

HOW A HIGH ACHIEVING WOMAN BOOSTED HER CONFIDENCE AND FOUND HER WORTH

A CASE STUDY



Monsters only exist
if we give them power.

"I spent over \$85,000 on other therapies and still failed to get happy. Talk therapy was a waste of money. Just talking didn't solve anything."

- Natasha



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My clients are highly competent professional and executive women who for one reason or another are plagued with personal struggles. While outwardly successful, they are inwardly insecure.

Their insecurity and self-doubt impact all areas of their lives. They're hard on themselves and feel a constant need to prove themselves. This results in the need to please others in order to feel worthy.

This certainly was the case with Natashaⁱ.

FIRST, A NOTE ABOUT CONFIDENTIALITY

As you can appreciate, no matter how great their breakthrough, most of my clients are loath to talk about intimate details of their life, or even about the fact that we have worked together.

However, this case study was Natasha's idea from the start. As a medical doctor, she felt it would benefit others to see that no matter how desperate one may feel, a life can change. In her words, "*While others may not have the same struggle . . . we all need to trust and feel safe getting to the root of the problem.*"

You will find her to be remarkably candid.

Out of a desire to keep this paper from blossoming into a full-length novel, I've chosen to include only a few themes and critical highlights of our work together.

THE PRESENTING ISSUEⁱⁱ

Natasha initially sought me out after many failed and costly attempts to "get pregnant and get happy."



“I spent over \$85,000 on other therapies and still failed to get happy. Talk therapy was a waste of money. Just talking didn't solve anything.”ⁱⁱⁱ

She had even tried spiritual help. Was she cursed? Had she done something horrible in a past life to go through this present hell? (Some suggested she had!) Surely it was her fault that the therapies had failed.

It was embarrassing, she said, to make life and death decisions every day as a skilled cardiac anesthesiologist and yet not have control of her own life.

While I couldn't promise she would conceive naturally if we worked together (that was a new twist), I felt confident I could help her find happiness.

And so, our work began.





The first step in my work with a new client is a written assignment. The purpose of the exercise is to identify specific events that hurt and had a negative impact on my client.

Natasha described her mother as “angry, part bipolar and part borderline” and stated that her mother uses the silent treatment, has tantrums and becomes verbally, emotionally, and at times, physically abusive.

“I was told I was worthless, didn’t use my brain, was selfish, and too proud.”

Talking to her mother in person or on the phone felt like walking on eggshells. She described her father as an alcoholic who “drinks to cope with my mother.”

Natasha’s desire for a child sprang from a deep need “to be a mother and have someone to love” and a desire to “do something for myself.” At the same time, she feared becoming like her mother.

However, as is almost always the case, the presenting problem (overwhelm over the difficulties of getting pregnant) was only the surface issue.^{iv} Clearly, becoming a mother would not resolve the underlying causes of her unhappiness.

As is so often the case, under her professional, composed outer persona lurked personal demons. Natasha often felt tired and burned out and always felt she needed to prove herself. The sense of not being good enough permeated her thoughts day and night.

From childhood, Natasha had been programmed that “unless you are industrious, high-achieving, have a prestigious career and a large bank balance, you are not worth anything. You are not an asset to your parents who have sacrificed so much on your behalf.”



During our initial meeting, she described her deep sense of unworthiness and feelings of not being good enough as weighing down on her “like a heavy coat in military orange.”



This was the first of many images she used to describe her mental state and mind shifts.^v

“The coat represents my mother. Never being good enough for my mother is a heaviness. Like a coat that’s a little too heavy for me. There’s a part of me that just wants to have that mom that thinks my thoughts and views are cool. That I am enough. Not just counting the things she’s done and sacrificed for me. It takes all my energy to wear this coat.”

When I asked, “On a scale from one to 10, 10 being extremely important, how important is it to you to let go of this feeling of overwhelm and unworthiness?”

Natasha’s response was, “I feel like I’m at a 25.”

So we began the deep work of calming the overwhelm and finding self-worth.



It All Begins with Mom

Many of the people I work with have been exposed to traumas, as well as emotional, verbal and physical abuse at some point in their early life, but Natasha's situation was unique in that bitter childhood events continued into the present day.

Natasha's mother had always been extremely harsh on her, constantly berating her if she wasn't being the best, wasn't fitting in with others and being noticed, and wasn't being a good reflection on Mom.

The message was that the child was to blame for her mother's life choices. As an 18-year-old she had – so she was constantly told – brought shame and embarrassment on the family by joining an Ashram. And then . . . and then . . . there was that brief, loveless marriage and divorce.

