



## The Magic of AcuDetox®

by Brian C. Bailey M.D.

### Part Two Chapter 9: Snookered

#### Being Snookered

Being *snookered* in the AcuDetox context is tantamount to finding oneself in an environment afterwards which does not support one's movement from *stuck* to *unstuck*. While in the actual game of snooker, one's opponent *tries* to position the cue ball so that it cannot easily or even possibly strike the next ball in sequence, usually the trap into which a person who remains stuck falls into is unintentional and perhaps even well-meaning.



**In an ideal world, human transformation to greater competency should be possible, even while one is on one's way to the gas chamber. It has been done! But in the real world we would like to create optimal conditions for the change which is available here. The best of all optimal conditions would be that there is no pressure for the AcuDetox recipient to perform in any way other than to be moved by what spontaneously bubbles up from within. This requires trust and understanding. It is also optimal to have people in one's midst who are either having or have had a similar experience to one's own. And if one wanted to be really ideal,**

**the opportunity to speak with someone of one's own RESOURCE Type who has taken a few more steps than we have along their path will almost always make things work considerably better.**

Many times, optimal support for the journey from *stuck* to *unstuck* from within our family and closest friends is unwittingly lacking. We are acting both differently from how we have acted in the past, and perhaps even erratically - the *clunkiness* of trying on something new. One can hardly blame people around us for trying to rescue us from the struggle to escape our *stuckness*. Most of them are genuinely worried how this is going for us. Even on those occasions when we break free, we are often "*clunky*" in our efforts, merely because we lack experience in *being present to ourselves*. Others may react negatively to our *clunkiness* rather than appreciating the *making a break for open water* which underlies it. People naturally want to rescue us from our struggle - or, at worst, they may be threatened by the changes they see, and may put unwitting pressure on us to retreat to our old selves. As I said above, almost all of this is well-intentioned.

While it is important not to blame other people who don't really understand what we're going through because it is not a common everyday experience, it helps to see what they are doing in perspective, and to take responsibility ourselves for optimizing the conditions ourselves for our movement from *stuck* to *unstuck*. This doesn't have to be radical movement - like getting a divorce. It is better to see this in the light of the game, in which we have been *snookered*, and that while it is part of the game, another part is that we get ourselves *unsnookered*.



Satchella (not her real name)

**Satchella**, a nurse in her 40s loved to be exposed to the cut and thrust of danger and actually thrived on it. She had been told in no uncertain terms that telling her family what her job in the cardiac critical care unit entailed was not permitted - in order to serve the confidentiality of the patients she treated. Keeping her mouth shut was no problem to **Satchella**. There was never any talk at home about what she did at work. Everything worked well for all concerned until **Satchella** received a promotion, and was assigned to supervise six other people. While the beauty of **Satchella**'s enjoyment of her work was that she loved *responding to emergencies*, and was able to do so devoid of any disabling fear for herself, even when she knew clearly that danger lurked, she was not able to feel the same steeliness for the men and women who worked for her. While her constitution allowed her to keep her own emotions in check, she had no such similar capacity to help her underlings. Within a short period of her promotion, she began having panic attacks - breathlessness which was initially treated as possible cardiac symptoms. She came for treatment.

Here we see a person whose life situation with its rules forbidding talking about one's experience is not going to be conducive to move from being *stuck* to *unstuck*. While **Satchella** was able to let her hair down during **AcuDetox** and appeared to be on track for good result, it is notable that in the ways that she usually preceded, **Satchella** never opened her mouth during the treatments. When I saw her afterwards, she was still having panic attacks, but they were lessened a little bit after talking to me. After a few such conversations, I began to see how **Satchella** needed to be in environment were expressing herself, articulating what was happening within was actually encouraged rather than forbidden. She came to a number of the group follow-up sessions we have, and actually presented herself as totally relieved that she could talk freely. As she talked she carved out an identity for herself for the first time. This allowed her to succeed.

