



Healing internal family systems

Guest: Dr Eva Detko

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[00:00:10] Alex Howard

Welcome, everyone to this interview where I'm really happy to be talking with Dr Eva Detko. Firstly, Eva, welcome. Thank you for joining me.

Dr Eva Detko

Thank you so much for inviting me. I love talking to you. I'm sure we're going to bring it again this time.

Alex Howard

We've done this a few times over the years. I think today's going to be interesting, though, we're having a different topic. We've talked together a fair bit on the nervous system and the vagus nerve in some different ways before. But today we're going to be talking about working with our inner family. We all have a family that lives inside of us that often has a big impact on shaping how we feel, how we relate to others, how we relate to the world. I think it's really in the context of understanding our trauma, and healing from trauma, it can be a really important piece.

Just to give people Eva's background, Dr Eva Detko is a natural healthcare practitioner, author and speaker. She has studied natural medicine and the human mind for 23 years. Dr Eva successfully recovered from chronic fatigue and fibromyalgia and reversed Hashimoto thyroiditis. She now helps others recover their health.

Dr Eva has extensive knowledge and experience in the field of human physiology, biochemistry, nutritional sciences, and bioenergetics. She also uses a wide range of mind transforming modalities, including Havening techniques, brain working recursive therapy, psychoanalysis, hypnotherapy, mindfulness, NLP, transaction analysis, and applied psychoneuroimmunology.

It's quite a lot of training there, Eva. I know you like to keep yourself busy. So maybe just as a bit of a frame to give us some context to this conversation, when we talk about an inner family, what do we actually mean by that?

Dr Eva Detko

Yes, it's certainly a good place to start. People may be aware of all sorts of forms of parts therapy. There are different things, different ways, let's say, that we can divide our psyche into. So there's this method called Warriors, Settlers and Nomads, there's lots of different ways in which we can approach

it. But the one that I work with quite a bit, particularly because I deal a lot with chronic illness and therefore attachment trauma, and this is a very neat way to understand what goes on in our head, is the transactional analysis.

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So we're basically talking about, in our inner family, we're talking about inner child and inner parent in particular, but obviously we also have our adult ego state. So I'll explain a bit more about this, but just a bit of a background. Transactional analysis is a psychoanalytic theory. This was originally developed by Eric Berne and other people have then taken it in all sorts of directions. And in fact, somebody who has studied transactional analysis may be listening to me and may be going, you are totally butchering it because you're not going deep enough into this and that.

So I'm going to preempt it and say, I actually personally believe that a lot of transactional analysis is unnecessarily over complicated, and I don't actually necessarily want to use it in that way. But I actually still think that when we take it at a really basic level, we can do really great work with it, particularly as we then combine it with other tools. Which I do, because I'll combine it with things like Havening. If somebody does EFT, they can bring EFT into it or whatever other methods. We can essentially combine it with other things. And at this very simple level we're really talking about interactions. That's why it's called transaction analysis, because those kind of social interactions, or those interactions between the different parts of a psyche are essentially called transactions. So that's why it's called transactional analysis.

And we're really talking about, in this case, we're talking about those three ego states about our child, our parent and our adult. And we can use transaction analysis to help ourselves figure out what goes on inside our own head. But of course, let's not forget, and that's a big focus of transaction analysis is actually how we can relate to other people. And so we can apply it in relationships to actually improve relationships as well.

Alex Howard

I think one of the really helpful things about using, be it a TA model, be it a parts model, is the recognition that often our anxiety or our confusion or our overwhelm is because there are different, in a sense, aspects of ourselves with different desires or pulling in different directions. And maybe say a bit about how that can manifest and perhaps what some of these different aspects might be.

Dr Eva Detko

Yes, absolutely. People will probably relate to this, when it feels like you have this battle inside your head going on, that's basically it, that's what we're talking about. And let's not forget that this basically means emotional conflict, and emotional conflict is one of the biggest contributors to what I call emotional toxicity, and really what contributes a lot to nervous system dysregulation that we have covered on many occasions before. So it's a big deal. If we can resolve this inner emotional conflict, then we can create more inner peace, basically, more of this kind of seamless operation.

When things happen inside our heads, we don't argue with ourselves because, that's what it feels like, it feels like, ah. Sometimes people refer to it like having the angel on one shoulder and the devil on the other. So that's basically it.