Any expression of positive emotion towards Natasha by her mother was fleeting and tied to her daughter's outward success.

We proceeded to dissolve at a subconscious level the results of the manipulations, the beliefs and “paralyzing fears” of not ever being good enough or pretty enough to deserve love, of not making it and always fearing being a burden, of not making her parents proud, not amounting to anything, not having a purpose “because I'm not pretty.” And always, always having to be the best in order to matter.



She came to see that she isn't a puppet on a string. That she isn't enhancing anyone's life by diminishing her own. That she is enough. That she doesn't have to prove herself to anyone. That she's not here to please anyone. That it's time to start appreciating and taking care of herself.

At the end of two hours, she reported, *"It's okay. I can be who I am. I am free. I feel really light."*

Once the feelings of overwhelm dissipated, other more deeply hidden and less acceptable emotions started to emerge.^{vi}

In our second session, Natasha described her mother as a monster who was always there to find fault unless she did what her mother felt was appropriate.

"She has been choking me my entire life."



We chose meridian tapping to erase the trauma of a violent episode in which she felt her mother intended to choke her to death.

The “little bit of anger; I don’t like to be in the space of anger” that we had identified in our first session exploded into a rage.

Behind the rage was a fear of her own potential violence.

We tapped through the sequence of thoughts, emotions and body sensations associated to her mother’s control: this *“little bit of anger”* → *“I am so angry”* → Intense Sadness → *“destroying us slowly”* → Intense Rage → *“my hands around her neck”* → Fear → *“Am I a violent person? Could I switch and become violent?”* → Shame → *“She says she should have choked me instead of breastfed me. Am I going to feel that way about my child?”* → Despair → *“Let this darkness just drain away.”*

And now, the transformation begins. Again, we see it through Natasha’s eyes in a series of images.



This is how the conversation went:

Me: Is the monster still there?

Natasha: What happens to the monster now is that all I see is bubbles. Each time I say, 'I am enough' the words are in the air, blowing the bubbles away. I don't wear that big, heavy coat.

Me: Do you feel acknowledged?

Natasha: I don't feel acknowledged. But I feel at peace. I don't have to wait for acknowledgment.

Me: What's left?

She: The monster is still there. She has so many bubbles coming out of her mouth. Then, she just bubbles away.



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Me: On a scale of 0 – 25, where are you now?

She: Zero



Natasha: *The pink coat is loving me. I deserve what love feels like—a coat that feels like love. That feels like what it feels like to be loved. It gives me energy. I would wear that coat even if it was the middle of summer.*



This coat says, “You are enough. You have me. You have always been enough. You don’t have to do anything to deserve my love. I will always be there for you.”

Mia: Is that what unconditional love feels like?

Natasha: Yeah.

Mia: I’ve never known anyone to have a love relationship with a coat.

Natasha: [Laughter] It makes things okay. I’m not scared. I’m just comfortable. And it’s time I start appreciating myself.

Surfacing Fears

By session four, Natasha had succeeded in becoming pregnant. This raised some new concerns.

How would her parents react to the news of her pregnancy?

And what of the fact that Brian, the baby’s father—a Cardiac ICU nurse now working on completing his medical degree—is Haitian? They were not going to be happy about this because “Indians marry their own.”

Her mixed-race baby would not be loved and accepted by her parents. “He won’t be fair skinned. He’ll be more like me. Or darker.”

I led Natasha through a visualization where we cut the umbilical cord symbolizing her attachment to the monster. This empowered her to let go of feeling responsible for her mother’s “unhappiness and craziness.”

“I learned I can love without feeling obligated. It’s not the way my mother taught us to love.”



And Then, Two Unexpected Challenges

1. Natasha miscarried. As you might expect, this aroused feelings of sadness, pain, anger, more overwhelm.

This also dredged up feelings of fear. Brian treasures the idea of being a father. Would he leave her if she couldn't give him a child?

A few months later she became pregnant again.^{vii} But . . .

2. Joy turned to emotional chaos when the genetic tests revealed that the child was a girl.

On learning the baby's gender, Natasha went through what she labeled "gender disappointment." She wrote to me that she knew it was ridiculous, but she was harboring feelings of resentment towards life and to her parents and to Brian and to the fetus. She was overwhelmed with "immense loss and guilt and anger...a lot of anger. I went from being super excited and on my way to well-adjusted to just disinterested in being a mom....and feeling lost and disenfranchised from my culture. I know this is crazy, but this is not my baby and I feel scared and fearful and do not trust my body anymore."