**It remains theoretical that change can occur under any conditions. In any situation where one's freedom is constrained, the changes we want may be reined in. It is sometimes incumbent on recipients to determine whether the conditions of their environment support the process, and if not, to change things accordingly.**

### Creating an Environment Conducive to our Process

Firstly we need to know what our own work is in the process (as defined in the previous chapter), and we need to commit ourselves to do it. That will begin by telling us how to set up our environment so that it will support our process. If we were to take **Satchella** as an example, one of the elements of her follow-up interview is always going to be establishing her **RESOURCE TYPE**, and from knowing it to determine what her work to bring it forward is going to look like. **Satchella** was a **THINKING RESOURCE person**. She did not have a *critical inner voice* - something which is quite apparent by its presence, and quickly notable by its absence - by simply asking. So the *work on the superego* would not have been appropriate - at this time at least.



Satchella (not her real name)

The rules of her job were simply that - *no talking about the patients outside of the treatment context, and in her particular situation, because confidential research was taking place, no talking about anything that went on in the hospital in the outside world - even to one's family.*

Because her work was so much of her life, **Satchella** found it just as well, and even conducive to the way that she defended against anxiety, not to talk about very much at all. But this had the unwitting tendency to define her functionally, even to herself. When she was with her patients, she was what they needed her to be. She was identified by the emergencies she handled. In particular, her cardiac care patients were often frightened by the danger they were in, and it helped for **Satchella** to exude confidence, and never to succumb to fear herself.

**Satchella** did not have to leave her job to get *unstuck* after **AcuDetox**, but as she was still having some panic attacks, we felt it would be good that she had a *safe space* to act as a sounding board for her feelings. She began to come to our follow-up evenings, where she correctly recognized other people like herself, and quickly learned to be quite verbal with them. She did not have to talk about her job. There were plenty of other things in her life which were beginning to give her a sense of identity. Nevertheless, she had to recognize that it was her own responsibility to find these opportunities to enhance her emotional self-expression. We couldn't hold her hand forever.



Arun (not his real name)

**Arun**, on the other hand, was an **INSTINCTUAL RESOURCE person**, whom I could not convince to attend a follow-up group. He kept telling me that he would not be comfortable coming until he had overcome his shyness and his sense of embarrassment at the needed changes he had not yet made. It never registered with him that he would not be forced to talk about his limitations, as the group largely functions as a reporting place for success. The one time he did venture to come - to a daylong refresher course, he seemed quite relaxed, but perhaps this was due to the fact that he had taken on a role in the proceedings, which allowed him to feel not vulnerable to them.

**INSTINCTUAL RESOURCE persons** often function on the periphery of things, even though they may be taking what is seen on the surface as a leadership role. Underneath their shy and retiring nature, hidden from view, even without their own knowing that it's there, is almost always a person who is on guard lest someone try to change them. Certainly, people come to know that with some people it is the "*kiss of death*" to give them advice. These are, more often than not, **INSTINCTUAL RESOURCE persons**. One can be almost sure that unsolicited advice will not be followed, and in fact will be rigorously (but not usually overtly) rejected, following which the *stubbornness* behind the rejection will be denied. People who know **INSTINCTUAL RESOURCE persons**,

often treat them with kid gloves, having learned the hard way that asking them to do anything they haven't suggested themselves will often be countered by the silent treatment.

If one is an **INSTINCTUAL RESOURCE person**, recognizing that one's own stiff-necked resistance to authority, can cause others to don kid gloves around you, may teach you that this is not in your own best interest. Being of this type myself, I remember an occasion when I had volunteered to be the staff physician for a training program, and I thought I was doing everything to carry my job off well. Catching me totally by surprise, my supervisor took me aside after the first two days and said "There's something out about you," that made the permanent staff members felt uncomfortable asking me questions. I seemed to them to be evasive, and that unless I was able to clear this up completely in the next hour they would be forced to send me home. I went off by myself, and because my supervisor had given me specific instances when people found me uncooperative (a quality I would never admitted to, even to myself) I was able to see the line I had drawn in the sand to do protect the information I knew as a physician.



