

## Chapter 1 : 3 Ways to Cope with Nightmares - wikiHow

*Buy Self Help for Nightmares: A Book for Adults with Frequent Recurrent Nightmares on [www.nxgvision.com](http://www.nxgvision.com) FREE SHIPPING on qualified orders.*

An incident at work A natural disaster An initial reaction to such an event might be shock and disbelief. Over time this can fade. More troubling thoughts and feelings can emerge. These might include anger, helplessness or fear. It can be difficult to process your memories of the event, or understand what happened and why. You might re-experience the incident through intrusive flashbacks or nightmares. Following such an experience, it is also common to avoid things that remind you of the incident. What causes Post-Traumatic Stress? The experience of a traumatic event can trigger significant difficulties in everyday life. Coping with the consequences and impact of an unexpected and severe incident, or even several incidents, can be extremely challenging. Often after such an incident it is difficult to understand what happened and reason through why it might have occurred. The memory of such an event, as it holds such significance, is also kept readily accessible. Recalling and trying to process these events may cause more upset and distress. It can, however, be helpful in order to eventually resolve these difficult emotions. Experiencing an incident can directly challenge our beliefs about the world, about ourselves, and about life in general. For example, shattering our view of the world as being safe, predictable and secure, and life being manageable and meaningful. This can often result in a change in the way that we relate to ourselves and other people. Experiencing a traumatic incident may effect our behaviour. We might begin to avoid certain places, activities or people. This may be because they are directly related to the incident, or that it triggers a memory of the trauma. However, in some ways it is less important to know what causes Post-Traumatic Stress, and more important to know what stops us moving past it. What keeps Post-Traumatic Stress going? Following an incident you may find that avoiding the location, activity or people involved is an effective way of coping with your distressing circumstance. In the long-term this may not be helpful. Adapting your behaviour to avoid those things might maintain your difficulties, rather than resolving them by working through the problem. When looking more closely at what stops us from overcoming Post-Traumatic Stress, it becomes clear that our behaviour, thoughts, feelings and physical sensations all interact and combine to keep it going. Understanding your Post-Traumatic Stress Have a look at some of the examples and try to fill in something of your experience. See if you can recognise a similar pattern occurring within yourself. How have you been coping so far? You may have been dealing with at least some of these difficulties for a while already. Will it be helpful in the long-term, or is it possible that they might be keeping your difficulties going? Asking someone else to go shopping for you instead of driving to the supermarket because you worry that you might have a crash. Think about how you might have coped well with difficulties in the past. What is going well currently and what you are doing to achieve that? What coping strategies and support do you have available to you? Could you be making better use of these? Social support - speaking to people; family, friends, relatives, colleagues, etc. Problem solving - being able to work out solutions to problems. Self-awareness - knowing how this problem effects you; your body, thoughts, feelings and behaviours. Looking after yourself - making sure that you have some time to yourself. For example going for walks, having a relaxing bath, etc. Challenging unhelpful thoughts The way that we think about things has an impact on our mood. Many of these thoughts occur outside of our control, and can be negative or unhelpful. It is therefore important to remember that they are just thoughts, without any real basis, and are not necessarily facts. Even though we may believe a lot of our unhelpful thoughts when we have experienced a traumatic event, or feel stressed or low, it is good to remember that they should be questioned as they are often based on wrong assumptions. The following section will help you begin to recognise if you are thinking about things in an unhelpful or unrealistic way, and discuss how you can start to make changes to this. By doing so, you can learn to see things in a more realistic light which can help to improve your mood. You might have unhelpful thoughts about all kinds of things. Here are some examples: Do you ever think in any of the ways outlined above? Fill in your examples below: You might find it difficult to identify an unhelpful thought. Try thinking about a time when your mood changed, perhaps when you were thinking about a traumatic event. Consider

