird I know but after doing some research, I wasn't the only wierdo on the planet hehehe. but being “Batophobic” also means a fear of being inside a very tall building where there is a vast open space makes me extremely anxious. To the point where I get profusely sweaty palms, my blood pressure shoots through the roof and my hands blow up to a point where even the fingerprint reader on my iPhone could not read my fingerprint and unlock my phone.

My previous trip to Dubai and Germany, Prague, Paris and Luxembourg was an epic fail as I could not appreciate the beauty of these countries. Germany has such amazing monuments such as the Hindenburg Gate, The Reichstag and other beautiful Cathedrals and castles in Prague and of course the Eiffel Tower in Paris. All could not be appreciated and I would constantly be staring at the floor or running in and out of buildings finding a “safe place” to hide. Dubai's skyscrapers were an absolute nightmare for me and I would be running in and out of shops and clinging to the walls hoping that a cave or hole would be awaiting for me to crawl into. This was no way to spend my first ever big international trip. So I thought something MUST be done for my next big trip otherwise its money down the drain and another wasted holiday.



Thankfully I was referred to Karen through Kalamunda Well-Being Centre, I contacted Karen who was swift to respond to my call for help. She explained to me that what I am feeling is a sense of not feeling safe and there is usually a trigger for that or something was behind why I was feeling this way. My initial feeling and my natural internal response was scepticism. I have seen people being hypnotised on TV and I had the stereotypical thoughts of people clucking like chickens or performing like elvis to a laughing crowd, but I pushed these thoughts to the back of my mind and said to myself.... I got to give it a go!!!

When I met Karen, she was very professional and explained a whole heap to me, she asked me a whole bunch of questions and I filled out a questionnaire which was very thorough with assessing my needs. Karen covered everything from mental health, medication, diet and physiological explanations. After assessing me and me sharing how I was feeling, she picked up that I suffered from anxiety. So we worked on that too. I was a bit taken back as I initially came to the sessions to work on my fear of heights, but ended up working on my anxiety too. (BONUS)

I also suffered from social anxiety. BIG TIME!! I would get so panicked when I had to go into work meetings or meet people I don't know or go to a conference. Or be plunged into situations where I was not prepared for unexpected meetings. My immediate response would be just to start sweating. My head and face would drip with sweat and I could not talk or find the right words to say.

Karen explained that what was blocking progress with my hypnotherapy is this anxiety. She lead me through some exercises and hypnotherapy sessions and shortly after that, a few days later, I had a work meeting. It was quite a formal meeting so usually I would not sleep the night before, I would be stressing out thinking the worst, however this did not happen. It felt strange, I was wondering why I wasn't feeling any anxiety or apprehension. My mind wasn't consumed with dread and the night before I slept like a log.

The day of the meeting as I approached the building I felt calm and it really felt so surreal as I didn't feel like I usually would. I didn't feel like my usual self, I thought to myself..... "hmmm I actually like this new feeling of calmness and serenity". I went into the meeting and didn't break into a sweat!! What the hell?!!.... my mind and heart wasn't

racing and I actually enjoyed being there and I contributed to conversations and I was present the whole time.

Since then..... a WHOLE lot has changed in my life. I was a new person. I could now function so much more normally and do things and be in social situations that I never thought I would be in. I am conversing with people a lot better and one ultimate test was an open day I had at my work. I organised the event and I did not panic one bit.... well not much anyways.... the only thing I panicked about was that the helium balloons I ordered wasn't ready for collection HAHAHA. Besides that, I was making conversations with customers and families, I didn't have to run to my office and towel myself down from sweat and do breathing exercises to calm myself. I was present, I was there and I was a new me. I could literally go on and on and on with examples of different experiences I have had but these were the most significant ones that will stay in my memory forever.

SO that's the Anxiety part done and dusted. Now for the main factor of why I went to see Karen in the first place and that was to overcome this fear of tall structures.

I had a few sessions which were extremely helpful but by the fifth session I was getting a little restless and frustrated, mainly with myself as I didn't feel that I was hitting this problem on the head. Karen was very patient and empathetic and could see this and tried a deep hypnosis on me.

Oh before I get into this can I just say that being hypnotised was not how I thought it would feel. I thought I would have felt like I was having an out of body experience or I would fall into a deep trance and that I would not have any control over my thoughts and feelings however I felt completely the opposite. Most of the time my mind would wander off and do it's own thing, or I would be talking to myself and be thinking things like "why am I not concentrating?", or "what am I going to have for dinner?" or "I hope this work... whoops am I breathing right ?", it's funny how much your subconscious actually takes in. It obviously takes in a whole heap hahaha.

Anyways, about half way through the deep hypnosis, I had a big "POP" sensation in my mind. Like a bubble bursting, a vision flashed in front of my minds eye, clear as day!! This memory I had went waaaaaay, way back to when i was in kindergarten. A moment in time when I felt unsafe, a vision of a tall building that was situated next to my kindergarten. Then like a reel from a film in a projector, fast forwarding at the speed of

light, all the moments when I felt unsafe and how that contributed to how I am now, these memories converged and that fear of heights went speeding through my head and everything made SENSE!!! Ohhhhhh, so that's why I feel this way!!! What a revelation!!

I had a REALISATION that this is the reason behind why I had that fear. I was so excited to share this Karen and I spewed it all out (not literally hehe) but verbally. She was very excited about this and so was I. She then said to me that she felt that I did not need anymore treatments and that I should test to see if this therapy worked by going somewhere high. I had JUST the place in mind.

The DNA tower in Kings Park.....



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Can you believe it?!!! Yep thats me, I also have other photos of when I was on holidays, I went to the Golden Gate Bridge where I rode a bike right up to it, like RIGHT UP CLOSE TO IT!!! Usually I wouldn't have even thought of getting that close but as I approached it, I was understandably a little apprehensive but I still felt resilient enough to keep going. I made it to the foot of the bridge. This was my ultimate goal of which I am very proud to admit, I have now achieved!



When I was in Mexico we went to the ancient pyramids in Teotihuacan and I climbed the Pyramid of the Moon and the Pyramid of the Sun. The sun pyramid is 65.5 meters high (220ft) which was a humongous accomplishment for me and I went into dozens of magnificent churches which had soaring ceilings and huge facades.

At our hotel in Mexico City, I had meals on the rooftop restaurant which was out in the open and it was a 6 story high building. One interesting thing that I did notice was that when I did not get a good nights sleep and was tired the next day, I felt like the fear was presenting itself again, so getting a good nights rest really does make a huge difference. Oh and lastly, my all time favourite experience was going to Disneyland and I had the most wonderful experience of my life and with not having to worry about a damn thing made it that much better.

I owe it all to Karen Verall and also I must give myself a little pat on the back for taking the plunge into the unknown, taking control and making that change. Ever since I have recommended Karen to many people I know who are seeking some help with varying issues and I am a testament to how wonderful she is and that hypnotherapy REALLY DOES WORK.



