

TheTRUSTCard®

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... SUCCESSES LIST ... December 2010 ...

People are more than willing to bring us unsolicited their successes with TheTRUSTCard™. It's not that we never ask people how they are doing with it once they've had a chance to use it a little bit. We do that. And they tell us. What is far more interesting is how calmly and casually people will explain how, with the Card they have conquered something, which before their use of TheTRUSTCard™ was an enormous and often long-lasting problem or difficulty or barrier or hassle. And after starting to use it, they tell us how the problem has now faded away as though it had practically never been there in the first place.

As you will read in the Successes listed below, some of the things that happen to people are stunning and uplifting and many are truly inspiring. But, while everyone is appreciative of such outcomes when they occur and many choose to obtain additional Cards and distribute them in the hundreds or even thousands (to friends, family members both immediate and extended, employers, employees and coworkers) -- it never ceases to astound us how quietly but surely TheTRUSTCard™ seems to become an integral part of their everyday life ... as though it had always been there; all the while they'll tell us that in the past they never had such a handle on stress or panic and overwhelm in whatever form and at whatever moments these three might show up in their lives.

At first this actually troubled us. Why was TheTRUSTCard™ making only a *quiet* impact we wondered. Shouldn't it be making "a bigger splash"! And then we figured it out. One of the things that motivated our inventing and developing TheTRUSTCard™ was the fact that when people start to find things getting out of hand around them even though they might turn to the very best, kindest and least obliging sources for help, to some degree or another, they feel they have fallen into a state of dependency. Studying this further, we discovered that universally people strongly dislike being dependent on others even when they clearly are "down". So, TheTRUSTCard™ was meant to be a way to help yourself avoid or recover from being "down" without having to immediately feel dependent on someone else, to the fullest reasonable extent that might be possible. Consequently, we came to understand that when people reported their positive results and outcomes, like the ones you'll read about below, their telling their story about positive results as if this "had always been the case" ... meant that we had in fact, achieved our goal of placing into the hands of individuals and whole groups of people a way to do something about panicky, stressful or even overwhelming situations without their feeling as though they couldn't do anything *on their own* to improve things. With that introduction in mind, please enjoy this list: a supremely incomplete list at that, of the kinds of things people do for themselves because they begin using and continue to use TheTRUSTCard™.

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... SUCCESSES LIST ... December 2010 ...

Domestic Violence ...

The Stress and/or Panic and/or Overwhelm ...

R.O. , a female victim of domestic violence had been on anti-depressants for 3 years, trying to handle the after effects,

After Use Of TheTRUSTCard™ ...

Three weeks later R.O. reported, *"I haven't felt this good in three years, and I'm not taking meds anymore (My Doctor OK'd my getting off them)."*



Medical/Surgical ...

The Stress and/or Panic and/or Overwhelm ...

P.T., a surgeon at a famous medical school, experienced the typical stress accompanying regular performance of major surgery routinely

After Use Of TheTRUSTCard™ ...

The Doctor, after trying it out and concluding its value for himself, now uses TheTRUSTCard™ before every surgery. He reports that he is more relaxed and focused during surgery.



Insomnia ...

The Stress and/or Panic and/or Overwhelm ...

A woman, R.J., was having trouble falling asleep. She didn't want to use drugs to try to solve the problem. But sleeping pills were for years the only way she could fall asleep.

After Use Of TheTRUSTCard™ ...

R.J., now uses TheTRUSTCard™ to help her fall asleep. She said that she no longer needs "sleeping pills"; instead totally relies on it instead of the pills.



Diabetes Control & Blood Sugar Maintenance ...

The Stress and/or Panic and/or Overwhelm ...

Patients in a Midwest diabetic support group have reported that they worried about their blood sugar and controlling it properly.

After Use Of TheTRUSTCard™ ...

They now use TheTRUSTCard™ to assist them to control the worry which was previously at times very upsetting. They have reported better control over their worry AND their blood sugar levels.



Education ...

The Stress and/or Panic and/or Overwhelm ...

E.S., a 6th & 7th Grade Math Teacher, teaches in College Prep School, high stress environment for students with pressure on students to succeed. E.S. has a student who does all homework well, but does not score well on tests.

After Use Of TheTRUSTCard™ ...

E.S. introduced this student to TheTRUSTCard™ and the student scored 100% on next quiz and her first “A” on a test in two years. Her other 90 students thereafter eagerly said they too wanted to get TheTRUSTCard™ and asked her, as a group, for their own copies. All of her students now each have two Cards of their own



More Education ... Homeschool Parenting ...

The Stress and/or Panic and/or Overwhelm ...

D.P. & BP, a Mom & Dad have two children that they homeschool. Keeping the children focused but relaxed while learning and studying was a challenge, despite the benefits of homeschooling to which they were both committed.

After Use Of TheTRUSTCard™ ...

