

<http://www.tmswiki.org/simplechat/>
forest@tmswiki.org

Welcome to the TMS Wiki's volunteer day. This volunteer day is scheduled for Wednesday May 6, 2015 at 12:30 pm PT/3:30 pm ET. Anyone is welcome to attend who would like to help improve the number one nonprofit TMS Website.

The mission for today is to improve the success stories database on the wiki. This database offers a hand curated clickable list of TMS related symptoms and diagnoses that visitors can search. The current version of the database can be found here:

http://www.tmswiki.org/ppd/Success_Stories_by_Symptoms_%26_Diagnoses

Many patients doubt that their condition could be PPD, so reading a success story by someone with similar symptoms or diagnoses can help them accept the diagnosis and build hope that they can heal.

Preparation:

- Peruse [the pages we will be editing](#), as well as linked pages, to familiarize yourself with them.

RSVPs: (feel free to RSVP with whatever name you would like to be known by - whether it is your "real life name" or your forum username. We respect anonymity here.)

- Forest
- Alicia Batson, MD
- Pam Dobbie, LMHC
- North Star

On the day of:

- Open this document. It will have helpful instructions and links.
- Call our teleconference line. **Dial 1 201-479-4595**. When prompted, **enter** the meeting number **18311499**, followed by the pound key (#). We will use the teleconference line to introduce ourselves and to help each other out. Forest will say a couple of words at the beginning and can help you if you get stuck.
- Forest will offer a tutorial starting at 12:30 PM PT/3:30 PM ET. The tutorial will provide you with everything you need to get started.
- We will also have a Chat room <http://tmswiki.org/simplechat>. Here you can ask questions as well as on the open conference call. It is not required to be in the chat room, it is an additional communication option for you.
 - When you arrive type: forward slash then the word nick followed by a space then the name you want to use today (or nickname)
 - **/nick** space and then type your name.
(example) /nick Pam

Detailed Instructions:

- Your goal is to write high quality summaries of the best success stories, so that we earn the reader's trust and convince them that the TMS approach can help them recover from their symptoms. To do this, you will be going through a selected group of success stories from our success stories subforum.
- The first step is to choose a few success stories that you want to work on. Ideally, you want to choose a story that you already know, that you find compelling, and that you think that a skeptical outsider would find convincing. If you know the forum member who posted it, that is even better.

- Once you've chosen a story to work on, put your username or first name and a tab at the beginning of its line in the list of all stories, below. This will let other people know that you are already taking care of this story and they should find another.
- Next, copy the "Boilerplate for notes" from below into a word processing program that you feel comfortable with. Microsoft Word, OpenOffice, or Pages for Mac will all work well. Copy the full line from the list of all stories and paste it over the first line of the boilerplate. This will make it clear which story you are taking notes on.
- Next, read the person's success story. If the person has made other posts in the same thread, skim through them as well.
- Now that you've read the post and skimmed the rest of the thread, you're in a great position to apply tags to the threads. Tagging success stories is especially important for our organization because of the way that success stories inspire people. To learn about tagging, [click here](#).
- Next, you want to do some research. If you are able, try to answer the following questions and write down your answers in the "story behind the story" area of the boilerplate.
 - Did the person relapse? If they did, are they better now? Do they have more recent posts that demonstrate that they didn't relapse? (Sometimes people will make posts like this later on in their success story thread.)
 - Is the person an established member of our community? If so, the final verbiage should include, "To read all posts by XYZ click here."
 - Was the person a member of our forum while they were recovering? If so, linking to some of their older posts when the TMS was at its worst can let the reader know that even if it seems dark now, there is hope down the road.
- Next, think about which symptoms you could add this story to. The full list of symptoms is [here](#). If you're not sure whether to include the story on a given symptom page, just ask yourself, would it make the page better for someone viewing it? Would it help someone in need or would they just find it a distraction?
- What symptoms should we list this under and what text should we use? For each symptom that we should list this under, put the symptom and **the language** that we should use. If we should use similar language for several symptoms, just list all the symptoms together. (ex anxiety, panic attacks, worry, fear, mood- could all be on a similar major category page like Anxiety/Panic Attacks) (or stomach pain, abdominal pain, Gastrointestinal, stomach upset, digestion; can all be part of GI issues-even tho we don't yet have that page it might be helpful to put these all together as they are related and this content all in one place may be more helpful in it's depth).
- Next write a summary for the thread.
 - The basics are *who* (they are), *what* they dealt with and *how* they healed.
 - Try to include specific details that people can relate to. People are looking for hope, so be specific about how bad their symptoms were at their lowest point and also be specific about how much better they got.
 - Sometimes the person's own words can be the most inspiring, so feel free to include
- If the story feels like a fit for the Featured Success stories section:
 - Make a short title like- Overcame back pain thru TMS approach
 - Copy and Paste a good quote from the story that inspires **or** a short summary- the who, what and how.
 - Make a notation of this as a candidate for featured success story.
- Once you finish, copy and paste it to the bottom of this document with your username and the first line that you copied from this document. It can have notes and finished text. What ever you think will help.
 - (example)
 Pam D- 7. [2. My Success Story Forest](#), Mar 27, 2012 Replies: 34 Views: 4,037
 text here.....

