

OVERCOMING THE FEAR OF RECURRENCE

THE REV. DR. C. SCOT GILES
REV. C. SCOT GILES, D.MIN., LLC

PRESENTATION AVAILABLE

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REV. C. SCOT GILES, D.MIN., LLC

Specializing in Issues of Health and Well-Being.

Welcome from Dr. Giles



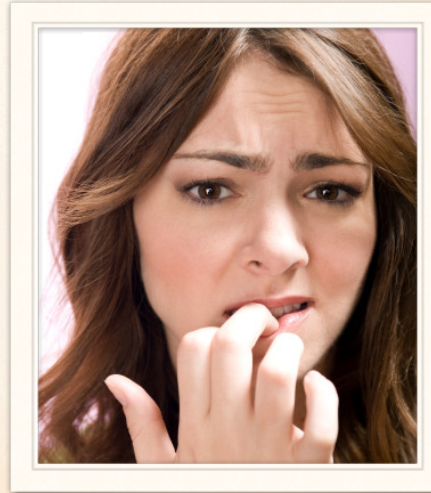
My Services

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REBOUND ANXIETY

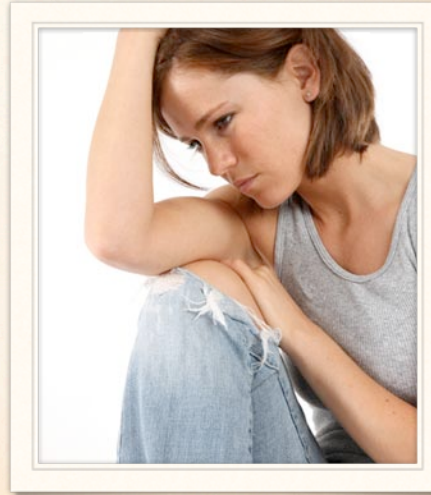
REBOUND ANXIETY

- ❖ While uncomfortable, the unconscious mind is reassured by the constant scrutiny of medical professional during chemotherapy or radiotherapy.



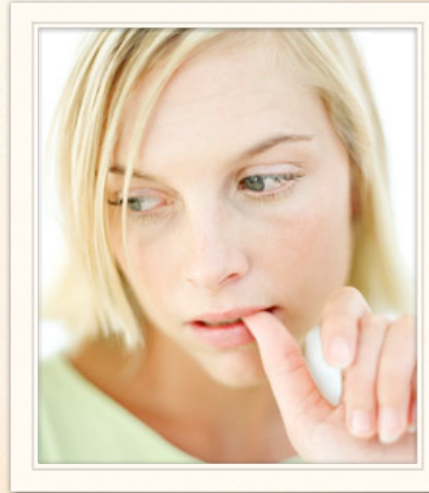
AT TREATMENT END

- ❖ When treatment comes to an end, the unconscious mind often feels abandoned and frightened.
- ❖ Fear makes everything worse.



WE ALL DO IT

- ❖ Rebound Anxiety will be a factor in the life of just about everyone who has a life-changing medical issue.
- ❖ Rebound Anxiety can return when we least expect it. For example, when we are reminded of our illness by a media story.



HYPOCHONDRIA

THE WORRIED WELL

- ❖ Most people in remission worry about a recurrence so much that any little ache or pain immediately grabs the imagination and is construed as a possible sign of illness.
- ❖ It's not a sign that anything is wrong. The human imagination is an automatic function. When will and imagination conflict, imagination always wins.



FEAR

FEAR IS GOOD

- ❖ Fear keeps us safe.
- ❖ The ability to feel fear gives us a survival advantage.
- ❖ Fearful creates tend to live to reproduce and pass on the “fearful” gene.
- ❖ At this time, fear is the easiest emotion for a person to experience.
- ❖ 3/4 of brain chemistry

THE NEGATIVE BRAIN

- ❖ The brain is a complex biological organ requiring a precise balance among its parts for proper function.
- ❖ When anything goes out of balance the brain as a whole, the brain as a whole shifts to its “default setting,” fear.



QUITE A PROBLEM!

- ◆ Rebound Anxiety is Normal.
- ◆ Hypochondria is Typical.
- ◆ Fear is the Easiest Feeling to Have.
- ◆ No wonder we live in Fear of
Recurrence.

SOLUTIONS

EXTREME SELF-CARE

CHERYL RICHARDSON



BE GOOD TO YOURSELF

- ❖ Improving your self care is the best single thing you can do to lower your fear of recurrence.
- ❖ It will improve your mental process and that will make everything better.
- ❖ But research suggests that most people who live with cancer tend to be over-functioning. Therefore, self-care is often hard for them.

