

A.C.A.L.M.E.R.M.E

INTRODUCTION

How often has your emotional history got the better of you? You try to assert and express yourself, but instead, you're taken back to a time when you were criticised and humiliated for your opinion. Speaking up cost you your dignity and your confidence. Someone shamed you and what's worse, it was someone you loved and trusted.

You felt betrayed, hurt, and confused.

Fast-forward to the present moment, and your past humiliations roll back in to shame you all over again. As you attempt to stand your ground you forget your words, you feel anxious and panicky, and you sense yourself falling back into a black hole of overwhelm.

As your unmet needs rush to the surface, you find yourself about to say or do something you know you'll regret. You feel disempowered but desperate to save face. What you choose to do and say in the next few seconds will either:

- Intensify the loss of control you're feeling, or
- Interrupt your autopilot habit of throwing a verbal grenade.

In those few seconds, when you ask the question, "Am I choosing, feeling, thinking *this* because of my emotional history?" the answer will always be YES.

A.C.A.L.M.E.R.M.E. teaches us a method that ensures, whatever the challenge, overwhelm, or fear, we'll have a regulated process ready to interrupt our fear, and stop anxiety in its tracks. A.C.A.L.M.E.R.M.E becomes our new autopilot habit.

Self-regulation doesn't come easy to people who have experienced emotional chaos and trauma, whether in childhood or elsewhere.

- We've been conditioned to expect the worst-case scenario.
- We anticipate catastrophe and fear confrontation.

- We're sensitive to bad moods, terrified of offending people, and we compulsively worry about what others think ruminating on what we should have said or could have done better.
- We're hypervigilant for the slightest hint of a threat and can develop extreme coping mechanisms to protect ourselves.

There are many techniques that can ground and regulate us when panic and anxiety approach, but they tend to involve physical actions. Often, in those moments, we're stuck in a situation where traditional methods for re-regulating like stamping our feet or clapping our hands just aren't possible.

A.C.A.L.M.E.R.M.E. teaches us how to speak to our overwhelm and our fear in any situation with any person without them knowing what we're doing. Whatever and whoever we're faced with, A.C.A.L.M.E.R.M.E. teaches us to breathe, think, and respond instead of panicking and reacting.

When we've been adversely conditioned by our emotional experiences, feeling cool, calm, and emotionally collected in stressful situations especially with difficult people is not an easy reach.

Learning this process means you'll stay aware and maintain a logical thought process and self-control despite what's happening around you. As overwhelm peeps around the corner, you'll continue to affirm inner and outer calm remaining composed and dignified.

A.C.A.L.M.E.R.M.E. has been shared with people who have struggled to overcome the devastating effects of trauma - whether experienced in childhood or at other times - as well as other emotionally debilitating experiences. They've managed to restore a sense of wellbeing, validation, and self-worth.

Severe anxiety, personality disorders, trauma, depression, anger issues, impulsivity, O.C.D., and panic disorders to name a few have been healed with this process.

Feeling triggered is not our fault, we're not to blame, we've been *conditioned* to feel tested. As we navigate our road to emotional freedom, we're bound to meet someone or something that feels like it's testing us. But in those first few seconds when the familiar rumbles of shame begin to stir A.C.A.L.M.E.R.M.E helps us choose between pain and peace. In those moments we can choose to remember who we really are.

Beneath the emotional debris, we're powerful, calm, wise, and intuitive. We are extraordinary copers.

As someone who's experienced the harmful and disruptive consequences of childhood trauma I know how vitally important it is to have a process that's:

- Easy to remember
- Easy to implement
- Easy to repeat

Practice Makes You Powerful

A.C.A.L.M.E.R.M.E. is learned and practiced when you're feeling calm. That way, when you're faced with someone or something that triggers you, you'll already know how to move your thoughts to a calm space rather than scabble around mid-panic for a process to calm you down. The tools you need will already be present and with repetition they'll be on autopilot. 😊

Don't wait until you need the process; practice using it every day, in every way until it becomes the thoughts you automatically implement rather than the coping mechanism you'd normally react with.

Live minute-by-minute with this process

Use it consciously with everyone you meet and in everything you do. Even with people and situations you're comfortable with, practice using the process; that way you'll ensure it is front and centre in your mind when you really need it.

Support for Your Journey

This life-changing process has meant so much to so many people that there's a page on my website dedicated to it. Free to download, there's a meditation, and a free audio file. Try and listen to it as much as possible because the feedback I'm receiving is that just by listening people are noticing significant changes in their emotional responses. I'm adding free resources to the page all the time so do check it out.