Candidate for Featured Success story

- Questions:
 - Forest Email forestfortreesweb@gmail.com
 - Pam Email pam@tmswiki.org

Boilerplate for notes

1. Copy the full line from the big list here
2. What is the story behind the story?
 - a. Did the person relapse? If they did, are they better now?
 - b. Is the person an established member of our community?
 - c. Are there posts from while the person was recovering that we can link to that show their progress?
3. Which symptoms could we list this story under?
 - a. What language should we use when introducing the story in each of the symptoms we list it under?
4. Could this be a featured success story? If so, what intro would you suggest?

Language examples for success story: Quote from story or quick who what how summary.

- [J. Clerkin](#) says, "I found myself during a particularly high stress period experiencing numbness and pain in my right arm. Within a month I was immobilized by it, living on Vicodin. It took about 6 weeks of reading and re-reading the book (Mind Over Back Pain) to get to the point where I no longer needed pain killers. I had been told I had a bulging disc and would require surgery. Dr. Sarno saved me from surgery. I still feel a little pain on occasion - always during times of stress or fear - and I need only remind myself of what I learned from Dr. Sarno and it goes away. It is not an instant cure, and you DO need to read and re-read until your mind accepts the concept and your body falls in line... but it works."
- [Baseball65's story](#): Baseball65 describes how, despite being born with an L5-S1 fusion, one leg that is over an inch longer than the other, spinal stenosis and a herniated disc, he led an active and pain-free life, until experiencing muscle spasms one day at work. The pain progressed rapidly and led to a failed surgery and a nearly complete physical and psychological meltdown, until he read Dr. Sarno's book, saw himself in the pages and began taking his life back again.
- [Salamander's story](#) : In this story, Salamander discusses how he had a variety of PPD symptoms since he was 16 year old, including knee pain. His symptoms were so severe that he believed the only possible explanation was structural damage. How could one's unconscious mind create such extreme and debilitating pain? Through reading and rereading Dr. Sarno's books, Salamander began to accept the diagnosis and recover. Follow the link to read more about [Salamander's TMS Success Story](#).

Process (quick view):

1. Initial full line from the list below- so we know who is working on what
2. Copy full line to your word processing document
3. Read story and related posts by user
4. Apply tags
5. Copy boilerplate
6. Answer boilerplate questions
7. Make a list of symptoms
8. Write a summary of thread post (see examples above in Language)
9. If it would be a good "Featured Success story" notate that.
10. Copy and paste your work at the bottom of this doc with your username so we know who to thank.