Why the negative reaction?

Natasha felt that life is easier for boys.

With subconscious clearing, we were able to rapidly change her perspective on this fetus from negative to heartwarming, "I never thought about a little mini me!!"

And on the one she miscarried:

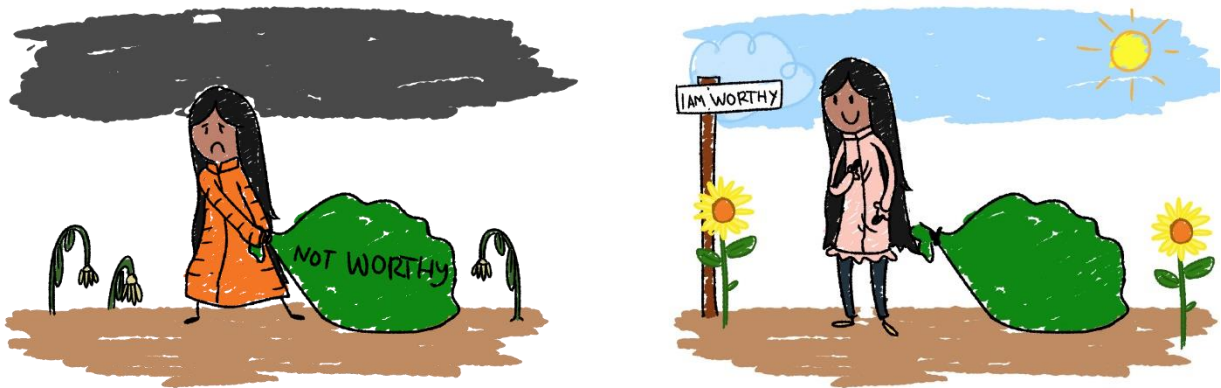
"My baby was just letting me know that 'It's not my time. I want to come into a world to a mama who has worked out her own mama issues.' She needs me to be my best so she can be her best."



The Transformation is Complete

Several months after our final session, Natasha is feeling great.

“After 42 years of going through difficult period after difficult period, I’m starting to feel lighter. I’m starting to validate myself and I don’t need to seek out others’ approval.”



Natasha resigned her position at the hospital in spite of the fact that she was recently promoted to Vice Chief of Surgery and applied for a job in an environment that is better suited to what she wants in life.

She secured her ideal position with a medical school, working with residents. She negotiated no nights and weekends to spend more time with her child.

Her relationship with Brian is as strong and loving as ever.

And . . .

She now has a healthy, happy baby girl.



“I am completely head over heels in love with my little miracle. She is just perfect.”

Natasha can expect these changes to last her lifetime. Will she face new challenges in the future?

Of course she will. Life happens. But she now has the resources to face them head-on.



Natasha . . .

- ◆ has created boundaries for herself.
- ◆ has chosen her freedom over compliance.
- ◆ realizes she has a right to her own perspective and a right to have her needs met.
- ◆ no longer looks to her parents for support.



“You always think of family as supporting you. I don’t have my parents as a support system. It’s okay. My sister is enough and more. Brian is enough and more.”

- ◆ has learned to say no to unreasonable demands on her time.
- ◆ has gone from feeling the weight of the world on her shoulders to feeling light and happy.
- ◆ realizes that, although she cannot control other’s reactions to her, she now has the ability to choose her response.
- ◆ knows that protecting her time and taking care of herself is not selfish but improves her life in all ways.
- ◆ knows that happiness is a choice. And happiness in her life and in her decisions is the choice she has made.
- ◆ And . . .

“I am slowly learning to love the monster. I know when to step away and I know to not feel judged. This ultimately is my life. My mother lived her life her way and now I’m living mine.”





ADDENDUM

Each morning, I wake up feeling fortunate beyond words to be able to work with wonderful women like Natasha.

And then, one day, I find in my inbox a message that moves me to tears [reprinted here with permission]:

From: Michelle.P...@gmail.com>
Sent: Wednesday, July 7, 2021 4:49 PM
To: mia@miadoucet.com
Subject: Re: Appointment

If I haven't already told you that I love you I do, I love you! Thank you for helping me see my worth.