Dr. Brian Bailey

It came to me that indeed I did this (usually without knowing it) - but I did not need to do it - that it was a knee-jerk reaction, and that I could stop it forthwith. I went on to complete my assignment without ever playing the *stubbornness* card. I experienced a week of unprecedented miraculous healing interactions with attendees of the program, which I am sure never would have come about while I was on the defensive. So here we see how being put in a *no-kid-gloves situation* exposed me to just what I needed - my choosing to create the environment in a way that other people needed - which was, at the same time, conducive to my own needed changes. In this situation, their treating me with kid gloves would have *snookered* me out of learning anything from the whole exercise.



**From two different examples, one of the *permissive environment* and the other an *environment providing no permissiveness at all*, we begin to see that the *optimal environment and the approach which is likely to work depends on the nature of the stuckness at the time, and the learner's availability to the change process. There aren't good or bad environments - only situationally appropriate and situationally inappropriate ones. What may work on one occasion may not work on another. Since most of the time the recipient - and not other people create the environment in play, if you as recipients know what your work is, and if you know if you are stuck within it, you can often change the environment to suit what you need at the moment. Sometimes you need to be pushed. At other times you need others to give you lea way.***

**While, if you are doing things other than trying to bring about change in yourself, you might always prefer a *permissive environment*, if you want to kickstart your learning process, you may choose to put yourself in a more demanding environment. It is often but not always the case with AcuDetox that you come to know which environment will move you in the direction of change, and that such an environment would not be what others would choose. If you know that you are up for change, you are more likely to choose the right environment, even if it's harsh on you.**

**The differing-from-others way we see the optimizing conditions for change when we're using AcuDetox, is that the usual what-serves-best criteria used by people unfamiliar with AcuDetox is how much things are "riled up" in comparison with the person's usual demeanor. If things are riled up, the usual response from the outside is to provide a *protective environment*, where the**

**riling up may settle down. This may include adding medications, or providing an environment which protects the person from themselves in their riled up state. But when the riling up has features which suggests that a tipping point is imminent, shutting the person down can be the worst thing to do. It is simply that people who are unfamiliar with how AcuDetox works can act with inordinate (but understandable) fear towards it.**

### The Difference Between the Post-AcuDetox Process and Using Medications and Psychotherapy

The three paragraphs above suggest but do not go into detail that the **Post-AcuDetox** process is quite unlike other forms of treatment - *medications* and/or *psychotherapy*. Herein lies the problem of **AcuDetox** providers and both recipients and their relatives having a different understanding of what is best for the person during this critically important part of the treatment. Unfortunately, outsiders tend to think it is like *medication/psychotherapy* use.



**AcuDetox** works like you been told all along - *three weeks of ear acupuncture treatment, during which there are some unfamiliar epiphenomena - periods of deep relaxation with the pins in place, perhaps vivid dreams, perhaps is brief moments of bliss or even terror occurring out of the blue, discombobulation and general lack of groundedness - none of which are the end results - followed by an overt or covert tipping point after the AcuDetox phase - usually within 4 weeks, when recipients experience moments of new competency, in typical situations which would have been bad in experiences in the past, followed in turn by a period in which these tidbits of new competency are integrated into an adventitious contextual shift in the way one views one's world.*

The only way you could know this, prior to experiencing it, is by believing us when we tell you it will be this way, or by having seen it in somebody else. Since it is not like any other process seen in the everyday world, your friends and relatives and outsiders in general, can not be expected to understand it, adjust themselves to it, or even know how to interact with you in the midst of it. And while we would like you to have optimal conditions for the unfolding of your new resourcefulness, we will have to be content with informing you, as your experience will have informed you, at the very least, that the process of this period, the *stuckness* proceeding to *unstuckness*, is optimized when people interfere with it as little as possible. **Dr. Michael O. Smith** certainly taught us that.



