

The Life Coach



Q I am in my early 40s and childless. I don't know whether I do or don't want children. My indecision is bothering me. I have had endometriosis, probably since I was a teenager, which causes me a lot of pain and obviously also affects my ability to have children. I have tried everything from conventional to alternative medicine but nothing has really helped. I know there's no actual 'cure' but I wonder there are ways of 'managing' this condition.

A I have helped quite a few people with painful conditions. I'm currently coaching a woman – let's call her Jane – with endometriosis in a similar situation to you. She couldn't decide whether she wanted children or not, or whether having endometriosis (which can make it difficult to conceive) was allowing her to avoid making a decision. Like many people, she wasn't being 100 per cent honest with herself. Part of her didn't want to be. With some gentle nudging, she identified the pros and cons for trying to have a baby. When she asked herself for her real truth, she reached the realisation that she would be happy whether or not she had children and from then on felt more peaceful around it.

Free of the energy drain around uncertainty, she set a goal to tackle her endometriosis by dealing with the pain. We started by identifying what increased her discomfort, which was at its worst during her periods. Stress was the number one culprit. While surgery and HRT hadn't worked, heat, sleep, exercise and painkillers had a limited effect.

We worked on the theory that long-held feelings can have a physical manifestation in our bodies, exacerbating existing conditions, so releasing any anger Jane felt was an effective way of helping to heal her body. To combat this, we devised a process for forgiveness that she used to release her anger. This involved writing a 'letter that never gets sent' to, in this woman's case, her mother.

Difficult as well as positive long-held feelings are fully felt and at the same time the difficult feelings are released. In my experience, being aware of what we are feeling is an important route to healing.

Dealing with pain

I invited her to acknowledge the pain if it shows up, stop what she is doing, and treat herself in a gentle and loving way.

Also – and this might sound odd – we discussed looking at the 'positive' aspects of

endometriosis. The first thing she discovered was that when it got really bad, she had no choice but to stop. So, when she chose to build relaxation time into her daily life, she no longer needed the endometriosis to force her to relax, which, in turn, helped her condition.

Like many whose pain shows up in their bodies, Jane had had a habit of putting other people first. She had literally picked up other people's emotional pain and dramas.

As we continued the coaching, her endometriosis continued to improve. Initially she felt no significant pain at all with occasional pain at night. Another two weeks later, Jane told me she had had her least painful period ever. **NH**



Karen Skehel is a leading holistic coach. She helps people achieve whatever they want in all areas of their lives – career, relationships and health being most in demand. If you would like a FREE report: 'Five powerful

ways to heal pain using your own inner resources, please email Karen Skehel via www.karenskehelcoaching.com or call her on 020 8748 1342.