And it could be, for instance, just as an example, let's just say that somebody has got, let's say they've got social anxiety and they're thinking of going to a party and the inner child goes, oh, but I don't

really want to go because people will judge me. And I don't really feel that this is going to be a good experience. And then maybe the inner parent comes in or critical parent, because as we will discuss, there are different aspects. And the critical parent's like, yeah, because you always say stupid things or do stupid things and this and that. And then maybe this adult part will come in and go, well, actually, you can't presume people won't like you because you haven't met them yet. So really logically speaking, because that's your adult rational, logical, you should just give it a go and just be open and see what happens.

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They could be going back and forth inside their head and completely agonizing over this thing rather than just go to the party and enjoy it.

Alex Howard

It can feel like in a civil war sometimes. It's just like this battle that's going on. And maybe say a little bit about how that can then affect our mental, emotional and our physical health and wellbeing, when there's that ongoing inner conflict that's happening.

Dr Eva Detko

Yeah. I think it's really important to say, why do we even bother with this? Why do we even talk about this at all? It's really important to understand what I just said, that inner family conflict, this constant push and pull, this constant being at war with yourself inside your own head, it basically equals emotional conflict. And emotional conflict is toxic to your mind and to your body, because it will then create things like negative, destructive thoughts. It will create chronic fears, chronic anxiety, chronic guilt, chronic shame, chronic anger. It will potentially create sabotaging behaviors like destructive behaviors.

And, of course, it will make you, when somebody already has poor self worth and this erosion of identity, it will make that worse. It will make that worse. And, of course, all of those things combined, that's chronic stress. And we often say, Alex, you often emphasize, and I do too, is that this sort of chronic stress, people desensitized to because they've probably been having those emotional conflicts and those chronic and negative emotional states that they're stewing for so long that they don't even observe it as a thing, necessarily, it's just something that they live with. And there's something that they've grown accustomed to. But ultimately, we still need to point this out, that this is a form of chronic stress.

And obviously, chronic stress means lower resilience, means greater susceptibility to trauma. So from the point of view of mental and emotional health, if you create the chronic stress situation, it actually lowers your neurological resilience and your emotional resilience, which makes you susceptible to further trauma. Because obviously, those emotional conflicts, the root cause of that will be some form of trauma. But as that is not resolved, this potentially makes you more susceptible to further trauma.

From the point of view of physical health, we're talking about autonomic nervous system dysregulation because of all that chronic stress, all this burden that essentially plunges you into survival states, because if you have those emotional conflicts, you're going to activate fight, flight or freeze all the time. So that is one aspect of it. So as you dysregulate the autonomic nervous system, you keep strengthening the fight and flight, and your rest and digest is getting sort of like, I was talking to Jason Prall, and he actually said he said it's like wet noodle. It's like there's no tone. There's

no oomph in it anymore because you're activating the other side all the time. And so that's what we essentially describe as poor vagal tone.

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It will also lead to HPA axis dysregulation and potentially also gene expression as well. So from the point of view of your biological health you're then talking about compromised immune function, and compromised organ function, just systemically this is bad news for the body. And we also previously talked about cell danger response, obviously that feeds into that as well. Because what happens on the cellular level and on the body level, it runs in parallel. So that's really why we want to pay attention to our inner family and our conflicts, the battles inside our head.

Alex Howard

And can you say a bit about how these dynamics get set up? Like how some of the traumas we might have experienced, particularly in our developmental years, might have shaped some of these internal patterns.

Dr Eva Detko

We could be talking intergenerational trauma and even ancestral trauma, trauma that sits in our energy field. But even if we just think about our lifetime and the here and now for each individual, this stuff get set up as early as conception, the womb and then the birth process. Because we obviously know there is a lot of trauma for a lot of people surrounding birth because of this highly medicalized way in which we do this in the West. It's a seemingly natural process but we've managed to medicalize the hell out of it. Luckily it's coming round now, and people are recognizing that creating a calm environment during the birthing process will give a child a much better start in life. And that's absolutely the case.

That was definitely true for me, I had a birth trauma, and then my mother was obviously highly compromised during that whole process because of the death of her sister and that grief process that she was going through really compromised the pregnancy. The birth itself was traumatic. With my own example, that's how it started, the poor neurological resilience that I was talking about earlier, that for me started with that trauma in the womb when my sibling died in the womb and then the birth trauma.

So then obviously, I come into this world and if I'm a sensitive child, which a lot of people with chronic illness have a higher level of sensitivity, and a lot of them are empaths. And that's actually really important to recognize, because a child who is more sensitive will have different emotional needs. And again, our Western society is a little bit weird that way because in a lot of households and a lot of families, when the child is a little bit more expressive, is a little bit more sensitive.

