

August 2 2007

Resiliency for Life
Michael Ballard
640 Sheppard Ave. East
Toronto ON M2K 1B8

via email August 2 2007

Hello Michael:

Woo hoo!! It just arrived today (safe and sound). I'm jumping around doing a happy dance. I'll be needing to listen to the CD shortly just to get me to slow down. *laughs*

We tried listening to the CD last night with mixed results. Keep in mind it was the first time, so can't put too much into one event. L. seemed to really enjoy it and was doing his best to follow along. M. our youngest, 7 years old, says he enjoyed it, but he kind of ruined it for L. and me because he kept laughing and the more he laughed, the sillier he got. It seemed to have an "opposite" effect on M. [just got him wound up]. I'll try it with M. again (different scenarios) and see if that makes any difference.

"L. and M. are very different personalities. L. is hypersensitive (Asperger's Syndrome). I think L. is also more motivated to take something like this more seriously because I think he's a bit more aware of his "anxious" nature and doesn't like the **feeling [thus he enjoys the feeling of "slowing down."]**

So, **Imagine Yourself is a BIG hit for L.**; kind of a miss for M. But then again, L. is the one who stands to gain the most from it (reducing anxieties).

Today L. was having an extremely rough day. It's a LONG story, but the short version is that his oldest brother was cleaning up and rearranging the playroom. It meant that some old toys and items were being thrown away. L. does NOT handle change well at all (and has an even harder time "letting go" of things from his past). He was crying and so upset that he threw up. I was holding him and talking calmly, trying to get him to calm down. It worked -- a tiny bit. Then I left him alone and checked in on him about half an hour later. He seemed to be doing much better [still upset, but not to the point of throwing up]. He looked at me and said, "I was just listening to the rest of the CD. I'm going to listen to more of it tomorrow."

I thought that was so cool. Here he was REALLY upset, and he goes [on his own initiative] and listens to the Imagine Yourself CD to help himself calm down. I didn't suggest it to him (to be honest, I didn't even think about it). Thought I'd share that with you. He's not going to cry himself to sleep tonight (like he would have before). Thank you!!

Thank you, thank you.

T. K.

Parent of two busy young boys and two rowdy teenage boys!

Vancouver • BC • Canada