



# Abbie's Corner

**November 2002**

Greetings from S.T.R.C.! Our motto is "Be encouraged - there's hope!" I just returned from the Symposium in Reno, and it was, as always, upbeat, so informative and loaded with hope. ST is a monster, but we all have free will, and we can begin where we are today to defeat the Goliath. I hope all of you will do yourself and the rest of us a favor and seriously consider attending next year's symposium - we all need each other, and you won't be disappointed! One of the speakers mentioned the vital importance of a positive attitude, and I would like to underline that in red!! Honestly it is the KEY. One of my favorite sayings is that people do what they want to do - a simple saying but so profound and true. I often compare this program at the clinic to entering into lessons on a musical instrument or attempting a new sport. I took piano lessons as a child, developed a list of creative excuses for not practicing and guess what? I can't play the piano. Even with little to no talent, if I'd practiced daily for years, I'd be able to play fairly well by now. I've mentioned this before, but it bears repeating; as with music, we build new brain pathways with this program and teach our muscles new memory, basically creating a new reality for our bodies that will, in time, overwhelm the tendency of the S.T. to "do it's thing". It takes time, consistent repetition and patience, but those who keep at it achieve their goal and enrich their lives and the lives of others as well.

While I was in the process of my own recovery from S.T. using the method we now teach here at S.T.R.C., the Winter Olympics were on T.V., and I used to watch, especially the bios of the kids and their lives and struggles as they achieved excellence, and I would sit there weeping because they were so focused and disciplined, and I was so so sick and weak and felt so helpless and hopeless, but I remember thinking "if they can do that for a piece of metal to hang around their necks, then I can do the same thing to be whole and normal again!" My self-pity turned into rage at the S.T. and I began to work toward the goal of recovery. The process was very slow and frustrating, especially at first, but I kept remembering those kids, getting up at 4 am to hit the skating rink for a few hours before school, and I was inspired to keep at it - do or die - until it began to turn around; it finally did, and I've been walking in recovery now for 18 years. Either the S.T. will dominate us or we will take control and dominate it - it's our choice. Here is a testimonial from a client 3 months into his program. He's not into recovery yet but he has made great strides:

"Yesterday i saw a friend who hasn't seen me in about 3 weeks, and he was in shock when he saw me. He wasn't even sure it was me. He couldn't believe how much I've improved. Despite some tough days, I am finding that I am much more active and able to do many more things than before. Boy it sure is nice to be able to do things like painlessly cut my own food. I've even been to the beach a few times in the past few weeks. Drove there myself and everything. Yeehaa!" T.S.

If you have questions, I'd love to talk with you, and remember that we now have a new Long-distance Recovery Course for those who cannot come to Santa Fe. Let me know if you'd like our free Information Packet.

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