

Emotionally Recovering From an Auto Accident

“Robert, I want to say "THANK YOU" to you for my current well-being! The most important thing that happened to me in last two weeks... I drove through the mountains to and from San Francisco and I DID NOT USE MY BRAKES! Yes, I didn't slow down to 30 miles/hour, didn't turn on the emergency lights and didn't sweat like crazy with each turn. It was an amazing feeling of freedom and power. I can't wait to get back in my car and drive – just to feel it again, just to prove that I CAN do it! Thank you, thank you, thank you!” Eva Moen



Minor auto accidents are something many of us encounter at some point in our lives and what may seem to be a minor trauma at the time can become something major if the effects of the trauma are ignored. We can deal with these traumas with a very easy to learn technique that will stop them from becoming big traumas that stay in the body and cause major problems later in life.

More than 6 million auto accidents occur every year and everyone reacts differently to the trauma. While some people may have no problem quickly getting right back behind the wheel, it's perfectly normal to feel shaken up after an auto accident. You might keep replaying the incident over in your head or feel nervous about driving or being a passenger in a car. Some people have nightmares about

the incident or have problems sleeping. In other cases, a person might seem fine immediately following the accident, but develop signs of trauma after some time has passed.

If you feel like you're not moving on the way you thought you would, you're not alone. As many as 40% of people who have been in auto accidents are traumatized to the extent that it turns into post-traumatic stress disorder (PTSD). If it's been several weeks or a few months since your accident and you're still having psychological issues stemming from your accident, you may be suffering from PTSD.

People all too often overlook taking care of the psychological trauma that can come with being in an auto accident, and, psychological damage is every bit as important to address as physical damage. The trauma has lodged itself in your body and it's there waiting either to discharge its energy now or grow into a problem later. When it comes to both physical or psychological trauma and the body - the body remembers what the mind forgets and negative reactions can occur out of nowhere, you can be playing sports or getting a massage and suddenly become tense or anxious because the physical body retains a memory of what the mind experiences and the mind, or brain and nervous system, retains a memory of that body experience. PTSD related to an auto accident is often considered an overlooked trigger of PTSD. These types of symptoms are not only very difficult to deal with physically, they can leave you feeling socially isolated or interfere with your life at home and at work.

An auto accident may be part of your past, but it doesn't have to dominate your future. The sooner you act in getting help, the better. Following the program I will teach you, not only will you be surprised by how well you handle the situation now, you will also be free from the reactivation of the trauma in the future. Instead of becoming upset when you recount the story, you will just tell it with the same emotions as relating what you had for breakfast that morning.

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