COMMON SENSE

- ◆ Sleep
- ◆ Diet
- ◆ Physical Contact (sex, massage, spas)
- ◆ Amulets and Talismans
- ◆ Good Medical Care
- ◆ Respect Your Values; Hold Your Ground.

EXTREME SELF CARE

- ❖ Don't Deprive Yourself.
- ❖ Take Pride in Yourself.
- ❖ Be Willing to Disappoint Others.
- ❖ Make Routines that Work for You.
- ❖ Don't Over-Control.
- ❖ Know Your Absolute Yes/No Lists.
- ❖ Create Good Space for Yourself.
- ❖ Evaluate Relationships.
- ❖ Limit Toxic People.
- ❖ Give Time to Your Passions.

CANCER AS A TURNING POINT

LAWRENCE LESHAN



EVERYONE RESISTS CHANGE

- ❖ Family Systems are designed to deliver consistency. This is called Family or Systemic Homeostasis.
- ❖ When a member of a human system makes a change, everyone else in that system has to adjust.
- ❖ The human nervous system resists change and will push back. People execute “change back maneuvers.”

SO WHEN YOU CHANGE

- ❖ Everyone tries to stop you.
 - ❖ Sometimes obviously. Sometimes indirectly.
- ❖ However, if you have had cancer, everyone is scared and will let you get away with almost anything.
- ❖ For a while after your treatment, you have an unprecedented opportunity to make changes in your life free from the interference of others.

SELF REINVENTION

- ◆ Deal with the fear by blowing the dust off your dreams and visions and making them real.
- ◆ Perhaps a little. Perhaps a lot.



SOME ADVICE

BE OPEN MINDED

- ❖ Do what you can to adopt a cancer-healthy lifestyle. Alternative and Complementary methods are worth exploring.
- ❖ Do not be so open minded that your brain is in danger of falling out.
 - ❖ Muscle Testing
 - ❖ Fear-Mongering
 - ❖ Beware of a Hard Sell
 - ❖ Beware of an Up Sell.

BE CAREFUL

- ❖ There are people who are willing to prey upon the fears of people who live with cancer. Don't fall for their scams.
- ❖ You will respect yourself more if you are not credulous and feel that you make good decisions.
- ❖ Never hesitate to ask for research, or for signs of credibility.

BE MINDFUL

- ❖ Most people distress themselves with depression about the past and anxiety about the future.
- ❖ Learn to enjoy the present. Doing so changes your body in healthy ways.
- ❖ From the Sanskrit.
- ❖ Focus on what you can control, not on what you can't.

BE HOPEFUL

- ❖ Adopt Positive Expectancy as a life philosophy.
- ❖ Prophecy is not part of your physician's job description.
- ❖ For any condition there is a range of responses possible. Statistics tell you how a group of people will probably respond. Statistics tell you nothing about how any individual in that group will respond. Therefore, why assume the worst?
- ❖ Keep what you hope for at least 50% believable.

BE CONSIDERATE

- ❖ Your medical condition occurs in the context of your other relationships.
- ❖ Other people need to be able to move their lives forward too. Don't organize everything around having had cancer. Organize things around the expectation of a better tomorrow.
- ❖ "I-Thou" philosophy. A lot of what you believe about yourself is based upon how you see yourself reflected in the eyes of other people.

BE FAITHFUL

- ❖ Being alive is a sexually-transmitted, terminal condition.
- ❖ Spirituality is the human response to being alive and knowing that you have to die.
- ❖ As we will all die, take the opportunity to cultivate a spiritual (or philosophical) frame of reference for yourself.
- ❖ It's not God's fault, nor your fault, that you got ill. Bad things simply happen to Good People in this world. No one is immune to that. It doesn't mean there is anything wrong spiritually.

USE SELF-HYPNOTISM

- ❖ Your hypnotic state is a basic part of your consciousness.
- ❖ You can be intentional about programming your habits of thought, feeling and behavior.
- ❖ Affirmation is a form of Waking Hypnotism (as are chants, songs and reflective reading and reverie).

USE AFFIRMATIONS

- ❖ Short, declarative sentences that express a hoped for result as if it were a present reality.
- ❖ Everyone should have one or two affirmations.
 - ❖ avoid “farsing (false parsing)”
 - ❖ Good: “I am happy, healthy and in control”
 - ❖ avoid “painted words” that have emotional charge
 - ❖ Not Good: “I am a long term cancer survivor.”

SOME OF MINE....

- ❖ “Whatever I do, prospers.”
- ❖ “God always gives me what I need.”
- ❖ “I am one of the best known hypnotists in the world.”

TRANCEWORK

- ❖ Learn to induce self-hypnotism at will
- ❖ Anchors
- ❖ Eye-Roll
- ❖ Fascination (music, designs, story, etc.)
- ❖ “The Hall of the Mountain King”

THANK YOU!