All success stories from our forum

[100% Healed nguyeq12](#), Feb 21, 2015 Replies: 11 Views: 765

[Complete Success Story Uploaded on Youtube psychosomatic](#), Jan 8, 2014 Replies: 30 Views: 2,764

Theresa [My TMS success story Colly](#), Feb 6, 2014 Replies: 49 Views: 3,690

[Foot Pain Remarkable Recovery Andy B](#), May 5, 2013 Replies: 32 Views: 3,217

[How I finally overcame TMS Wiser now](#), Mar 18, 2013 Replies: 5 Views: 1,900

[Thankyou TMS Forum - 4 day recovery Ozzy](#), Dec 18, 2014 Replies: 10 Views: 481

[2. My Success Story Forest](#), Mar 27, 2012 Replies: 34 Views: 4,037

[Success Story without Repressed Emotions bikebum](#), Mar 9, 2014 Replies: 31 Views: 3,456

Forest [A Physician's TMS story - RSI, Hyperacusis and much more..... Alicia Batson MD](#), Mar 11, 2015 Replies: 30 Views: 938

[Still fighting TMS, but will beat it Abhishek](#), Sep 30, 2014 Replies: 15 Views: 1,037

[Nicholas' Success Story Nicholas34](#), Aug 8, 2014 Replies: 26 Views: 1,276

[My complete story -warning: this will be long. cirrusnarea](#), Mar 22, 2014 Replies: 15 Views: 1,152

[healed for 10+ years balto](#), Jan 19, 2014 Replies: 18 Views: 1,566

[Recovery from 20 years of fibromyalgia and a lifetime of migraines Ellen](#), Apr 4, 2015 Replies: 15 Views: 597

[Completed 5 classes in 10 days of Bikram Yoga Ellen](#), Jul 28, 2014 Replies: 11 Views: 445

[So proud to be here - patellar \(knee\) tendonitis/ITBS/ankle tendonitis Waterbear](#), Mar 4, 2014 Replies: 11 Views: 843

[An imperfect recovery...and that is fine Calum](#), May 11, 2014 Replies: 7 Views: 664

[Took a Walk for the first time in 3 months! samantha](#), Apr 1, 2014 Replies: 15 Views: 378

[My story with TMS Radek](#), Jul 23, 2012 Replies: 14 Views: 2,143

[Livvygurl's TMS Story Livvygurl](#), Jul 2, 2012 Replies: 9 Views: 944

[My TMS Success Story \(crippling foot pain - plantar fasciitis, wrist pain, eye pain\) AnitaV](#), Jul 19, 2014 Replies: 85 Views: 3,752

[Fun makes the pain go away North Star](#), Dec 21, 2014 Replies: 5 Views: 442

[My success story labrador](#), Sep 24, 2014 Replies: 3 Views: 467

[Healed! Mtngal](#), Feb 6, 2014 Replies: 18 Views: 686

[My success story-thanks! mmo4](#), Jan 8, 2014 Replies: 8 Views: 573

[Bye bye back pain/tingling/numbness Lori](#), Jun 30, 2013 Replies: 11 Views: 2,788

[success with affirmations...finally blake](#), Nov 6, 2014 Replies: 14 Views: 696

[Here's to a pain free 2014 jazzhands](#), Dec 31, 2013 Replies: 12 Views: 803

[More success! Solange](#), Nov 4, 2014 Replies: 4 Views: 198

[Healing steadily from back,shoulder and migraine pain \(2\) Solange](#), Oct 9, 2014 Replies: 14 Views: 438

[Love life without pain! nowtimecoach](#), Aug 18, 2014 Replies: 16 Views: 536

[A first! North Star](#), Jun 23, 2014 Replies: 11 Views: 404

[A breakthrough! David B](#), Jan 5, 2014 Replies: 9 Views: 458

[Pain Free for Almost 3 Years Now, Thanks to This Community! brianleejackson](#), Feb 3, 2014 Replies: 3 Views: 482

[Dr. Zafirides The Fear Of Pain Can Often Be Worse Than Pain Itself Peter Zafirides](#), Nov 25, 2013 Replies: 14 Views: 980

[Tension Myositis Syndrome story in Oprah Magazine Forest](#), Mar 19, 2015 Replies: 6 Views: 400

