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Mark had come round to see the children, but instead of hiding in my bedroom, I went into the hallway where he was standing with my eldest daughter.

Before I knew it I was asking him if I could give him a hug. He was as surprised as I was but said yes and we hugged each other while my daughter stared in surprise.

I realised I felt totally different towards Mark. For the months since we'd split up I'd seen him as a malevolent stranger, hurting me with everything he did and said. Now he was just Mark, a man from my past, the father of my children and a human being who simply made mistakes.

My changed behaviour had a knock-on effect on Mark, too. I told him how much distress and pain he'd caused me and the children and to my surprise he

texted me later that day, saying that he was 'deeply sorry'. I had wanted but never expected an apology from him, so this was hugely significant for me.

Of course, it hasn't been all sweetness and light since my breakthrough moment. When I found out recently that he'd taken his girlfriend away for the weekend to meet his mother, I ran upstairs and cried into my pillow.

And the first night he had our youngest daughter at the flat he shares with his girlfriend, I had a sleepless night wondering how it was going and secretly hoping my daughter wouldn't like her.

But the more I did TRE, the easier I found it to let go of things that in the past had bothered me.

After my sixth and final session with Caroline, she told me I had changed perceptibly since she'd first met me.

'You seem lighter, happier and

calmer,' she told me. Due to the nature of the technique, which I can practise at home without equipment or expense, I have a tool I can use for life. Now, whenever I feel myself getting stressed or upset, I go to my bedroom at the earliest opportunity and lie down on my yoga mat for a session of TRE.

The impact on my whole family has been enormous. The children now hear me singing round the house again, and when I speak of their father I do so without gritting my teeth.

While I can't imagine being exactly 'friends' with Mark just yet, I have recently spoken to and agreed to meet his girlfriend — another huge breakthrough.

And my children's request that we spend Christmas together as a family doesn't feel quite so far-fetched.

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