Even though the parents do mean well, oftentimes there could be a lot of dismissal, and there could be a lot of, don't be so overly sensitive. There's nothing to cry about. And so when there's a lot of that going on and children are not allowed to express themselves in the way that they want to, essentially they feel they're not okay as they are. Like, I'm not okay to say what I want to say or cry when I want to cry or whatever. So that's definitely a big aspect of that.

And then, of course, I'm not even mentioning abuse, neglect, I'm not even going to go near that. I'm literally just, at the moment, talking about how somebody who has got loving and caring parents could end up with this feeling of not feeling safe to be who they are. And essentially the perspective

of the child is all that matters. Just because the parents think that they're doing their best and they're satisfying the child's emotional needs doesn't really mean anything. It's the perspective of the child.

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So as we're now going to talk about transaction analysis, I will explain a little bit of how that comes about, because it really is all about the interpretation of the external environment by their child, regardless of what people around them may be thinking is good or bad. It's really all about that internal perspective. So it's not objective in any way.

And that's the issue because the adults around that child have to be really switched on, really switched on to be able to respond to this child's needs in the correct way. And obviously, if that's not the case, then the child will not feel safe. Then they're going to start having all sorts of adaptations because they feel like they need to survive. So they may create all sorts of adaptations, like overachieving, perfectionism, all of that sort of stuff. And that already creates this poor neurological resilience, which then makes us more susceptible to further trauma.

And that's just from an attachment perspective. If there are any bigger traumas, like maybe there is a divorce or maybe there's bullying or abuse or 'go to the bed', something really bad happens and the child has to survive somehow, there could be dissociation, there could be all sorts of things like that, and that essentially sets the nervous system and the brain up for subsequent trauma. So the more traumatized this individual is as a child, the more susceptible they're going to be going forward. And the more traumatized they can be by even the tiniest of things, because their system and their biology is conditioned to be on red alert for any threat, whether they are real or imagined, which we know most of the time the threats are not real.

Alex Howard

Can you also say something about how our internal family system then impacts our external relationships. And specifically, what I mean is, for example, if someone's got a very critical inner critic or a harsh adult voice internally, then they're more likely to resonate with people in the world which are critical. So it's not just what we're living with internally, it also impacts the relationships that we are drawn to and attract in the rest of our lives.

Dr Eva Detko

Yeah. Absolutely. Because obviously, we're going to have this issue with projection. So if somebody feels crap about themselves, for whatever reason, or they have a fear of rejection, fear of criticism, fear of failure, they're going to look, that's the bias and that's what they're going to look for externally.

So this is why we always say, if you want to be loved, then you need to love yourself first. Because if you feel like you're not lovable, which often absolutely comes from those initial experiences that we have, even though they may not be, like I said, super big traumas, but those little micro moments where we don't feel our needs are being met and then we just feel we're not okay as we are, even that will mean if you go forward into your adulthood feeling, I'm not okay being who I am. I'm not okay to express myself the way I want to express myself, because I'm going to be judged by other people. And if you always expect to be judged by other people, if you expect to be rejected, if you expect to be criticized and judged, then guess what? That's exactly what's going to materialize, unfortunately.

And so this is why, with transactional analysis, we're talking about the internal relationship between those different parts. But we're also talking about recognizing those parts in other people. So once

you learn a little bit about transactional analysis, which is not difficult, you're going to be understanding that the person you're speaking to is actually coming at you from the critical parent or from that wounded child. And then you can actually alter how you respond. And you can put that conversation, that relationship, on a completely different track.

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So to me, this TA thing and the parts that we're talking about, this is part of the awareness building. And so it's obviously going to be easier if we understand that we have different aspects, because we set this child ego state from the point of TA, a child ego state, parent ego state and adult ego state. And so with child ego state, this is really literally, as I'm sure listeners already know, and viewers already know, that when we are in the first few years of our lives we don't really have a great deal of ability to rationalize. The rational thinking is not developed yet. So everything is registered. It's almost like a recording. Everything gets recorded, everything gets taken at face value.

So that child ego state is basically a recording that is made by this child based on what they experience, what's coming at them from the external and how it makes them feel. So how it makes them feel is the child recording. So the child ego state is all about feelings. Whereas the parent ego state is more to do with the programs that are essentially all the unquestioned, imposed, external things by parents, by guardians, by whoever. So there's stuff coming at us and we go, oh, okay, that's how it is. We don't really question, we don't rationalize, we just record it.

