

"I ended my relationship with an addict but then I had a nervous breakdown"



Ask Ursula



Best-selling author and hypnotherapist **Ursula James** answers your questions from three perspectives to help you progress on a spiritual, mental and physical level

"Will I ever feel better again?"

"I ended an increasingly abusive relationship with an addict a couple of months ago. While I was relieved that the relationship was over, I then suffered a nervous breakdown and was off work for several weeks. I don't think I realised how big a toll the relationship had taken on me. Although things are gradually getting better, I am still suffering from General Anxiety Disorder (palpitations, shaking, blurred vision and negative, often scary thoughts) on a daily basis. Antidepressants made it worse, so now I am trying to heal myself through alternative techniques. Can you give me any advice on how best to approach this? I'm usually a confident, together person and this experience has knocked me for six."

Mind...

Release negativity

Being around people who have addictions can be exhausting. It is not surprising you are suffering. First of all, recognise the problems you are having are directly related to the relationship. Now it is over it is safe to give yourself permission to let go of the negativity. One way to do this is to write down all the feelings you want to release onto a piece of paper and then burn it. Make sure you do this in a place where it can be done safely. When you have done so, make sure all of ashes are collected, and flush them down the toilet.

Now, take a new, clean sheet of paper and write down all the positive feelings you used to have; put this list somewhere you can see it every day – a pin board in the kitchen, or in your bag. Make sure you can see it regularly, and remind yourself of who you will soon be again.

Body...

Get moving

A physical release will help you. This can be through running, dancing, or punching a cushion. Anything that will physically tire you will help. This works as a way of resetting your system because when you are physically tired, your sleep will be much more restorative than when you are holding onto negative mental energy. Being physically tired will override the need to keep reliving the anxiety, and by taking regular cardiovascular exercise you will also increase the endorphins – the feel good hormones – in your body.

When we exercise we naturally produce hormones that help to reduce depression and increase our ability to deal with stress on a daily basis. If you can't face anything too physical at the moment, get out there and walk. Put on your favourite feel-good music and walk along to the positive beat. It will make a difference to how you feel.

Spirit...

Help others

Often it is when we find someone who is worse off than we are, and we make a positive effort to help them, that we start to feel better. Try volunteering some of your time. If you can't face the problems of other people right now, help out at an animal rescue centre. Animals are such a powerful force for healing. They appeal to something deep within us; their unconditional love is a wonderful balm to the spirit – just make sure you are not tempted to take the waifs and strays home! Heal your spirit by feeding it with self-love. It is time now to give yourself the love and attention you deserve. Each day when you wake, say, 'I am a kind and loving person, and I will be kind and loving to myself every day'. You will recover, and the relationship you have been through will help you to be stronger and more caring of yourself in future.

Ursula James presented *Sex, Lies and Hypnosis* on Channel 5 in 2007, and is a regular on the *Fred Macauley Show*, BBC Scotland. Ursula's journey to a new life, and how you can do it for yourself, can be found in *You Can Be Amazing: Transform your life with hypnosis*, (Random House; £9.99). Visit ursulajames.com