

Dear Trevor,

I would like to tell you about an incident which has helped me prove how invaluable Emotional Logic is.

When I arrived home late on Saturday, my husband was watching TV in the lounge, and the downstairs bathroom seemed to have somehow evolved into an indoor swimming pool. I noticed a fountain of water gushing from a pipe which obviously had burst. This sent me into shock. I recognised the symptoms...paralysis, dry mouth...unable to shout for help etc, and immediately thought about the days' learning. I quickly grabbed the orange cards and noticed they were about the size of the hole from where the water was pouring. Having successfully dammed that up, I withdrew to the only safe place I could think of which was dry – the large larder in the kitchen. So I sat there planning my next step, whilst eating a few pieces of cake and wondering whether this was really happening to me. I then had a terrible thought which sent me back into shock. Who would tell my husband who was still watching football?

This somehow sent me into a depression, but realising I have limitations and am therefore not answerable for his response, I decided to confront him, using my anger as a strength to do something about it. I must say there is a fine line between aggressive and assertive isn't there.

Having finished the cake which made me remember I should have been on a diet at the time, I decided to accept the disaster as just another thing. After all, worse things happen at sea, and I could always move house.

And that is what happened when I returned home from the Seminar last Saturday.

Yours truly,
Tam Lewis