**The taking of medication** to lessen stress is generally dosage dependent. Previously experienced symptoms are lessened and eradicated as the dosage is increased. Side effects are frequent, and many people stop medication treatment on their own, because they don't like how it affects them. In contrast, the relaxation which appears from the very first pinning with **AcuDetox** is pleasant but since it is *training* rather than *treating*, it will only result in desirable results in the 2 to 4 weeks after **AcuDetox** has been provided. The relaxation with pins in your ears is not the end result. The result is a competency in areas where competency had escaped you before - and whatever good feelings this produces when it occurs. As such, if it's one week after the end of **AcuDetox** nothing seems to have occurred, things may be still within our expectations. Occasionally failure of this to happen is an indication that more treatment is required.



**The process of psychotherapy**, on the other hand, may also depend on how many sessions have occurred, thus making it also somewhat "dosage dependent." Recipients may have anything from no feelings from the session to feelings of great breakthrough, but generally, three-step-forward breakthroughs result in the patient taking two steps backwards afterwards. The more deeply ingrained problems are, as in psychoses and personality disorders, the longer and less successful are the results of psychotherapy. In contradistinction, **AcuDetox** success seems to be inverse of the degree of difficulty person is experiencing, and so people with deeper problems may see better results than people with more superficial ones. The optimal timing for psychotherapy is said by some to be two years, whereas the optimal timing for **AcuDetox** results is about two months.



## What To Do When You've Been Snookered



Claire (not her real name)

**Claire** was in her late 50s, an empty-nester for some years after her two girls had left home, when she was referred to me by the doctor who was treating her *Celiac Disease*. She was quite depressed, more stopped in her tracks than deeply sad, and had gone the antidepressant route for a while with no success (often the case with both *Celiac* and *gluten sensitivity*). She had a real life situation on her hands when she found out her husband was spending weekends and taking trips with another woman, and she found that she couldn't take any action to resolve the situation. She was confused about her feelings, which weren't as downcast as she had expected them to be and part of her even hoped that her husband's affair was a temporary phenomena, and that they would weather the storm. Later she learned that he done this in a previous marriage, and all hope went out the window. When I saw her she had not been able to take any action, or even express her anger to him.

After her first round of **AcuDetox** her depression lifted, and she was able to take the initial steps of freeing herself from this bad situation. She wasn't seen for about a year, only to be re-referred by her referring physician, when he learned from her that she had initially felt much better, acted much more on her own behalf, but that her husband was stonewalling her in terms of accepting a divorce settlement. *She was snookered!* The situation had evolved to the point where he was spending part of his time at home part time with his girlfriend. In many ways this was a worsening of the situation, with **Claire** feeling stopped in her tracks, and even unable to contemplate life on her own by his refusal to let things follow their natural course. **Claire** had regressed to being inactive in looking after her own interests, and did not even told her daughters what had happened, despite the fact that they were only his stepdaughters, and sat drearily around the house, avoiding her friends and her previous activities. A price has been set for the sale of their house, which would allow them to be clear of each other, but her husband insisted on such a high price that hardly anyone came to see the house. She now rarely saw him but when she did she felt silent fury.

When **Claire** appeared in my office, she volunteered that her initial treatment had made a lot of difference, especially since one usually sees no symptomatic emotion-related relief from going on a *gluten-free diet*. I suggested to her that she was going to have to move her "barrels of stone" - once and for all, and that a tuneup of three **AcuDetox** sessions was probably what would be required to get things moving. Sure enough, I saw her three times, after each pinning session, and she moved along a house on fire. When her husband reappeared, instead of tolerating him, she threw him out of the house. Within a month she was entertaining offers on the house, and beyond that she was finally beginning to develop plans for life after a disastrous marriage. When she came in she often had a smile on her face, and when I saw her another month later I could hardly recognize her, as she had finally been able to put on some weight. The house had been sold - finally - and she was looking forward to following up on plans. The content of conversations we had revolved around her **INSTINCTUAL RESOURCE**, and she did her own research at the same time to understand what was holding her back. In the end nothing was holding her back. The action that she had taken to get free of the defensive maneuvering of her husband, had required her first become *unstuck* by taking baby steps forward. She was beginning to have feelings for the first time in her life that were positive to herself. She realized that she had some work to do on her relationship with her daughters, as she had felt the necessity to become passive, when their stepfather and her ex-husband had stepped in to steal their affection from her. It was both nice and surprising to see **Claire** smile in spite of all that had happened.



