



## **A Thought on Groundhogs Day**

by

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The person who tells you (s)he does not has PTS(D) is lying to himself or herself! Post Traumatic Stress is a psychophysiological kind of chronic indigestion. Its a squirrel cage spinning round and round going nowhere eating at and destroying the cure.

What is that cure? It's the easiest and most difficult thing that a person can do. It is the ability to live in the here and now with all the good news and bad news that implies. That special kind of living takes the person from the past and unceremoniously trust into the present. It therefore, has 1000 faces.

It is the overwhelming pain when we lose a loved one who touched us deeply with their words of wisdom, smiles and soft touch. It's the moment that we realize we are on our own and decisions and directions depend on our judgment. It is as a ubiquitous standing alone in the desert or a mountaintop or conversely feeling the joy, sadness, or outrage of the crowd. When major moments in a human's life get stuck and don't get processed consequently reoccurrence of PTSD is often the result.

My life as a psychotherapist has been filled with stories of times that simply won't disappear regardless of how hard the person tries. It's a loved one who in life

believed in you and encourage you to live in the moment but who in their death somehow stands as an obstacle before you to continuing life without them. Our returning veterans are trapped in the time warp where the past dominates the now and the joy of living is a daily sacrifice given to a frozen moment in time.

Almost everybody knows about the Heimlich maneuver a technique used to restore breathing by forcing that which is obstructing the breathing out of the system. When we think about this on a psychological level it is the same. It is something stuck inside of us that limits life and distorts reality.

Why then is PTS(D) costing 20 veterans their life, their hope, and their aspirations on a daily basis? A look at some fundamentals that I believe may give us some answers. Here are a few principles:

- The goal of life is balance
- Traumas from the past get projected into the future and wipe out here and now
- Mental health is not the absence of problems but the ability to deal with them
- Traumas not decoded on a conscious and unconscious level results in imbalance
- Imbalance shows on an intrapsychic, psychophysiological and interpersonal level

From sage advice that suggests “This too shall pass,” or smart-ass comments, like “Pull yourself together.” All of which implicitly suggest living in the here now is the best antidote to being trapped in the there and then where hope is a fleeting fantasy and tomorrow is nothing more than a Groundhog Day for someone trapped in the terrible past.

If you can find a way to address the five principles I have stated in a way that is your translation and not somebody else’s then you will have performed that psychological Heimlich maneuver which will allow you to live and breathe the air offering life here now.

Ref.: [Heimlich maneuver](#)  
[Groundhog Day](#)

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