

## STRESSED?

**S**tressful experiences arouse huge amounts of adrenalin and emotion — the fight-or-flight response.

- ✦ Loss
- ✦ Abuse
- ✦ Injury
- ✦ Threat
- ✦ Trauma
- ✦ Violence

If you had such experiences and had little support at the time, that stress may be frozen in your body and nervous system.

## STUCK?

**S**ymptoms of unresolved stress may slowly build over a long time.

- ✦ Addictions
- ✦ Shame or guilt
- ✦ Fear or overwhelm
- ✦ Worry or obsessions
- ✦ Overreaction or anger
- ✦ Relationship problems
- ✦ Stressed-out nerves and glands
- ✦ Unexplained physical symptoms
- ✦ Depression or lack of motivation

**HAVE SOME OF THESE SYMPTOMS BURIED THE LIFE YOU WANTED TO LIVE?**

## READY FOR CHANGE?

**I**t's not just a psychological problem! Your symptoms began with painful past experiences but persist today because your body and nervous system are stuck in a stress response.

You can learn to get unstuck! Distressing emotions can dissolve and be replaced with optimism, energy and clear thinking.

**WITH BURDENS FROM THE PAST RELEASED, YOU'RE FREE AGAIN TO MEET LIFE WITH ENTHUSIASM.**

*My clients know it's possible to let go of the past and to rediscover joy and passion for life.*

— Paul Chubbuck



*My lower back was in constant pain for over five years. Since those three sessions with you, to this day, I have no pain.*

— AJ, 24 year-old salesperson

*I had always felt threatened with a sense of rejection and abandonment. Through working with Paul, I found the ability to confidently express myself to others.*

— SC, 22 year-old college student

*In a session with Paul I focused on a time when I was too terrified to speak up. Right afterwards, I had a clear dream in which I was attractive, physically powerful, adventurous and confident. That began a big shift for me.*

— SS, 60 year-old musician

*Working with Paul got me in touch with my body in a way that helped me heal from past cancer and amputation.*

— WL, 48 year-old acupuncture apprentice

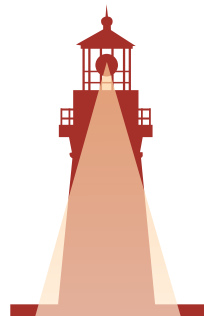
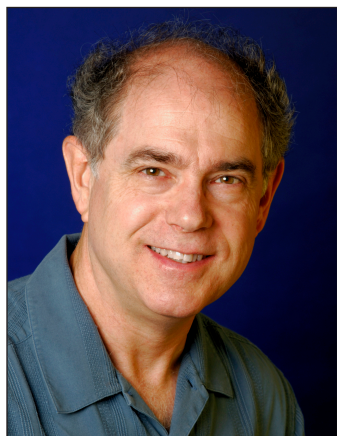
## PAUL CHUBBUCK

Paul is extensively trained to help you to release the past and rediscover happiness. His 35-year personal and professional growth path is the foundation for what he offers.

- M.S. in Counseling
- Somatic Experiencing Practitioner® (S.E.P.)
- Teacher of Somatic Trauma Resolution®

Paul's other studies and passions also inform his healing practice:

- Shamanism — stone age wisdom towards a reverence for all life
- Storytelling — the oral sharing of poetry and traditional wisdom and healing tales
- Polarity Therapy — subtle energy pathways of the human body
- Addiction — causes and recovery



### RELEASING THE PAST

Paul Chubbuck, M.S., S.E.P.  
Fort Collins, CO

[www.releasingthepast.com](http://www.releasingthepast.com)  
or call (970) 493-2958

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## FREE INTRO SESSION!

UNMOTIVATED?  
DISCOURAGED?  
STRESSED?  
ANGRY?  
SAD?

# DOES YOUR PAST RULE YOUR PRESENT?



WOULD  
LIFE IMPROVE  
IF YOU COULD  
RELEASE THE PAST?