So oftentimes, we're talking about the how to data, which can be very useful because of course not all of it is limiting to us, because if a parent says, don't put your hand on the fire because that's going to end badly for you, then that's also recorded in the parent. And that's actually really useful information so then we don't go and randomly put our hands on the fire. That's really great.

But unfortunately, a lot of the parent ego state will be to do with this recording done around all the rules and laws and regulations and the parental beliefs, the parental truths that are not necessarily our truths, but they are their truths, and they're basically dumping it on to us at those early stages where we don't really have any discernment and we can't decide for ourselves, hey, do I really want to do that? Do I believe that? So this is why we just recorded without any discernment or scrutiny.

And then we also record how we feel about what's coming at us, and that's the child ego state. Now, as we start developing and growing, we start to learn things for ourselves, and we learn to manipulate objects and do different things, we learn by experiencing. And as we're gaining our own knowledge of how things work, that starts to be recorded in the adult. So then at some point the adult will become stronger, because at the beginning in the adult it's almost nonexistent because we don't have this ability to rationalize.

But at some point the adult ego state is going to be the result of the child finding out for themselves what is different about life from what they've been taught by the parent, and also from what they felt as a child. And so they're starting to make sense of the world in their own way, which is more, it's a more objective way. And so therefore, really, when we're talking about the balance between the different parts of the psyche, we want a child, because we have two aspects, the child can be wounded or the child could be spontaneous, creative, happy. That's also our child, our child is about spontaneity is about creativity. We don't want to get rid of that. That's amazing. We want to keep our child in that state, in that creative, fun-loving, spontaneous state. And then the parent can be critical, but the parent can also be nurturing.

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So what we essentially want to achieve here is to always bring things to the adults, they're looking at things as they actually are, rather than what our wounded child is telling us or what the critical parent is telling us. We want to take a step back and look at the situation from the adult perspective. And then definitely we want to be making sure that we heal the child so the child is not wounded, it's spontaneous and free and creative. And then the parent we want to completely banish, in my opinion, the critical parent, we don't need that at all. And then we want to make our parent into this nurturing, loving parent.

And so when we do that at the psyche level, that's when you get inner peace, that's when you get everything nicely cooperating and agreeing and supporting. So we want the parts of the psyche that we cultivate, we want them to be supportive of each other rather than fighting together and doing the things that we described at the beginning. So I hope that makes sense.

Alex Howard

It does. It's almost like there are different challenges and different gifts with each of these different aspects, in a sense. What helps the transformation of each of them? It's a slightly different journey to happen with each. So the child needs to heal to allow that spontaneity, the parent will need to calm the critic to allow the support. What helps support those transformations?

Dr Eva Detko

So it's a process, of course, because we are dealing with attachment trauma so a lot of it will come from attachment trauma. And we always talk a lot about that awareness is really the first step, and then it's very much, what I would say, building awareness around it is the first step.

So in this case, we want to start to recognize, when we deal with people or when we deal with situations, the specific awareness around this would be to go, did I just respond from my child? Did I just throw my toys out of the pram? Or maybe I just went ultra critical on somebody, in which case, yeah that's my critical parent kicking in right there. So it's really good to just check in with yourself and see, how am I responding in certain situations?

So let's say somebody says something in a certain tone of voice or maybe uses a specific phrase or word, and then you immediately feel yourself responding from your adult or from your child, that actually is a really good awareness building exercise because it also tells you about your triggers. And then you can go and work on those emotional triggers, which again, will bring us back to different traumas.

So in terms of the awareness building around that, it's a really fun thing to do. It's a fun thing to do to start to recognize how you switch between those states all the time, which we do, we constantly switch between those states. Even if you go out with your kids and maybe you want to go on a slide as an adult and you really want to have fun, well, you're in your child, but that's your free, spontaneous child so you should definitely allow yourself to do that. And so we're constantly switching between those states.

So the first thing is to start recognizing when you are doing it, when you're switching and what you're switching between. And also observe other people and see how they are responding to you in various situations and how, for example, you can be inclined to respond in a certain way that you always respond.

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So, for instance, somebody says something to you and you go, no, that's not true. You just hurt my feelings. I'm exaggerating, but that would be the child having their feelings hurt. And what actually happens is that then they will respond in a certain way and you will see that it's always the same pattern all the time, if you're dealing with the same person. I mean, let's say you always have the same argument about the same thing, so it's always going to go the same way. They're going to do the critical parent, you're going to do your wounded child, they're going to do more critical parent, however, like different patterns for different situations. But that's basically how it goes.

