

DREW AND HIS TRAUMATIC BIRTH

By the time our twin boys were four years old, Rhett was very articulate and talkative. Drew was just the opposite, so much so that my wife and I began to grow concerned. At four years old, Drew still wasn't speaking in sentences; in fact, he rarely said a word. When he started to speak, he'd often put his hand over his mouth, as though he was afraid to say anything.

He seemed fearful in general. When we went to the neighborhood pool, Rhett jumped right in, but Drew only ever stood at the edge of the water, looking anxious. He was overly cautious about trying anything new. He was claustrophobic and also feared being locked out of the house or left behind anywhere. If he went outside to play and the door closed behind him, he would panic and scream.

Psychological testing showed that Drew had a high IQ but was not developing at the same pace as other kids his age. Hearing tests showed that his hearing was normal. There seemed to be no explanation for what was going on with Drew. After our experience with Rhett, we wondered if Drew might have trapped emotions, too. Little did we realize that they were the actual cause of his troubles. As we tested him, we quickly found a number of trapped emotions that were the result of traumatic things that had happened on the day he was born and shortly thereafter.

Jean's labor and delivery had been very long, lasting twenty-two hours total. Rhett was born first. He looked beautiful and content and immediately went to sleep. Drew was born fourteen minutes later and emerged blue and limp, looking really rough. A team of doctors circled around him, unsure if he would make it. His condition was critical.

He pulled through, but the next ten days or so continued to be very traumatic. We had taken both of the babies home when they were a couple of days old, but Drew had to be readmitted to the hospital for testing because he was unable to keep any breast milk down and was rapidly losing weight. We were told that he had picked up a life-threatening infection during his first few days. The doctors had to do a spinal tap on his tiny body and administer antibiotics intravenously to save his life.

Against our wishes, Jean and I were ordered out of the room for this procedure. We were unable to comfort Drew in any way and could only listen helplessly as he screamed in terror while the doctors repeatedly tried to insert the needles into his tiny veins and into his spine. We didn't dwell on Drew's traumatic experiences ourselves, and we never discussed these events with him when he was a child. It was very upsetting for us to even think about them.

Four years later, as far as we knew, he had no memory of these events, but he did have a lot of fear about a lot of things. One by one, we found and released the trapped emotions that related to these traumatic events. We were amazed by what Drew had perceived as an infant and how deeply it had scarred him emotionally.

He probably expected that coming into the world would be wonderful. Instead he came into an incredibly painful situation that he could scarcely cope with. It was like being born into hell. As you might imagine, he had trapped emotions of fear, terror, and abandonment. Undoubtedly, these were the exact feelings he'd had during the emergency-room procedures that we all found so difficult to endure.

Drew had also developed a trapped emotion of panic while he was in the womb waiting in line behind his reluctant brother, who was in no hurry to emerge from his dark and comfortable home. This trapped emotion of panic proved to be the reason behind his claustrophobia.

In addition, he had a trapped emotion of anger that he had inherited from his grandfather. It was actually this inherited anger that was making him reluctant to talk. He was afraid that he would hurt someone with his words, which explained why he would always cover his mouth when he spoke. We released all of these trapped emotions and retired for the night.

The next morning at breakfast, we couldn't believe the difference!

Drew was a little chatterbox. Suddenly, and for the first time in his life, he was speaking in complete sentences. Without the trapped emotions keeping him attached to the traumas of the past, he was able to let go of his fears. His claustrophobia vanished, along with his fearful attitude. He was free to become bright, happy, and inquisitive. As time went on, I realized more and more how problematic and even devastating trapped emotions can be for children and adults.

Here are a couple more stories submitted by Emotion Code users that illustrate how the Emotion Code can relieve suffering for children.