

# Memoir of Undiagnosed PTSD: A Journey of Healing through the Power of Horses

## A Silent Struggle Unraveled

In the tapestry of life, trauma can weave its threads unnoticed, obscuring the path to well-being. Undiagnosed PTSD, a hidden torment, can linger in the shadows, subtly shaping our thoughts, emotions, and behaviors. This memoir invites you into a deeply personal journey, uncovering the debilitating effects of undiagnosed PTSD and the remarkable healing that emerged through an unexpected bond.



## Follow Me, Friend: A Memoir of Undiagnosed PTSD, and the Healing Power of the Horse-Human

**Relationship** by Cheryl L. Eriksen

★★★★☆ 4.9 out of 5

Language : English  
File size : 5914 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages  
Lending : Enabled



## The Silent Torment: Unseen Scars of Trauma

The author, once a vibrant and optimistic soul, found herself lost in a labyrinth of anxiety, depression, and self-doubt. Unresolved trauma from her past had imprinted itself upon her mind, creating a constant state of

hypervigilance, emotional dysregulation, and shattered self-esteem. As she struggled to make sense of her inner turmoil, the world seemed to blur into a relentless cycle of triggers and flashbacks.

## **The Equine Connection: A Beacon of Hope**

In the depths of her despair, a glimmer of hope appeared in the form of horses. Drawn to their gentle nature and intuitive presence, she embarked on a therapeutic journey that would forever alter her life's trajectory. Through the unwavering companionship of her equine partners, she began to unravel the tangled threads of her trauma, one step at a time.

## **A Healing Sanctuary in the Horse's Presence**

The horse-human relationship became a safe haven, a sanctuary where she could shed the heavy cloak of shame and vulnerability. In the company of these majestic creatures, she found solace, acceptance, and a profound sense of belonging. Their non-judgmental presence allowed her to confront her fears and work through her emotional pain without fear of rejection.

## **The Transformative Power of Equine Therapy**

As she delved deeper into equine therapy, she discovered the transformative power of nonverbal communication. Through guided exercises and mindful interactions, she learned to regulate her emotions, cope with anxiety, and rebuild her shattered self-esteem. The horses became her mirrors, reflecting her strengths and weaknesses, guiding her towards self-awareness and empowerment.

## **Reclaiming Strength and Resilience**

The healing journey alongside horses was not without its challenges. There were moments of doubt, setbacks, and the persistent shadows of her past. But through the unwavering support of her equine companions and the guidance of a skilled therapist, she persevered. Gradually, the grip of PTSD loosened its hold, and she began to reclaim her inner strength and resilience.

## **A Path of Empowerment and Recovery**

This memoir is not merely a personal account; it is a testament to the transformative power of the horse-human relationship. By sharing her journey, the author invites readers to explore the potential of equine therapy and the profound impact it can have on healing from trauma. Through her story, she illuminates a path of empowerment and recovery, inspiring hope and offering a lifeline to those who may be struggling with undiagnosed PTSD.

## **Embrace the Healing Journey**

If you or someone you know is living with undiagnosed PTSD, know that you are not alone. This memoir offers a beacon of hope, demonstrating that healing is possible, even after years of silent suffering. Embrace the transformative power of horses and embark on a journey towards reclaiming your life.

## **Additional Resources**

\* National Center for PTSD: <https://www.ptsd.va.gov/> \* International Society for Traumatic Stress Studies: <https://www.istss.org/> \* Equine Assisted Therapy: <https://patcha.org/>

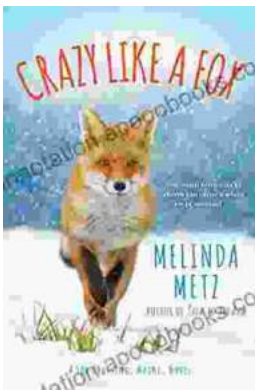


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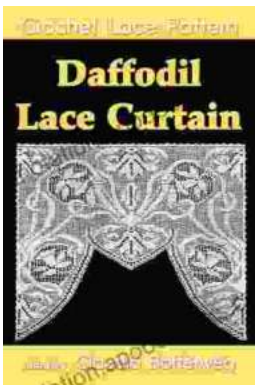
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