Verna  
(not her real name)

**Verna** was another woman with *Celiac Disease* who came to mind when I was writing about **Claire**. She must have felt *snookered* in quite another way when the well-worked-out plan she had to rescue her marijuana-smoking 17-year-old son from a possible life of underperformance and depression came to naught, when, returning home after his intake interview, he changed his mind and declined to sign on to attend **AcuDetox**.

It was obvious that the mother-son relationship had been stormy and troubled. I learned this both from interviewing **Peter** separately and from the strident and worried tone of **Verna**'s voice when she talked about him. From the outset **Verna** presented an indelible picture of herself as someone who saw life as a series of fire-fighting emergencies, and herself as the overworked "fire department" - which identified her to us as a highly anxious **THINKING RESOURCE person**. While she talked about coming herself, her plan was really to get her son signed on with us. It was quite apparent that she felt

resentful towards him and disappointed in herself for letting him become depressed. But when he declined, it gave her the idea to get off the fence and come herself. **Verna** was not shy to talk or state in her opinions - and she had lots of those. While most of her early sharing in the group was about the effect her attending was having on her son **Peter**, suddenly the talk shifted from **Peter** to herself, **Verna** began to have several startling-to-herself realizations about herself, and shifted very quickly from looking haggard to bringing a bubbly side of her which the world had probably not seen much of. As with most **THINKING RESOURCE** persons, speaking about herself in the group, while it was quite likely new to her, was something that she could hardly wait to do when she arrived.

**Verna** had more insight-producing epiphanies than I remember any **AcuD detox** recipient having, but that may only seem that way to me because she was so taken up with verbalizing them. The emphasis shifted squarely from her son to herself, and as it did the harsh edge that she had in her voice when she talked about **Peter**, was replaced by a melodious and then joyful lilt in her speaking. It was not lost on me that she was an accomplished singer and children's music teacher. As the group ended, the singer in her led in a booming rendition of the **Beatles** *Let It Be*. In short order she located an *inner critic* which had been holding her up to ransom, and which she summarily dismissed with a flourish - and never let back in. It was curious that, without any intervention in his own life, **Peter** had become quite inexplicably caught up in his mother's success, and his own problems lessened as a response.

This turning-the-table approach to being *snooked* by someone bucking one's plans for them makes me think of the old saw "When life deals you lemons, make lemonade!" **Verna's** plans to focus the treatment on **Peter** had been dashed from the outset. I sense **Plan B** was to come and learn enough about **Peter**, so that she could influence him positively. But instead she quickly caught the updraft leading back to her own functional definition of herself, her self-critical perfectionism, and let herself get caught up in the joy of a new **RESOURCE**. As it turned out the appearance of her **RESOURCE** was exactly what she needed to have an adult-to-adult relationship with **Peter**.

## Resistance and the Perception of Not Getting What One Wants

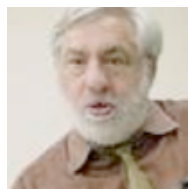
In the oft-quoted *Rolling Stones* song ...

*" ... you can't always get what you want  
You can't always get what you want  
You can't always get what you want  
And if you try sometime you find  
You get what you need"*



... we see a depiction of the most formidable barrier to gaining value from traditional psychotherapy. From time to time the patient dips their toe in the therapeutic water, and has an experience outside of their patterned-in-since-childhood behaviour - a breakthrough experience which is refreshing and exciting at the time - but which is soon diminished and diluted by the powerful predominance of the defensive pattern which has directed their life to date.

