

*The following are extracts from letters that One 2 One Counselling has received from clients.*

## **PANIC ATTACKS**

*May 2008*

*Manager (30yr Old Male )*

I was having up to six panic attacks a day. I was in such a state that I had to get help. I felt so good even after the first session, and just 3 weeks later I only experienced a few a week. Now 15 weeks later I have none. Nothing. I can't believe it, I feel so good and positive about myself and life. I have decided to continue to go once a month, as apart from dealing with panic attacks I have discovered how to relax and enjoy my life. Thank you so much Marguerite.

## **SAD AND DOWN**

*July 2008*

*Nurse (22yr Old Female)*

I think the whole nursing staff will be coming to see you. I was telling my colleagues how good my counselling was going. I am happy again - something I have not been for a long, long time. Thanks a mill, Marguerite.

## **LOW SELF/ESTEEM/CONFIDENCE**

*Mother of three teenagers (43yr Old)*

I am going to come to see you for a while, as this is the first time in 11 years I feel good about myself again.

## **ASSAULT IN WORKPLACE**

*August 2008*

*Prison Officer (31yr Old Male)*

I know I attended counselling because of an assault in workplace, but I actually got so much more from the counselling work. I'm delighted that I discussed all the other issues too that was in my life. I feel peace in my head for the first time in ages.

## **JUST FED UP**

*December 2009*

*Primary School Teacher (27yr Old Male)*

Counselling with you was the best thing I did for myself in 2009. All is well again. Thank you Marguerite. Happy Christmas.

## **BEREAVEMENT**

*December 2009*

*Mother (28yr Old)*

I never went to counselling before and was very nervous about going. After the death of my child I knew I needed help.

The counselling was in a lovely comfortable setting, and after 10 minutes I felt relaxed. The counsellor was so kind and explained the stages of bereavement that I would go through. We worked through these stages. The loss will always be so great, but the pain has eased and I can live again as I understand what stage of grief I am in.

I am so grateful to One 2 One Counselling.

## **DEPRESSED**

*June 2009*

*Solicitor (34yr Old Female)*

I did not want to get up any day. I felt down and sad all the time for months, and embarrassed by feeling this way, so I hid it as much as I could. I dragged myself to work. I have a good job, nice house, lovely boyfriend. I just could not understand why I felt so sad and depressed. I phoned One 2 One Counselling, and went to another town. The rooms were lovely warm and safe and Marguerite was so confident I would be fine in a few weeks. She was so good and right. So glad I went early as she explained the longer you are sad and down the slower it is to come back.

I am so content I can work a lot more relaxed and racing thoughts have gone. I will attend every now and again whenever I feel the build up. Please anyone reading this get help if you feel anyway down - don't allow it to continue, this is why I wrote this. Many of my clients I recommend them to seek counselling through some events in life. I know it will certainly help them how grateful I am for attending.

Thank you Marguerite for helping get my life back on track.

## **ANTI-DEPRESSANTS / SLEEPING TABLETS**

*October 2009*

*Lady (52yr Old)*

I have been on anti-depressants for years. I felt the medication was not effective and told my doctor this. He recommend that I go into One 2 One counselling next door. I have, and I am still going every week and would go twice a week if I need to. It is worth every penny and honestly the first time in 6 years I feel clear confident and happy again. Marguerite you are a great person you have made me see my life through new eyes.

## **(O.C.D.) OBSESSIVE COMPLUSIVE DISORDER**

*August 2009*

*Store Manager (61 yr Old Male)*

I had a life of hell. I just could not relax between checking locked doors / lights / switches / heaters / etc. I had let it take over my life. I left work late every night - 1 and 2 hours late between checking switched door etc. I know it sounds stupid, but it had taken over my whole life.

I thank God to this day that my wife phoned One 2 One counselling and made the appointment. I had gone to my doctor a year ago and he gave me medication I tried so much to sort it myself but just could not. I failed and failed. The counselling worked and I have never looked back. I sleep and eat well again. I still feel a little embarrassed that I was obsessed with things. My wife said I am the man I was before it started. I am so at ease and relaxed compared to just three months ago.

God bless you and your good work Marguerite

## **PALPITATIONS / TREMBLING / SHAKING**

*September 2009*

*Accountant (27yr Old Male)*

I have been thinking of counselling for 9 years now but, never had the guts to do it. I mostly felt embarrassed that I needed help. I was sad lonely and had panic attacks a lot. I had foggy days even sometimes felt detached from parts of my body. I got palpitations, trembling and shaking and even tingling in my hands and toes.

I would always look out for the nearest exit / quick escape anywhere I went. I had excuses made for all events. One 2 One counselling changed it all for me - it did take 25 weeks, but worth every penny and second of it. I was at an end and not willing to go on. I owe my life to counselling it. My only regret is why did I not go sooner. Anyone reading this - if you experience any of these symptoms, get help now don't leave it.

One 2 One Counselling saved me. Always in positive thoughts now thank you forever Marguerite.