

Young Adult's Observations, 2015

Your program has truly changed my life. Thanks to you I am a greatly improved version of myself. My school is much easier and social interactions have become less stressful. I can handle difficult situations without feeling overwhelmed and find I am a more pleasant person overall. The changes I began to notice soon after the listening therapy were remarkable. I felt more alert and aware of the world around me. Rather than feeling like a piece of driftwood being tossed and thrown along a river, I was now in a sleek canoe, paddling strongly and confidently charting the course of my life. I gradually noticed my abilities were expanding after going through the listening therapy, as if doors of untapped potential within myself had suddenly been opened.

When I try to recall how I felt in the past, it is difficult because how I am now is my normal. Though I do remember that everything was more difficult, but only in a vague dream-memory sort of way. Perhaps the most dramatic change I have experienced is my increased confidence to talk to people and be able to carry a regular conversation without getting lost or feeling painfully awkward. I can be relaxed and feel less inhibited in social settings. When I attended an overnight leadership retreat hosted by my school, I discovered how easy it was for me to meet and chat casually with the other students.

I have also noticed how much easier it is for me to focus and retain the lessons taught in my college classes. I especially noticed this during the lab period of my chemistry class, where I was the one leading the experiment rather than stumbling blindly behind my lab partner. I felt the joy of understanding concepts and explanations on the first try instead of needing to repeat a problem over and over in order for me to finally get it. I am also able to recognize the best studying strategies for myself and have the confidence to follow through and turn it into action.

My writing ability is another area where I noticed improvements. Words. Finding the right ones and putting them to use was always my greatest struggle. I tried to avoid writing papers as if they contained the plague. Each and every sentence was painful to finish and never seemed quite to fit in the grand scheme of the paper. I will admit I still have a strong phobia of writing, but at least it has ceased to be a paralyzing fear.