With **AcuD detox**, we aren't as concerned as the psychotherapist is that the patient's childhood defensive patterns will soon threaten to ravish any progress made. The effect of the ear acupuncture pins over a period of three weeks, is to open up the wired-in program to needed adult revision. This needs no effort on the recipient's part and in fact we advise our clients from the outset not to put effort in, not to try to change anything about how they go about things, not to drop or add medications ( so as not to miss the *feeling shift* effect of the treatment). We could perhaps have added: "Don't resist what is happening to you"- but such advice is hardly ever necessary. It would be more accurate to say "Notice any resistance you have any new feelings" for the sake of our **FEELING RESOURCE** clients.



Dr. Michael O. Smith

**Dr. Michael O. Smith**, the New York City psychiatrist who champions **AcuD detox**, insists that his students not intervene in the usual ways that addiction counselors work with substance addicted clients. He prefers that the treatment itself demonstrate its effectiveness - without a sales pitch which might well be resisted. *Resistance* is less with **AcuD detox**, except with people who have a long-standing history of psychotherapy, where the stated or unstated injunction is to always know what you want. Knowing what you want can be a detractor to getting what you need from **AcuD detox**. The deliverable is an adult operating system, less heavily defended, which will thus not come to *want* or *need* the same things as you did when entering treatment.

With few exceptions, in the long run people like what they get once **AcuDeto**x plays out fully. Even our **FEELING RESOURCE** clients who abhor soft feelings early-on, find that they come to like these feelings in the end, once they emanate from a non-defensive matrix which is supported by presence, rather than by a childhood-generated defense system. If you struggle or resist not getting exactly what you *want* early-on, consider, as **Verna** was able to do, that knowing what you really *need* for your future may only come to you later on, a few months down the road.

## Husbands Wives and Friends and Health Care Professionals

With a treatment system which is capable of wiping the slate clean of its early-life defensive system in almost every recipient, one would think, before taking a closer look, that the other key persons in the recipient's life would be natural allies in the process of getting the best results possible. While this can be the case, there are occasions when it isn't. When others are hands-on familiar with what we are trying to accomplish here, it helps a lot.

Virtually all of our **AcuDeto**x recipients referred by a physician or a psychotherapist, are sent by professionals who have experienced **AcuDeto**x themselves. This greatly helps them understand our request that they not institute changes in the recipient's medication or lifestyle in the eight weeks starting at the beginning of **AcuDeto**x. The recipient needs to be able to observe feelings and emotions as they occur, and medication change will often alter what the recipient perceives, thus making it more difficult for them to carry out their own part of the process.

In addition, when the recipient returns to see the person who referred them, that person's own **AcuDeto**x process allows them to better understand what is happening to you, and informs them what to do with what is happening. Put yourself in the shoes of a referring person who knows nothing of what you have learned in the process, and you can imagine how difficult it is for them to enter into a useful conversation with an **AcuDeto**x recipient.



**Cedrick**  
(not his real name)

*Cedrick was referred to me for treatment of insomnia by a colleague who knew that I did stress management, but who was not familiar with **AcuDeto**x. He was apprehensive about starting in, as everything he had done to date, and every medication he had been prescribed had ended him up in greater difficulty. He wanted to know everything about but I did, and every expectation he should entertain - which I certainly understood and appreciated. I told him that he should not add or subtract medications during the eight-week period starting with **AcuDeto**x - and he agreed. But shortly after he started the process he had two nights in a row which were completely sleepless, and instead of letting me know about this, he went back to his referring physician, who promptly gave him a new medication. When **Cedrick** later came to see me, I suggested that his two nights of wakefulness were quite likely **AcuDeto**x at work, and that the new medication was probably just complicating the matter. This caused **Cedrick** to stop **AcuDeto**x, feeling he had two doctors who were not on the same wavelength. It's true - we weren't on the same wavelength, and this made things more difficult.*

