

abc22. Self-Help Immersion Therapy

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Self-Help Immersion Therapy

This technique is use mostly for eliminating phobias and fears. If you have some phobia like the dark for instance, then you will have noticed your breathing quicken and your heart speed up when approaching your particular issue. You will notice that there is a threshold, a place where the symptoms begin. That threshold is the place to put yourself and pause there monitoring your breathing and heart beat. Wait for everything to calm down, and it surely will. Then approach deeper into the issue and notice the rise in symptoms again. Pause there too and wait. Back off and see if the former threshold has moved. It probably has. That is progress. Move back into the issue and push a little deeper. Continue this process until the issue is no more.

You don't have to accomplish this in one day. It may take several weeks. Of course, if your issues is strong and disabling then seek professional level help. All of these things are beatable, you just have to work at them.