

A comparison between CBT and Logosynthesis: A client's perspective.

Everyone goes through patches in life where they meet obstacles face challenges. Mental health problems and I'm sure there are loads more. It's part of being human, but when things get too much we react as kind of like a defence to protect ourselves.

There are lots of different methods out there to help us to deal with things when things get hard or too much to handle. There are two methods, if I had every chance to throw a debate on I would. (Which I know may not happen) But I can definitely say from my experience the difference between CBT and Logosynthesis.

I've had CBT and from my experience, it doesn't get to the core. It doesn't even touch the sides. CBT is a therapy that is aimed and focuses on the % of how something or a situation affects you. It's broken down so you face the least of your fears or anxieties first. Then you work your way up to facing the worst.

I went through a phase of being scared of getting in the bath or having a wash because I thought if I did, something bad would happen during the day. I had CBT therapy for that. I can definitely say it's like walking through a black tunnel but blind. Black on black. You see no light. Step by step, no move forward. By this I mean, they are getting you to mark the % of how much something causes you distress, but how is that actually getting to the root or core of the problem? It's not. It causes more anxiety or fear on top of what some people already have.

Some people find the method helpful. I disagree with the method.

Logosynthesis is a method that is gentle but powerful. All energy healing based. Logosynthesis works by three powerful sentences, it's focus on thought, feelings and emotions. It's not about the thinking brain, the cognitive side, which CBT does because it's working on thought process. Logosynthesis works differently. By that I mean, in Logosynthesis there is no thinking. It's letting your Self be aware of what's around you: in front of you etc. Images, touch, sound, taste. You basically allow yourself to just be and listen to your body. Allowing your subconscious mind to talk. Not you. Your subconscious mind.

The more you practice this method, the more you unlock your own energy to keep moving forward and also help or guide others. It works layer by layer and resolving triggers as they arise, but don't have to resolve everything. Something can be put in a box and saved for another time.

Logosynthesis for sure changed my life and turned it around very quickly. I have had some interesting triggers and the one I had of late has been very interesting. I have gone from saying 'my anxiety' or 'what's wrong with me' to being more aware and understanding of what's triggering me. One thing I learned quickly was, saying 'my anxiety' wasn't really saying what is causing me anxiety. 'My anxiety' can mean a lot of different worries all put together. That's why having more focus and being clearer about what is bothering in the present moment is important to be able to resolve and unblock energy so there is more flow in your life. You will achieve your full potential by trusting and believing in this method.

CBT doesn't even touch the sides. I definitely say that by my own experience.

When having help and being guided, for CBT I would say the guidance it's not really guidance. It's more you're working on your own. The only help you actually get is a review on the % of the situation, fear or anxiety. The counselor is not really holding the space for someone when things get hard or emotional. The response I got was 'Poor you' or 'Let's carry on. You'll be ok.' Well, that's well and good but there is no focus on emotions or the root /core of the situation, fear or anxiety at all. I am basing this off my own personal experience. For other people, CBT may help them, but I feel that it has no effect on a person's wellbeing at all. You still end up in patterns and the feelings still remain. Really there is no guidance at all in my own personal experience. Pointless exercise.

Logosynthesis. I have had guidance. A guide to hold the space for you. There for support in resolving the situation. Trauma. Anxiety. Depression. And the list goes on.

Logosynthesis is gentle and a lot kinder on the body's wellbeing. It's not just our heads. Our body is connected to our head. We are a whole person: mind, body and spirit. It is good to have a guide when the situation or any of the above are big, and may take a few cycles of Logosynthesis to resolve it. We work layer by layer and the guide is there to hold the space and support you because sometimes the energy can feel intense (or not so intense). Knowing someone is there for you can be really helpful and a real comfort.

A message I will say and a lot of people say is: 'Trust and believe in the process'. Because trust me, it can change your life and it makes life flow and you keep moving forward. You achieve your full potential, if you keep at it.

CBT will not do this. It will only touch the sides and no more. No core work is done and patterns of behavior will keep happening. I can definitely say that because I've experienced it myself. I don't have that now. I resolve and move forward. I fully encourage people to try it because trust me it works.