what was running through your mind at that time. Patterns of unhelpful thinking First you need to be able to recognise an unhelpful thought. Then you can challenge it. Being aware of the common patterns that unhelpful thoughts follow can help you to recognise when you have them. Here are some of the common patterns that our unhelpful thoughts follow: Predicting the future Catastrophising What if? When people are worried about something it is common for them to spend a lot of time ruminating. You can end up thinking about the future and predicting what might go wrong. This is instead of just letting things be. You might blow things out of proportion, or come to expect a catastrophe. Something terrible is going to happen. What if it happens again. Jumping to conclusions Taking things personally Mind reading When people are feeling emotionally vulnerable, it is likely that they take things to heart and become more sensitive to what people say. They can often make assumptions about why someone said something, beign overly quick to draw conclusions, and thinking that they are the focus of what has been said. You think that a friend has ignored you, but in fact they have other things on their mind. They must be about to attack me. Focusing on the negative Ignoring the positive Filtering Often people can ignore the positive aspects of life or their situation. Instead you may focus on negative elements. This style of thinking stops us feeling good about ourselves. It can lower your confidence. This event has ruined my life I was only able to cope on that occasion because Having this polarised view can lead some people into setting themselves impossibly high standards, being overly critical and struggling to recognise any achievement due to their perfectionism. That was a complete waste of time. They must hate me. I should always get full marks. Over-generalising Labelling Based on one isolated incident you might assume that other events will follow a similar pattern in the future. You might find it hard to see a negative event as a one-off. This can also mean that you label yourself, often unkindly, which can lower your mood and confidence, perhaps even leading to feelings of hopelessness. Jot down any examples you can think of into the box below: We can learn techniques to challenge these unhelpful thoughts. This can help to improve your mood. The next part of this handout will discuss how we can go about challenging our unhelpful thoughts. You may come up with a more balanced thought that is accurate and based on evidence. How to challenge unhelpful thoughts Once you have recognised an unhelpful thought the next stage is to challenge it. To do this, you can ask yourself a serious of questions. See the example below: Taking a walk in the evening along a path. Fearful, on edge, worried. Challenges to an unhelpful thought Now you can challenge your unhelpful thoughts by asking these questions. Is there any evidence that contradicts this thought? Lots of people walk this way. Can you identify any of the patterns of unhelpful thinking described earlier? What would you say to a friend who had this thought in a similar situation? What are the costs and benefits of thinking in this way? It makes me anxious to walk that way home, any other way is much longer. It reminds me of when I was attacked before.

## Chapter 2 : Dealing With Nightmares And Disturbing Dreams

*If your nightmares are related to anxiety, depression or PTSD, certain forms of therapy or medications might help to alleviate these conditions and lessen nightmares. In particular, a drug known as Prazosin is often prescribed to help patients with PTSD, anxiety and panic disorders, and can alleviate nightmares.*

Hypnosis recording CD and MP3 download Nightmares and bad dreams Stop nightmares with help from hypnotherapy and NLP A dream with very unpleasant emotional elements is known as a nightmare. Some people have frequent nightmares. Hypnotherapy can offer a new look, help you get a different handle on dealing with nightmares. Nightmares bring emotions and feelings Nightmares can invoke emotions and physical feelings. The emotions are often those of fear and horror. The physical feelings can include the sensations of drowning or falling or even death. Very often the dreamer wakes up in the middle of one of these dreams. Some people then experience sleep paralysis: Sleep paralysis has a scientific explanation, arising from the persistence of REM sleep as the sleeper awakes. If you are not aware you are waking up and are dreaming of physical danger and cannot move then the nightmare can be very frightening. Some common original causes Anxiety and stress are the most common original causes. Major life events, such as bereavement, can also cause nightmares. And in many cases there is no discernable cause. If nightmares are a cause for concern to you then probably your main interest is in stopping them. Whether you know the cause, or the cause is destined to stay unknown forever, the key to stopping nightmares usually lies elsewhere. Patterns of behaviour Nightmares involve a sequence of thoughts and feelings. This sequence can be quickly, easily and accidentally turned into an automatic, unconscious pattern of behaviours: Once you have an automatic pattern that is guaranteed to produce and maintain a nightmare then the problem begins. Recondition the pattern The answer is to either destroy or alter the pattern, so that it loses the power to invoke a nightmare. We can help you to achieve this reconditioning, making use of hypnotherapy and NLP. These two therapies together form a powerful combination. As a result you will find yourself sleeping peacefully and waking up refreshed, and perhaps with vague memories of a pleasant dream. You can learn to use NLP techniques that enable you to make conscious changes to the nightmare pattern. We use hypnotherapy to recondition the pattern at an unconscious level. Original causes include stress and anxiety Emotions and feelings are invoked Fear and frightful sensations are common An unconscious habit of thinking maintains the problem How long will it take me to stop my nightmares? This can vary in individual cases, but on average about two or three one-hour sessions are sufficient. Please get in touch with us to arrange an appointment.

