

## “BREAK THE CHAINS OF PAIN”

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For as long as I can remember anxiety has been an issue in my life. Overthinking and over analyzing all of the things that I am not able to control has created a lot of unnecessary stress for me. Finding an outlet to get out of my head was becoming a real priority.

At the age of 18, I decided to join the U.S. Army to be a part of something much greater than myself. Being a soldier on an Airborne Infantry Reconnaissance Team (U.S. 82<sup>nd</sup> Airborne) really lifted my morale and helped change me into who I am today. Little did I know I was now a part of something so elite that I would eventually pay for it later.



With that being said, after serving 4 years, I had been through a whole lot of experiences that caused me to be in extreme amounts of physical and emotional pain. Trying to deal with this pain every day really took my anxiety to a whole new level!

For years I was going through physical therapy for my back and seeing counselors for my PTSD. The medication and the treatment never really seemed to work and my mind was never at ease. I spent many nights in agonizing pain not being able to sleep and not having any interest in the day to go anywhere or do anything at all!

With nothing ever working I was starting to become numb to the pain as it had become a part of who I was. Not being able to do fun things at such a young age really started to weigh on me mentally. As if dealing with the pain had not been enough, my anxiety that stemmed from it was becoming increasingly persistent and I started to feel hopeless.

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<sup>1</sup> 82<sup>nd</sup> Airborne ... The **82nd Airborne Division** is an [airborne infantry division](#) of the [United States Army](#), specializing in [parachute assault](#) operations into denied areas.<sup>[1][2]</sup> The 82nd Airborne Division is the U.S. Army's **most strategically mobile division**. **Some sources consider the 82nd Airborne Division the most highly trained light infantry division in the world.**<sup>[1]</sup> Recently the 82nd Airborne has been conducting operations in Iraq, advising and assisting [Iraqi Security Forces](#).<sup>[4]</sup> Historically, it has seen action in WWI, WWII, Vietnam, Grenada, Panama, The Persian Gulf, During and after Hurricane Andrew, Haiti, Iraq and Afghanistan.



In the beginning of 2018, I was introduced to Doctor S., a doctor in Nevada with a philosophy for pain and anxiety that I just couldn't believe. He presented me with what he called a "Trust Card"<sup>2</sup>.

The Card contained simple math problems such as addition, subtraction, and multiplication. He said by simply reading the equations in my mind and solving them, that different parts of my brain would activate sensors that would ultimately help to diminish not only my anxiety, but also my physical pain as well!

I have to admit, being in so much pain for so long and having more anxiety than ever because of it, I was in disbelief that simple math equations would solve my problems. I then found out that the "Trust Card" had the name it did for a reason! The correct mindset is everything in life, especially when it comes to healing your pain whether it be physical or emotional. So, trusting yourself and trusting the process is very important.

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The first time I read the equations on the "Trust Card" I immediately felt calm as my mind was not focused on all of the wrong things going on in life but instead was focused on solving the problems. I knew right then that Doctor S. philosophy was a potentially true one.

That night I went home with the Trust Card and continued to read the problems on both sides of the Card with full belief that this could also work for my pain. By calming my mind as much as the "Trust Card" did, it actually calmed the nerves in my body and resulted in me feeling less pain than I initially felt. That was the first night in a long time I didn't wake up in the middle of the night due to pain and I actually got a full night's rest!

I now have been trusting myself and the people around me as much as possible and by doing so, not only do I attempt to read my "Trust Card" every day but **I feel better than I have since I left the military. I sleep better, I am in a more**

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<sup>2</sup> TheTRUSTCard®... A Trademark of Interperson®.

**positive mood, I am more active, I am nicer, and overall way more focused and clear minded!**

With this new beginning to my life I no longer feel imprisoned to my own pain and to my own thoughts. My thoughts have become much more positive, my pain has decreased tremendously and my life has changed for the better. The “Trust Card’ revamped my positive mind and gave me the ability to break the chains of my pain!



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