Sent from my iPhone

Months after our final session, Natasha put to print her thoughts on our work together:

My Road to Worthiness:

I was 42 and a half and in the middle of a fertility journey. That is what brought me to seek therapy with Mia. I'm a firm believer in the mind-body connection, I practice transcendental meditation and love everything about Hinduism, Abraham Hicks and spirituality. I couldn't use these important tools to help me in my journey because I realized, after several sessions, there was a big part of my life that I needed to deal and come to terms with; I did not feel worthy of anything. I had two doctorate degrees, a fellowship and several certifications under my belt. I owned my own condo, was financially stable, had friends, but a dark cloud of failure always loomed over me. If I couldn't feel worthy, how was I going to bring a life into this world; how was I going to provide meaning for my child.



The beginning of our relationship involved identifying past experiences that left painful or embarrassing feelings. We soon saw a pattern that most of my painful past experiences included my mother. I loved my mother... she was my mother. She was my support system. I have survived up until now with her as my backbone.

But then we saw she controlled a lot more than her own life. She controlled how I thought and left me powerless to make decisions without doubting myself. She controlled how I felt about myself and gave life to my “failures” and death to my “successes.” My place in life was justified by level of education and how much money I make and my place in her life was held only so long as I agreed with her and she was always the highlight. She had no use for me if I did not agree with her or if I did not succeed. She saw my independent thinking as a personal attack that needed to be shut down by any means or force. Almost like communism.

Unbeknownst to me, this left me living life on the defensive. I could not speak my truth because that, to me, meant a degrading monologue of how my truth was flawed and incorrect. I questioned everything, including my wonderful relationship with my partner, because he is not who my mother would choose. I was never pretty, or street smart, or knew how to take care of myself according to my mother. I was however book smart and a good doctor and could make money. That made her happy and that was all I felt was worthy of me.

I had to rediscover who I was. I was more than a doctor and a student and a bank account. I had to rediscover what happy was



for me and for me only. I had to discover that I have so much more to offer the world. I needed to discover this in order to offer my baby the world.

I realized that my mother is my mother and I can love her for that and I don't need to take the train to crazytown with her. I realized that I can lovingly let go of the ropes that bound me with without judgement.

I have come to rediscover that I am magically wonderfully me. I have thoughts that hold credence. I can communicate with confidence that I will be heard. I am a good person and I have no guilt about being a bad child. It is okay and actually really great that I love GUS (god, universe, source—as my friend Rosanne Austin calls him). I am not afraid of love and change. And through all this I can still love my mother with all my heart without hopes or expectations of that love being requited.





THE SELF-WORTH SOLUTION

Most methods make dealing with your issues difficult and long-drawn-out.

Not my [BREAK FREE SYSTEM™](#). It dissolves the negative emotions, traumas and patterns that keep us stuck.

It is a program of self-transformation which relies on the mind-body connection. It's a more direct approach than hypnosis, meditation or mindfulness.

[BREAK FREE SYSTEM™](#) synthesizes various methods including Emotional Freedom Techniques (EFT), eutaptics® FasterEFT™,

Energy Psychology

Meridian Tapping dissolves intense emotions that get triggered when we begin to surface deeper issues.

Operating System Upgrade

This technology is perhaps the most valuable component of my system. It is also the most difficult to describe.

It differs from other practices in that it treats the mind like a computer that is infected with a software bug. (As you know, we can't rewrite a computer code by writing on the monitor. We need to get into the subconscious code.)

Once we identify a faulty code, we clear your subconscious of bad memories, blocks, beliefs, buried emotions and baggage from the past.



Visioning and Matrix Reimprinting

We then reprogram the thinking that produced the limiting belief. No matter the source. No matter how long we've held it. The change happens in the blink of an eye. How great is that?

And the best part? The changes are forever.

What do you think? Would this approach work for someone you know?

[Contact me](#)

ENDNOTES

ⁱ This work depicts actual events in the life of my client and details the process we worked through. The names of the client and her partner have been changed to respect their privacy.

ⁱⁱ A presenting issue is the problem that causes a person to seek the assistance of a professional. This was an unusual one. More typically, my client's struggle has to do with weight, alcohol, divorce, a death, a recent promotion, etc. What Natasha had in common with all my clients is that she had been struggling for years to shake off self-doubt and low self-worth.

ⁱⁱⁱ All inset quotations are Natasha's words.

^v I hope you enjoy these images as much as they delight me.

^{vi} Practitioners compare this occurrence to the process of peeling an onion. We clear away a surface matter and that allows other, often deeper issues to emerge for clearing.

^{vii} You may be asking yourself—how did we accomplish two pregnancies in such a short time when Natasha had been trying unsuccessfully for years? Well, the approach was very scientific and sophisticated on my part. 😊 I told her to stop taking her temperature every morning, let go all expectations, and just enjoy her romantic partner. As you see, it worked like a charm!



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