

It's Saturday morning and I've woken with my usual stomach churning anxiety but today is different, today I can cope with it, today I feel in control, today I'm able to turn it around.

You see life is life and I think that's what throws us when we are trying to deal with all the shit on our plate and if your like me life seems to throw you far more than you deserve, or so you feel.

I am a separated Mum to 4 amazing people and I call them people as that's what I'm raising and god knows they seem to posses more wisdom and maturity than me at times! They are my world and being a parent and role model to them is what drives me, terrifies me and fills me with everything from euphoria to absolute terror.

As I'm sure you've guessed from my writing I'm an emotional person, I'm also intelligent with a constant need to learn and be a better person but I am also over analytical. I was diagnosed with depression in 2002 at 27 and that started a mental prison for me, a barrier between myself and 'normal' people, a secret and a shame I kept to myself bar 2 other people. Fast forward 11 years 4 kids and a failed marriage and business, I was broken. I had 2 very toxic people in my life who were my constant judge and jury, 2 people lost in their own journey in life who seemed to thrive on telling me where I failed and it was constant. It got to a point where I couldn't take life anymore - I was exhausted. I had started my own business and with constant self doubt and a fear of fulfilling certain people's predictions I didn't give it my all, what if they were right?

I had been to therapy, probably attended 5 different therapists in my life and yet I felt none of them made a difference. They were telling me stuff I already knew, trying to explain maybe why other people behaved the way they did, but no tools to cope or create change, so my opinion of therapy was a little - whatever!

But last October I hit a wall, a total wall and I needed help. I have an amazing friend who works in the space so I asked her to recommend someone and she sent me to Niamh.

When it comes to explaining the difference Niamh has made in my life it is so hard to put into words. Life is life and we can't change people or make them listen. The only person we control is ourselves. Session 1 she gave me homework and I'm going to be honest I was a little "ah here how the hell is this going to work" but it did. I put it into practice and it worked.

I've had sessions where I've gone in a mess, thinking how the hell is she going to turn this around for me and she does.

I am starting to have a different view on my plate of shit! I'm grateful for it, it's making me a better person on every level. I use every opportunity to challenge myself, to learn from it, to grow. My ability to recognise the positives how ever small and appre-

ciate them is a 180 from my focus on the negatives.

The biggest change for me is that I am my own internal voice. I am learning to be kind to myself, to love myself, to put myself first. Other people's opinions about me don't factor, I now decide if I'm good enough and guess what I am.

My life is changing and it's unreal. My business has started to grow at a huge rate. I am happy in my own company and don't need to be distracted by others, my friendships have flourished and the toxins have gone and this is only the beginning of my journey with Niamh.

Thank you Niamh for being the amazing therapist you are and for teaching me the tools to grow and become the person I guess I knew deep down I was but didn't believe and for helping me take control.