

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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*"If you don't set goals
for yourself, you are
doomed to work to
achieve the goals of
someone else."*

Brian Tracy

Yale University

Research on PMS

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the bottom of the
page)**

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Good day dear woman reader!

This month brings me with a new case to offer other women on a quest of understanding their PMS symptoms. We will look at a case of painful ovulation.

I had announced this month's subject: Where do I go from now? I decided this new case could show all my readers that there is always somewhere to go when we finally leave pain and sufferings behind.

Her name is Tracy. She is a very beautiful woman in her mid-thirties. She has a long painful history that she is working her best at leaving behind, and she is doing a magnificent job at it. Now in therapy for some months, I helped her look at all she was left with after finally picking up her courage to leave a devastating marriage and a husband who had absolutely no desire for growth and change, let alone be a good loving human being. In a nutshell, "He was sure he was O.K. and also sure she was not O.K."

It has been many years since her divorce and she is still picking up the pieces. Nothing she could do or be was enough, good enough, smart enough, long enough, short enough and also ovulating enough! Tracy had been on a long fertility treatment. In her young days of marriage, and for years to follow, she was just not ovulating normally and had to be helped medically.

Numerous miscarriages were had and she still kept trying. Finally, the Miracle Baby happened! She saw that little angel as a miracle for all the hardship she was going through to help her pregnancy happen. Within the couple also reigned a nightmare for He was constantly bashing her for not even being "normal".

After over 15 years, Tracy finally started to believe all her surrounding world who was telling her how great she was at work, how good a person she was with friends and so on. She finally figured He could not so right all the time. The separation is history.

However, since her separation, now that her little angel has grown and is attending school, she has become plagued with a very painful ovulation; and sometimes, it knocks at her door twice a month. She has no other symptoms than that nagging, clock wise and sharp reminder that she is a woman.

I invited her to take a deep look at all her history, too long to tell here, and imagine that there is a link to all her pain during ovulation and find out in what

aspect her pain could become a distorted, insidious benefit or pleasure for her.

Like you, the reader, she could not see one at first. Given a good minute of silence and reflection, she realized how her ovulation simply meant she now KNEW she was NORMAL and that she could bear children if she chose too. No more need for medical help about her fertility. No more she would have to believe her ex-spouse that she was abnormal and not ovulating like “normal women do”.

A long look at all she went through during all those years of terrible psychological bashing and criticizing took her to realize that she now was on a path to prove to her that she was O.K.

A great ending for her session as she re-decided that she did not have to allow pain to prove herself she was perfect as she was.

Our next session brought me the wonderful fulfillment feeling and pleasure to hear Tracy say she had had no pain whatsoever in her last cycle. Now, she knew she was also healed.

Isn't healing great?

Blessings to you all.

NEXT MONTH: Some new numbers from my recent surveys on PMS.

P.S. Invite your friends (women and men) to fill in my surveys on my website for they help me continue my research.

Warmly:

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http://www.womenshealthmatters.ca/facts/quick_show.cfm?subject=Premenstrual%20Syndrome%20%28PMS%29