Allow A.C.A.L.M.E.R.M.E to become deeply ingrained in your brain, and you'll override old programming sending it a very different message about how, these days, you manage fear and anxiety with grace and expertise.

A.C.A.L.M.E.R.M.E. BUILDS DISTRESS TOLERANCE SKILLS

When chaotic and disruptive emotional experiences have left us with an over-sensitised fear response, raised voices, dismissive looks, sarcastic remarks, loud noises, and urgent requests can start an emotional rollercoaster of chaos, anxiety, and panic. We're plunged back into those fear-based memories of criticism, humiliation, and shame.

When we're hypervigilant for signs that we may again be shamed we fall back on coping mechanisms to protect ourselves. When we engage with an empowering way of coping with our feelings, we develop something called **distress tolerance skills**.

These are skills that help us manage actual or perceived emotional distress. A.C.A.L.M.E.R.M.E. is a series of easily learned distress tolerance

skills that empower us to consciously move from chaos to calm reclaiming our emotional power as we go. When you've learned this process, you'll automatically stop the threat of overwhelm and anxiety from becoming a full-on emotional storm. Your fear response may be tickled but it won't be provoked. You'll take the path to peace instead of reaching for a coping mechanism and invoking a full-on protection squad.

*

If you hadn't already guessed, each letter of A.C.A.L.M.E.R.M.E. stands for an empowering step in the process. As you learn the steps, which are quick and easy, you'll re-regulate your fear response allowing the connections between strong emotions and fear-based memories to be soothed and healed. From now on, when you find yourself at an emotional fork in the road, you will always choose the path to peace.

Choosing not to engage in a process of defending and protecting ourselves can initially feel like we're backing down, losing our emotional war, or allowing someone else to have control and the last word.

Are we 'chickening out' of fighting for our right to be seen and heard? Not at all.

What this process teaches us is to protect ourselves without the familiar fear, rage, and indignation we've become used to. This method guarantees we maintain our dignity and self-control and keep winning our emotional war.

A PERSONAL NOTE

I created this process to heal my own dysfunctional and emotionally dysregulated behaviour. Panic attacks, anxiety, and suicidal depression, plus all the 'added extras' that accompany these soul-destroying experiences. It's the process that empowered me to finally heal my childhood trauma and reach emotional freedom. A.C.A.L.M.E.R.M.E

released me from decades of dysfunctional and dysregulated choices, feelings, and thoughts. I slowly rebuilt my life and my mental health, and you can do the same.

When we see ourselves and our surroundings through a window of conscious awareness and logical perspective, we calmly and effectively manage anyone and anything. We no longer feel resentful, overwhelmed, or angry, imagining worst-case scenarios or communicating in defensive, passive-aggressive ways.

Instead, in our minds, we've created a relaxed and compassionate space, a space where the fear of being shamed, criticised, rejected, and excluded no longer triggers us.

Calmly dismissing someone's potential to provoke us and having the power to control our anxiety are powerful skills that transform our lives. When you learn this process, just by thinking the words "A Calmer Me", your fear-based thoughts and memories are soothed, and your fear response is regulated - and all of this is done without anyone knowing the secret of your composure.

I've taught this process in all sorts of circumstances, and I've seen incredible outcomes. I've witnessed nervous people remain rock steady in situations that would once have seen them either running from the room or engaging in mortal combat.

As they applied the simple techniques of the process, they replaced stress and awkwardness with calm awareness. They sussed what was going on and refused to play the game.

By using A.C.A.L.M.E.R.M.E. they learned to recognise the disruptive intentions of difficult people, and step back from overwhelming situations. More importantly, they began to transform their fear of

speaking up and their old belief that tolerating the intolerable meant something terrible about them.

A.C.A.L.M.E.R.M.E. creates the space for us to reclaim our emotional power and keep winning our emotional war.

A FINAL WORD BEFORE WE BEGIN

Are you still rooted in feelings of unworthiness, or believing you don't deserve good things?

- Dare to believe you're worth it.
- Dare to believe you deserve to feel calm.
- That a peaceful life is normal.
- That there's no need for chaos and drama.

Defending and protecting yourself was once necessary, as was waiting to be heard and seen, but those critically abusive people who got you here no longer have the power to control your life or your emotions. You're now engaging with a process that allows your conscious thoughts to gently move you forward and out of the emotional pain caused by chaos and disruption.

A.C.A.L.M.E.R.M.E. makes room for our conscious adult self to be a kind protector and for our wounded inner child's needs to finally be met and soothed.

The best time to get to know our fears and anxiety is when we're feeling calm so let's begin.