[Healed! mindfulliving](#), Mar 31, 2015 Replies: 5 Views: 256

[My TMS story... healing ermelin](#), Nov 12, 2014 Replies: 8 Views: 910

[Back Pain, Knee Pain, & Wrist Pain Client Success Daniel G Lyman](#), Sep 22, 2014 Replies: 11 Views: 684

[TMS tried a new spot, didn't work Waterbear](#), Sep 19, 2014 Replies: 5 Views: 262

[Still working on it - recent successful incident JanAtheCPA](#), Aug 23, 2014 Replies: 11 Views: 418

[Really tiny success story blake](#), Jun 27, 2014 Replies: 4 Views: 326

[I jumped out of a plane for TMS Recovery! nowtimecoach](#), May 17, 2014 Replies: 15 Views: 392

[98 percent pain free for the 3rd time! alexandra](#), Apr 24, 2014 Replies: 14 Views: 542

[Mostly cured! SB](#), May 14, 2013 Replies: 16 Views: 921

[Conquering TMS psychosomatic](#), Dec 2, 2013 Replies: 14 Views: 751

[Hello Everyone MyofascialManiac](#), Aug 9, 2012 Replies: 4 Views: 842

[Miracle elenimia](#), Aug 25, 2013 Replies: 10 Views: 652

[Plantar fascitis It's Gone bobdds](#), Mar 3, 2015 Replies: 3 Views: 155

[Sandy Root overcoming her back pain from YouTube Forest](#), Jan 9, 2015 Replies: 6 Views: 439

[Almost recovered - 2.5 months af90](#), Jan 25, 2015 Replies: 5 Views: 217

[Not Me Per Se NIclubber](#), Dec 8, 2014 Replies: 7 Views: 304

[Healing steadily from back,shoulder and migraine pain Solange](#), Oct 7, 2014 Replies: 1 Views: 174

[My TMS Update Pingman](#), Jul 18, 2014 Replies: 9 Views: 419

[Made some shelves for my geckos! Waterbear](#), Apr 1, 2014 Replies: 10 Views: 298

[Thanks to all of you Terry](#), Dec 22, 2013 Replies: 14 Views: 642

[98% better now Pingman](#), Feb 7, 2014 Replies: 2 Views: 393

[Pain Free Weight Gain Painfree](#), Jan 6, 2014 Replies: 18 Views: 1,

[Podcast Success Story of James Alexander. PhD Forest](#), Jan 27, 2014 Replies: 4 Views: 366

[Small step for some, giant stride for me! Solange](#), Apr 29, 2013 Replies: 14 Views: 657

[Breaking Pain News! Beach-Girl](#), Jun 28, 2012 Replies: 14 Views: 1,028

[5 golf games in 4 days! Back-To-Golf](#), Apr 6, 2015 Replies: 2 Views: 105

[Conversation at the pool today Peggy](#), Nov 4, 2014 Replies: 11 Views: 247

[Melissa Blake's RSI video success story Forest](#), Aug 26, 2014 Replies: 3 Views: 334

[Happy for a mini cycle on my anniversary David B](#), Sep 22, 2014 Replies: 3 Views: 184

[Spring and Nature's bounty Lily Rose](#), Apr 8, 2014 Replies: 6 Views: 323

[Affirmation of TMS Dan M](#), Apr 13, 2014 Replies: 4 Views: 341

[My own little success...! UkAdR](#), Apr 8, 2014 Replies: 3 Views: 216

[1 month milestone finches](#), Mar 11, 2014 Replies: 9 Views: 404

[Being Positive joseph32](#), Jan 20, 2014 Replies: 9 Views: 461

[Pain Free for 4 Years! tmsandrew](#), Feb 7, 2014 Replies: 2 Views: 400

[Success-it really worked! mmo4](#), Jan 8, 2014 Replies: 4 Views: 446

[With a little\(huge\) help from my friend\(s\) Ales](#), Sep 25, 2013 Replies: 8 Views: 521