Now notice what happens when you actually take a step back and go, I'm actually going to respond from my adult, and I'm going to just say, well, actually considering this and that and the other, logically speaking and rationally speaking, I think it's blah, blah, blah. Which is obviously how the adult will talk. Your adult will talk in that rational, objective sort of way. And then notice how that interaction goes, because I can absolutely promise you that interaction will not do the same domino effect that it always does, because now that you've responded differently, this person cannot do the same critical parenting anymore because it's not going to work, it's not going to work on the adult. It's only going to work on the wounded child because the adult will not play. The adult will not play.

That sort of thing is a little step to this self awareness building, but it's a fun thing to do, I think it's really interesting to observe that.

Alex Howard

I'd also say it can be a fun thing if one takes the attitude of it being fun. Because one can also go into a place of, oh my God, the inner critic or the critical parent comes along, oh my God, I'm so messed up, I'm never going to be able to change this. Or one goes to that more wounded child place and it just becomes overwhelming. So what you're saying is that having an attitude of playfulness and an attitude of non judgment is important to be able to open this up.

Dr Eva Detko

And curiosity, as we say, we said it a million times before, we repeat it over and over because it needs to sink in. Emotions are just energy. Emotion it's not something that's going to stick around unless you make it stick around by creating resistance and attachment. So you're not crazy, you're not defective, we know those things, those patterns, those attachments, adaptations, those different things that we've got going on, we've adapted, we had to survive. That is what we created in order to help us move forward and actually live our lives. And there's absolutely no judgment. And there should be no judgment. It is what it is. And we can definitely heal that.

So let's have a little bit of curiosity. And actually, I know somebody can be really hardcore about it and get really spooked about their own responses, but if you approach it from this point of view of, that's really interesting, I see what I've just done, that's really interesting. Believe it or not, even though it's a psychotherapy technique. And we know that for healing trauma, we need hardcore rewiring. But actually, when you have that attitude of, oh, yeah, that's interesting I've just done that, that can rewire a pathway on its own.

And I can tell you I have actually done this myself when you introduce a little bit of curiosity with this non judgment, and you just become a little bit of an observer and you're almost like, you think, okay, that was funny what I've just done. I know it's where it's coming from, that's because this person in the past did this to me, and that made me respond in that way. And now every time I detect that tone of

voice, I will respond the same way. But I know where that pattern is coming from. That can actually diffuse a lot of that pattern.

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It's funny because it's cognitive. Really, it's almost like you're thinking, how can you do that with just something this silly? But actually, there are those situations where you can diffuse something really heavy with this kind of approach. I'm sure you've had examples of that yourself in your work.

Alex Howard

As you know, I'm a massive fan of the power of self awareness, and I think sometimes it gets lost in all the complexity of different tools and strategies. And sometimes if we can really see it, that alone gives us a choice. But you mentioned triggers. Sometimes we have a lot of reactivity that comes up and we can see the pattern but we can't get free of the pattern. What do you find helps when there's that strong reactivity that's going on? That a rational healthy parent's insight is not enough to get us free from.

Dr Eva Detko

Yeah. I'm not going to suggest that transaction analysis on its own is going to solve all your problems and traumas because it's just one tool. It's a great tool for building awareness, but it has its limitations. Sometimes we need some heavy guns like EFT or Havening or EMDR or something like that, because essentially we need to track that trigger. Ideally, if we can, that would be ideal, because if we can trace the trigger to the first time we ever had that response, although, of course, if it's very early on in life, we probably won't.

But let's say that, let's just give an example first of all. Let's say there's a heavy trigger and it just comes around, knocks us out and it's like we are not in the mood to be curious or interesting or whatever. But if we can trace back to the original sensitizing event, then with something like event Havening, obviously people have other tools, but then I can deal with that event in a matter of minutes. And then that's it, that collapses that neurological domino. And it may not ever be a problem again. Or maybe we need to do some mopping up work whereby we're looking at some other events because obviously, there would have been probably more than one event to cause that sort of response, that sort of trigger.

So obviously, sometimes we do need to pull out the big guns and go after the trauma and heal the trauma. That's the best way, because that's the root cause. Once you heal the root cause, you no longer have a problem. And you find that if you do a really good session on your root cause and you come to the same situation, and usually it's very interesting because people expect themselves to respond a certain way and then they go, I didn't actually feel quite the need to do it the same way. Something's different.