### Chapter 3 : MOODJUICE - Post-Traumatic Stress - Self-help Guide

*If you know anybody who has problems with nightmares know that these tips can help them stop. One of the ways to get order inside your mind is to ONLY concentrate on what feelings the dream gave you.*

The blood-thirsty aspect of the mythic Nightmare, however, can give a good clue about nightmares in general, for in psychodynamic terms nightmares are graphic depictions of raw, primitive emotions such as aggression and rage that have not been incorporated into the conscious psyche. Thus we tend to encounter these "ugly" aspects of our unconscious lives as terrifying dream images in whose presence we feel completely helpless. Nightmares are quite common in childhood because this is a time of our emotional development when we all have to come to terms with, well, raw, primitive emotions such as aggression and rage. Traumatic Nightmares Traumatic nightmares can also occur as one of the many symptoms of post traumatic stress disorder PTSD. Repetitive, intrusive nightmares following a trauma often contain symbolic themes that mirror the original trauma and relate to threat to life, threat of abandonment or death, or loss of identity. Therefore, traumatic nightmares need to be treated differently from other dreams. An event is traumatic because it disrupts your previously secure and illusory sense of "self. Recurrent Nightmares Practicing Image Rehearsal Therapy is a technique which can help people who suffer from recurrent nightmares. It is not meant to be a cure-all. It is just a suggested treatment to deal with frightening nightmares. The idea is to use this therapy every night until the nightmare has been resolved. It is called Imagery Rehearsal Therapy. Here are the steps: Tell the story, no matter how frightening, in as much detail as you can remember. Be careful, however, to make the new ending peaceful - remember that the nightmare is grounded in emotions such as raw anger that have been provoked by a trauma - the point of a new ending is to "tame" the emotions, not merely vent them in violence and revenge. Disturbing Dreams The "cousin" of nightmares is disturbing dreams with unpleasant images. What exactly is your sub-conscious trying to tell you? Maybe in some way you are betraying yourself, forgetting something, or not fulfilling a potential. For example, persons on the edge of a midlife career change may have dreams about being in school and searching for a missing classroom, or they may find themselves in a class about to take a final exam while realizing that they completely forgot to attend the class all year. Thus the feeling of panic in the dream points to the real feeling of panic in their current life about the failure of their present career. Imagine, for example, that you are embezzling the bank you work for. Then you begin having dreams of burglars breaking into your home. The dreams are simply a depiction of something happening to you that is similar to the hurt or moral injury you are inflicting on someone else. As I say above, nightmares often accompany the emotional pain of a traumatic event experienced in adulthood. But if a trauma in childhood is repressed, dreams reflecting the emotional intensity of the trauma can persist throughout life - as a repetition compulsion - until the trauma is eventually brought to conscious awareness and healed. This is quite a rare phenomenon, but it does happen to some persons.

### Chapter 4 : Nightmares: Meaning and Interpretation. Help for nightmares.

*In a recent meta-analysis, the effects of self-help for insomnia were found to be small to moderate [42], but Internet-delivered trials have been published with more promising results [34, 45].*