[Healed?! Rajput21](#), Aug 21, 2013 Replies: 6 Views: 454

[Out with the old 2012 Jilly](#), Jan 1, 2013 Replies: 8 Views: 411

[I'm a TMSer Triathlete Enrique](#), May 2, 2012 Replies: 18 Views: 2,714

[Marathon Running and TMS RedRunner](#), Nov 6, 2014 Replies: 31 Views: 970

[Mini-success today wendyd](#), Mar 24, 2015 Replies: 5 Views: 146

[Recovery is sweet!!! Gigi](#), Jul 20, 2013 Replies: 8 Views: 841

[Pain Free! Alcoholism and TMS RussellH](#), Dec 26, 2014 Replies: 5 Views: 393

[Still not 'cured' but I am so happy and proud! oozeworthypayana](#), Sep 14, 2014 Replies: 5 Views: 200

[New here andy11](#), Jul 3, 2014 Replies: 5 Views: 367

[Lissa Rankin MD joins the Ranks MatthewNJ](#), Jul 16, 2014 Replies: 3 Views: 513

[Still zero pain! mmo4](#), Jun 22, 2014 Replies: 4 Views: 442

[My success story CMA](#), May 5, 2014 Replies: 3 Views: 356

[Symptom Imperative Success nowtimecoach](#), Apr 12, 2014 Replies: 3 Views: 303

[Effective pain management tool swandive](#), Mar 26, 2014 Replies: 4 Views: 337

[In the right direction joseph32](#), Dec 13, 2013 Replies: 3 Views: 263

[Andrew Miller's Short and Sweet TMS Healing Walt Oleksy](#), Nov 2, 2013 Replies: 4 Views: 887

[It was Complicated, and So was I.... Back2-It](#), May 19, 2013 Replies: 11 Views: 1,020

[Pain free - Your program really helped me! sandra_from_lisbon](#), Jun 6, 2013 Replies: 3 Views: 554
[Update: Livvygurl Livvygurl](#), Aug 13, 2012 Replies: 7 Views: 667
[Almost Healed - TMS fighting back with allergy af90](#), Mar 11, 2015 Replies: 3 Views: 193
[My Story: Life with/out Papa BruceMC](#), Mar 30, 2012 Replies: 6 Views: 991
[My TMS Story scottyboy8](#), Feb 8, 2015 Replies: 12 Views: 331
[Success Story - RSI, Knee, Sinus, etc Enrique](#), Jan 4, 2015 Replies: 6 Views: 360
[Just over 2 weeks and feeling good! wendyd](#), Dec 9, 2014 Replies: 2 Views: 259
[Small successes North Star](#), Nov 10, 2014 Replies: 7 Views: 311
[My TMS pain-gone Japanesefan](#), Aug 19, 2014 Replies: 2 Views: 371
[Back pain fully gone after 10 years of torture. aidanob10](#), May 1, 2014 Replies: 5 Views: 1,214
[Doing things differently nowtimecoach](#), Apr 17, 2014 Replies: 4 Views: 286
[A Post for a Friend Eric "Herbie" Watson](#), Sep 26, 2013 Replies: 11 Views: 491
[75% healed in 2 months af90](#), Jan 7, 2015 Replies: 4 Views: 223
[Running and push-ups for first time in 2 years af90](#), Dec 24, 2014 Replies: 2 Views: 268
[2 weeks and it's looking good af90](#), Dec 1, 2014 Replies: 5 Views: 317
[Need Help with Chronic GERD Angelina B](#), Jul 26, 2014 Replies: 3 Views: 276
[Back Pain Relief KellyMartinSpeaks](#), Apr 16, 2014 Replies: 5 Views: 572
[Still jogging Richsimm22](#), Apr 27, 2014 Replies: 3 Views: 279
[Focusing question David B](#), Feb 4, 2014 Replies: 27 Views: 772
[Tooth ache gone CMA](#), Mar 17, 2014 Replies: 12 Views: 727
[99% healed Velo drew](#), Feb 12, 2014 Replies: 5 Views: 453
[My Story crimslock](#), Aug 22, 2012 Replies: 10 Views: 1,603
[My friends success story #1 JoelA](#), Nov 1, 2013 Replies: 3 Views: 252
[Pain Free!! Sienna](#), Feb 26, 2013 Replies: 13 Views: 929
[Two Rsi success stories mr tms](#), Sep 29, 2013 Replies: 12 Views: 709
[Surfing without pain, step one accomplished Christopher](#), Feb 16, 2013 Replies: 6 Views: 335
[Nicola Jones' recovery from CFS Nicola J](#), Today at 8:45 AM Replies: 1 Views: 35
[Success stories about depression. Tiggerdyret](#), Feb 5, 2015 Replies: 19 Views: 563
[How my dr gave me plantar faciitis Lizzy](#), Feb 20, 2015 Replies: 16 Views: 353
[Forest's relapse dabatross](#), Apr 20, 2012 Replies: 9 Views: 1,222
[Made some progress... E. Lynn](#), Nov 30, 2014 Replies: 7 Views: 255
[Recovery stories to inspire and encourage you. Solange](#), Feb 5, 2014 Replies: 3 Views: 385
[TMS is AMAZING! mindfulliving](#), Dec 26, 2013 Replies: 8 Views: 848
[Success Story from Thank You DR. Sarno](#) quert, Sep 11, 2013 Replies: 2 Views: 835
[Two miles - NO pain! North Star](#), Sep 10, 2013 Replies: 10 Views: 535
[Dizziness Walt Oleksy](#), Aug 24, 2013 Replies: 3 Views: 1,167
[How I finally overcame TMS update Wiser now](#), Aug 21, 2013 Replies: 4 Views: 733
[My TMS recovery story pranav](#), Jul 29, 2013 Replies: 5 Views: 793