So sometimes it can be very profound and very pronounced and you notice that, wow I feel completely different. Other times, it may be that it will take you a few sessions of going through those different events that contributed to you having that trigger and healing those events. And then next time around you go, yeah, that's actually interesting. I'm not feeling this aggravated anymore or this activated anymore.

So that would be one of the things that you can do. Obviously, if we're talking about events that you have no memories from, like earlier times, really when we're talking about, particularly healing the

wounded child, I use lots of protocols, which I do again combine with Havening, but essentially, they are really visualizations and you will go to the time when you are really young that you may not even have any memories from. And a lot of the time that is the case, that people will have no memories of some of those earlier years, but nothing is stopping them from going and interacting with their inner child as their adult self and doing a lot of nurturing type activities within a child. Maybe going and even creating scenarios like memories that are not really necessary facts or real.

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So I do a lot of alternative memory work. I do love alternative memory work personally, I know it's not everybody's cup of tea. I personally love it because the bottom line is our memories are mainly fictional anyway. So if we have them fictional in a bad way, we could make them fictional in a good way. And so I am definitely a fan of that.

So, say you have a vague memory that somebody was teasing you in school, that you were not quite happy at school for whatever reason. But you don't have a specific memory but you know that school was not great. You could go and bring your adult self into that scenario to protect your younger self and then be there as a protector, as a champion of your younger self, and let your younger self perhaps create alternative endings, outcomes to the different things that may have been going on in your childhood.

But the important thing is that the adult is there to keep the child safe, to protect the child, to give the child the support, the resources, the strength, the love, the affection that the child needs. And those are some of the most really powerful matters when it comes to healing attachment trauma. It doesn't have to be complicated, actually, visualizations are very powerful. And when somebody starts this work, they may actually find that they, and I've had this with clients, I would ask them to go and find the younger self, maybe in the house where they first grew up and the little infant lying in the cot, and I want them to pick the infant up and be in their body as an adult, but pick this infant up and just give them love and affection.

And when somebody has really poor self worth and has a lot of unresolved attachment issues, sometimes they go, that doesn't feel good. I just can't even do that. So that is a very good indicator that you need to do that more, because if you feel disgusted with your younger self or you don't have that connection with your younger self, you're going to have a really hard time healing your attachment trauma.

You need to at least be at a point where you can give your younger self plenty of love and affection, and then you do it and you do it and you do it and you keep those visualizations going, you support it with positive affirmations as well. And then eventually you will heal your inner family that way, even if you don't have specific memories.

Alex Howard

I think what's really important in what you're saying is, just like if there are tensions in a dynamic in the workplace or in an intimate relationship with our own family, if we work on understanding those dynamics and healing them, they can transform. They can change and our inner landscape can be very different.

[00:40:36] Dr Eva Detko

Yeah. Absolutely. And that's what we want. If we want health on a physical level, and obviously emotional, but we're talking about physical health as well. We have to be able to make our mind go quiet and not have that internal battle and conflict going on. And that is basically one of the tools, it's not the ultimate tool for sure, it's just one of the tools that can help us do it. But it's a bit of a process. It's a process. And we have to be interested and curious and wanting to build that awareness.

Because obviously, we know, Alex, that a lot of people with chronic illness are completely disconnected from themselves. I call them floating heads. Okay, maybe that's a bit mean, but it describes somebody who just lives in their head and is completely unaware of what's going on in the body and the body just throws symptom after symptom going, hello, I'm still here. Pay attention. So if we're going to heal that if we're going to make that connection, then we do need to go in, we need to connect with ourselves, we need to connect with our triggers, we need to connect with what we feel. There is really no other way.

But I just encourage people to be curious, not judge yourself for being crazy, being defective or any of that, throw that out the window. You are great. You are absolutely where you need to be. And maybe you are here listening to this and maybe this is now a point where you're thinking, yeah maybe I'm ready to look into that now. And maybe previously you weren't. Because you have to have that readiness for change. I think that's quite important as well.

[00:42:28] Alex Howard

Yeah. It's so true. It's so true.

Eva, I'm mindful we're out of time. For people that want to find out more about you and your work, what's the best way to do that and what can they find?

Dr Eva Detko

So really the best place is to come to my website, dr-eva.com and I've got all sorts of free e-books, freebies, and also various resources that can help with the sort of issues that we were talking about here today.

Alex Howard

Fantastic. Eva, it's always a pleasure. Thank you so much for your time today.

Dr Eva Detko

Thank you so much. Thank you for having me. I hope this was useful.