While a physician or a psychotherapist who has experienced **AcuDeto**x is near the top of the list of people who can guide to the recipient in the weeks and months after **AcuDeto**x, show how is rarely needed. So, the very top of the list is occupied by friends who have had a good result. Unlike physicians and psychotherapists, with whom one has to make an appointment, experienced friends are often able to give one snippets of feedback when it is needed. For the most part a friend who has experienced a good result from **AcuDeto**x is going to tell you to be patient, because that is what they remember about succeeding. That is the message that you most likely need to hear.

Then just below **AcuDeto**x-savvy physicians and psychotherapists on the list of people who can be helpful to you are the people who have been in your group during your **AcuDeto**x. Many of them will be having to endure the same patience which would benefit you at this time, and most of them will have gained some degree of facility with making **AcuDeto**x work for them in their lives. Their experience will also be current - and easier to articulate. There is something special about your ongoing relationship with the people that you traveled with on this journey that is almost ineffable, an *empathy* which may exceed even the *empathy* you feel from people who know you better. If you can't reach one of us, try calling one of them.



Another rung down the ladder of beneficial support persons is one's spouse, even if they have not done **AcuDetox**. It is usual, although not universal, in long-standing relationships, that if one of the members of the couple destabilizes, their partner responds by becoming more stable themselves. While a spouse who knows nothing of **AcuDetox** cannot be expected to act as a sounding board, or an interpreter of one's experience, they are often supportive, when we level with them that we are currently discombobulated, or not sure exactly what to do.

Contrast the effect of relying on the members of the list above with the effect of attempting to elicit support from a spouse, family member or close personal friend who is doing **AcuDetox at the same time**. The rarely-talked about effect of our spouse or friend automatically stabilizing when we destabilize, is going to be missing because both people are *betwixt and between* at the same time. The *liminal effect* of the middle phase of can be discombobulating for two closely related people at the same time, and can cause one or both members of the couple or friendship to feel acutely unsupported and thus get *stuck* in the *liminal phase*, when support for moving beyond it is nowhere to be found. Here is a situation where most people are unwitting and through no fault *snookered* by the other's current lack of ability to be their usual supportive self.



The bottom of the list of supportive people for people still feeling *stuck* are people who know nothing of **AcuDetox**. If one is at all *on edge* around people who are unfamiliar with what you are going through, it is only natural that they will interpret being "on edge" according to their own experience, and will react and respond accordingly. At best, a person out of the know of **AcuDetox** would probably conclude that the *stuck* behavior they see in you is more than they feel comfortable with, and would be better managed by someone who's a healthcare professional. Their responding this way may set your process back more than telling you that if you are already in treatment with someone, that person will be the person who knows best how to get you out of difficulties which arise in the process.

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## Not Resorting To Blame

It is not unusual to have something which *snookers* you in the midst of your process with **AcuDetox**.

Almost all of it is unintentional - so get over it! If it is intentional - get out!

If you don't see that, you may get caught up in feeling *paranoid*. If you get to feeling *paranoid*, you may be because you are expecting too much of those around you - so remember the words of **Khalil Gibran** :

***Give your hearts, but not into each other's keeping.  
For only the hand of Life can contain your hearts.  
And stand together yet not too near together:  
For the pillars of the temple stand apart,  
And the oak tree and the cypress grow not in each other's shadow.<sup>3</sup>***

Each person who does **AcuDetox** is moving towards a situation where relating with other people becomes easier not more difficult, whether that was on their incoming agenda or not. Simply speaking, with **AcuDetox** our defensiveness is crumbling, and the more we realize that, and the more we can see that blaming others, is largely because we are not quite there yet.

In the words of **Werner Ehrhart**; "If your life worked, who would there be to blame?"

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<sup>3</sup> Gibran Khalil; The Prophet; Alfred A. Knopf; 1923