Detailed notes on individual stories

Forest

7. [2. My Success Story Forest](#), Mar 27, 2012 Replies: 34 Views: 4,037

Thin Pages:

Achilles tendonitis has mostly stories on tms help.

nguyeq12's story

5. 1. [100% Healed nguyeq12](#), Feb 21, 2015 Replies: 11 Views: 765
- 6.
7. What is the story behind the story?
 - a. Did the person relapse? If they did, are they better now? NO
 - b. Is the person an established member of our community? NO only 4 posts
 - c. Are there posts from while the person was recovering that we can link to that show their progress?
8. Which symptoms could we list this story under?
 - a. What language should we use when introducing the story in each of the symptoms we list it under?
 - b. nguyeq12 was a 25 year old woman who recovered from panic attacks after 5 years of suffering from them.
9. Could this be a featured success story? If so, what intro would you suggest?

[My TMS success story Colly](#),

From a joyful and vibrant life to an acute attack of foot pain and eventually fibromyalgia and a host of other troubling symptoms, Colly shares her dramatic story of how she developed severe TMS beginning at the age of 21 and ultimately, how she was completely healed.

Tags: Fibromyalgia, chronic foot pain, chronic headaches, knee pain (inc bilateral?), chronic insomnia, numb leg (), Sympathetic Dystrophy (foot), chronic back pain, TMJ, Neck pain, anal pain, tinnitus, Reynaud's, Arrhythmia, Plantar Fasciitis, RSI, Shingles,

- Did the person relapse? If they did, are they better now? No relapse but deals with a few twinges here and there.
-
-
- Do they have more recent posts that demonstrate that they didn't relapse? (Sometimes people will make posts like this later on in their success story thread.)Yes
- Is the person an established member of our community? If so, the final verbiage should include, "To read all posts by XYZ click here."
- <http://www.tmswiki.org/forum/members/colly.1875/>
-
- Rob - I am trying to find the link for all of her postings but it just pulls up the first page.
-
- Was the person a member of our forum while they were recovering? If so, linking to some of their older posts when the TMS was at its worst can let the reader know that even if it seems dark now, there is hope down the road.