Stress levels are too high. Something about you or your life needs to change, pronto. Think of a nightmare as shock therapy, an attempt to break a pattern or get your attention after gentler methods fail. Dreams tend to focus on unprocessed emotions. If you want to lessen the odds of having nightmares, process your emotions consciously. Fear is the number one emotion behind nightmares, and some fears are more obvious than others. For example, if you fear spiders and dream about them crawling all over you, it could be a way of amplifying or confronting the fear. Or if you fear heights you might find yourself dreaming about being stuck on top of a skyscraper, and your choice is to overcome the fear or succumb to it. For example, incest, the ultimate taboo, is symbolism in a dream. The dream is saying that a relationship with a relative is too close for comfort, or you feel violated. Three General Varieties of Nightmares Nightmares about aliens are commonly reported. You find out your spouse is cheating. A layoff at work. You get in a terrible fight with a friend. Someone close to you dies and it provokes a nightmare. These nightmares reflect the events that spark them—events that are probably beyond your control—and act as a release valve. Your best bet to avoid this sort of nightmare is to consciously process your thoughts and emotions after a shocking or traumatic event. If you have been through trauma, you will dream about it, and it will hurt. It might seem cruel to relive traumas in dreams, but if you believe what Carl Jung said, all dreams—nightmares included—are for your benefit. Some sort of addiction or compulsion. Something untenable such as ignoring basic needs for sleep, rest, food. Self-abuse such as addiction. You can change the situation or take steps to alleviate stress. Or you know you have been ignoring the warning signs that your health is deteriorating, but it takes a nightmare about dying to spur you to action. Spicy foods and heavy dairy products are known to produce nightmares, especially if eaten just before bed. Also, SSRI and other psychoactive drugs are known to cause them. The body reacts to something inside it and dreams translate it into scary imagery. Or in the case of withdrawal, the body reacts to something taken from it. Nightmares help you by putting psychological distance between you and the event, trauma, or situation. It creates a mental cushion. Nightmares provide emotional release. Think of it as a safety valve for pressure. Nightmares give you ways of viewing situations in your life as stories and working with the imagery to find resolution. It can give insights. It can help you reprocess the experiences in a way that heals the trauma. Self-Help Through Working with Nightmares You can work with the imagery consciously as a sort of therapy. A heartfelt daydream can do the trick, or try dream rescripting and active imagination technique. See the link at the bottom. In some nightmares, what makes them so frightening is obvious—the serial killer pursuing you; the tidal wave enveloping you; the evil presence haunting you—but sometimes your reactions stand out as overreactions. For example, you dream about going into the basement of an abandoned home and seeing a young child. It floats in the air and its head spins around like in the movie *The Exorcist*. For some people, such imagery might be disconcerting or frightening but not terrifying. But for other people, such a scene might induce panic and cause them to wake up screaming. To them the child symbolizes something they have been avoiding at all costs, while to someone who reacts more mildly the child might symbolize that they acted childishly the previous day—not exactly nightmare material. Nightmares are easy to confuse with sleep paralysis. Use the link to check out that subject. Physical Causes of Nightmares This post is excerpted from my book. Click the cover to learn more. Chronic nightmares can be caused airflow obstruction while sleeping, such as from snoring or sleep apnea. It causes your body to send panic signals to the brain—help, I need to breathe! Oftentimes, the dreams have themes and imagery related to lack of air, or to ventilation, such as the recurrent dreams a man with sleep apnea has about being stuck upside down in a chimney. The chimney represents his airway. Being stuck in the chimney symbolizes an obstruction in it. Ask your sleeping partner to monitor you as you sleep, or use a voice-activated recorder if you want to find out if breathing difficulties are causing your nightmares. And finally, chronic nightmares can be caused by REM deprivation. Search online for the symptoms of REM deprivation, which include drastic mood swings and

inability to focus. Click now, or use the subscribe form to the left. Interpreting your dreams is often the best help you can give yourself for nightmares.

### Chapter 5 : How to Stop Having Nightmares: 14 Steps (with Pictures) - wikiHow

*Self-Help Through Working with Nightmares* You can work with the imagery consciously as a sort of therapy. It's amazing what apologizing to a dream character and resolving to learn from your mistakes can do.

### Chapter 6 : Self Help for PTSD

*Nightmares.* Nightmares about the abuse are common for survivors. They may make you feel very shaky and may have felt very real. You may feel anxious about going to sleep for fear of having nightmares.

### Chapter 7 : Stop Nightmares And Bad Dreams: Hypnotherapy For Nightmares

A number of tools are available those looking for help stop nightmares. 'Stop Nightmares and Dream Creativity' is an excellent self-help recording by Duncan McColl, based on decades of experience in powerful and classical clinical hypnotherapy.