The children were shown how to use TheTRUSTCard™ by their Mom & Dad from the time they were still in their early homeschool grades. Now, whenever the kids get antsy or their attention drifts or they start to act up or resist going through their lessons, they have learned to use TheTRUSTCard™ and quickly refocus. Learning and studying this way, they are an average of two years ahead of their grade level; and they both plan to be ready for college three years early. In addition, TheTRUSTCard™ has allowed them to “grow up” faster than the other children in the homeschool group they are part of.



More Education ... Special Needs Children

The Stress and/or Panic and/or Overwhelm ...

V.L., is a single mother of two. One of her children was diagnosed a few years ago with Autism, the other with Attention Deficit Disorder. As a result, studying was challenging for both of them.

After Use Of TheTRUSTCard™ ...

After V.L. was given TheTRUSTCard™, by her Family Doctor, she gave copies to each of her children, not entirely sure what they would do with them. Her kids chose to start using them to help them study for and get good grades on their tests at school and to study in general.



Bereavement ...

The Stress and/or Panic and/or Overwhelm ...

J., a son of elderly parents –his mom had a stroke. His dad became both very depressed and stressed. Mother was expected not to survive for very long.

After Use Of TheTRUSTCard™ ...

J. eventually became aware of and introduced his dad to TheTRUSTCard™, after finding success with it himself and felt that his dad immediately relaxed. One month later after his mom's death, J. reported that TheTRUSTCard™ had really helped his dad deal with his mother's death; and that he still always has the Card in his pocket.



Heart Attack Stress & Recovery/ More on Special Needs Children ...

The Stress and/or Panic and/or Overwhelm ...

Dr. G., a medical doctor, and a friend of one of TheTRUSTCard™ National Sponsors had a heart attack, and was very stressed about his future health.

After Use Of TheTRUSTCard™ ...

This TRUSTCard™ National Sponsor, who lived in a distant city, sent TheTRUSTCard™, several copies in fact, by overnight service. The Doctor, upon using it reported feeling much better, and relaxed since using TheTRUSTCard™. His wife teaches autistic kids at a local school. One day the kids were out of control and the Doctor's wife remembered TheTRUSTCard™. She started doing using TheTRUSTCard™ procedure with the kids, and in ten minutes, a situation which ordinarily was only barely handled by recruiting Special Ed Teachers the class was calm.



SportSXStress Protocol™ ... Special Application of TheTRUSTCard™ For Coaches & Athletes ...

M.F. ... Men's Triathlete ...

... has reported that The SportSXStress Protocol™ is a regular part of his training regimen and has specifically assisted him in overcoming performance anxiety related to the swimming portion of the triathlon. In addition, M.F. reports that The SportSXStress Protocol™ assisted him in overcoming his previous debilitating panic that often occurs during the swim portion of the event in natural bodies of water.



S.S. ... a Male, High School Women's-Softball Coach ...

... The young women range in age from 15-18 Years Old. S.S. has incorporated The SportSXStress Protocol™ into practice and actual game situations and has reported that the protocol decreased performance anxiety and improved on field performance. In fact, one member of the team, M.L., reported that her



teammates developed their own short-hand version that they would say to each other before “at bats” and at conferences on the pitcher’s mound. The short-hand was “3 plus 1 equals 4” to remind them of one technique from **The SportSXStress Protocol™** and the school’s 3 prior state championships. M.L. reported it to be a team unifying regimen. They came in 2nd statewide that season after a slow start before use of the protocol.

D.V. ... Travel League Male Women’s-Softball Coach ...

... has reported that **The SportSXStress Protocol™** is being used during games with players ranging in age from **12-14** as a way to quickly calm down high stress moments for their young women players.



S.S. ... Men’s High-School Wrestling Coach ...

... has reported using **The SportSXStress Protocol™** with high school wrestlers and like the other testimonials, reports a decrease in performance-related anxiety and competition-related worry.



E.W. ... Amateur Men’s Golfer uses ...

... **The SportSXStress Protocol™** and has reported that it got him “over the hump” when his previous putting performance and the resultant anxiety severely limited his success to such an extent that he was ready to “quit golf”.



D.B. ... Young Men’s Amateur Hockey Coach ...

... has reported that **The SportSXStress Protocol™** has also been used in amateur hockey with success in keeping boys ranging in **ages 12-14** “focused” and “in control” during practice and game situations.



L.M. ... A Female Martial Artist & A Women’s National Champion In

Karate, uses **The SportSXStress Protocol™** herself as part of her training regimen. She has found it to be particularly helpful to minimize or eliminate pre-tournament anxiety related to performance and confidence. L.M. is also the **Mother of 3 Children** who are also involved in the martial arts and has started to incorporate the protocol into the training for her children. L.M. is convinced that the protocol is ideal for her sport due to its simplicity and portability.

