

Terry changed and saved my life in a huge way. I still have a long road ahead legally, emotionally and mentally, but I never thought I would be able to stop or realize why I was stealing. I was able to stop for periods of times before based on other reasons (moving, not being the person dealing with the money), but whenever the opportunity to steal was there I would, but now it's been a good month or so and I have had opportunities to steal and I don't. That is a HUGE step for me. I'm around money at work and I don't think about it because I have finally been able to realize I'm going to be okay, that money is not mine, yes, I have a lot of student loan debt, but my husband helps me now because he knows I need help financially whereas before I was embarrassed to ask for help because nobody had ever been able to help me before. I'm still scared what will happen legally, but I am forever grateful, proud and hopeful that my life will be great because of this therapy. I hope in the future I'm able to tell my story and help others the way Terry has helped me. -- *Grateful, S. Carolina*

I had been stealing money from my employers on and off for about five years before I finally got caught and knew it was time to seek out help. Terry Shulman not only saved my life in that moment, but he has forever changed my life for the better since the first session I had with him. I am forever grateful for his expertise, compassion and phenomenal gift of helping others in the darkest moments of their lives.

When I started my sessions with Terry, I was scared, lost, and raw. I had no idea what was happening or if I was going to jail the following week. I had nobody to turn to. I felt completely alone. Throughout his intensive counseling program and weekly sessions I have been able to realize where my stealing is rooted from, been able to connect and truly talk about unthinkable family issues that happened to me as a child and realize I can change and live a more honest and respectful life. I had not opened up to anyone about my past as easily and deeply as I have with Terry. He is someone that truly cares about you, never judges you and only wants you to see that your life is not over, but the potential you have for greatest. It's a rare and special ability that few are able to possess especially when working with individuals who steal, shoplift and lie about it.

Terry has not only helped me come to terms with my stealing behaviors, but he has also helped my marriage, my friendships and relationship with myself. My husband has been part of two sessions with Terry and he has been completely impressed with how helpful and inspiring Terry has been not only to me, but also to my husband. He has been able to counsel us through some extremely upsetting and confusing moments of our lives. My husband was unaware of my stealing and a big part of me thought I was going to lose him forever, but Terry was able to counsel us and not only comfort me, but my husband that this is a disease and it needs to be treated.

My legal situation may still be up in limbo, but Terry has been my biggest advocate and it is because of him I have been able to make as much progress as I have. These counseling sessions have been invaluable to my life. I wish I was able to stop stealing and realize stealing was my outlet to other issues, but it took someone with the professional background who also had his own experiences with theft along with Terry's empathy and natural ability to help me understand my stealing, depression and feelings of being unappreciated at work made for one nasty combination. The work Terry has done not only for myself, but for others in this community dealing with similar problems is absolutely inspiring and my husband and I will forever be grateful to him. I look forward to continuing working with Terry in the months and even years ahead because I have so much more to learn, reflect and heal that without his guidance, help and assistance I could not do it.

I will never be able to thank you for all you have done. My husband and I both look forward to continuing to work with you. -- *Faith in Philadelphia*

Terry,

How can I ever thank you enough for all the you have done? While I am deeply disappointed in my actions that led to my finding you, I am so happy to have learned so much, grown to understand myself, and begin to heal--all thanks to your remarkable patience and therapy. Your guidance and support, along with the CASA support group, has made

me a stronger, better, and more self-aware person. I will be forever grateful. Wishing you nothing but the very best in all you do. --K.A., Maryland

Hi Terry,

Things have been quiet here, thank goodness. I've settled my embezzlement case privately with my former employer so I don't have to go to court. I'm finally eating and sleeping again. I've not had a single urge to steal anything and even think "no way!" when I read news stories of people who are caught stealing. I honestly think that the active urge/need to steal has gone from me, but I'm not so naive to think that it isn't still dormant inside me. But overall I'm feeling good and making progress with moving on. I think it is such an amazing gift and talent that you're able to take on the problems of all the CASA participants, and to help them turn their lives around like you did for me. I thank God every day for leading me to you! -- Tatiana, Oregon

Thanks. Terry

I had problems with stealing from family and friends--even my own husband--for many years. I had much anxiety about making that first telephone call to Terry but he extended a gentle hand in the first seconds and made me feel all was going to be okay. My work over 10 weeks with Terry was most enlightening and has given me a fresh way to view things. I feel confident moving forward. --Kim, Texas

Hello Terry!

Just wanted you to know that I'm doing well. Keeping busy with two jobs and I've got goals that I've set for myself this year but I have to remind myself to be patient and take one day at a time. I'm headed in the right direction I know this for sure.

I was able to get my felony charge dropped to a misdemeanor. Needless to say, I'm truly grateful. This is my reminder every day..... I mean EVERY day!

Again, thank you so much for your help. I go back and read your notes from our sessions quite a bit. They help and remind of the things that trigger my behavior. It's all good! I don't pretend that I'm "cured" or anything like that, something I would've convinced myself of before (actually I did do that!). I'm just accepting and aware of the fact that I can slip right back into that behavior very easily if I'm not careful.

Will keep you posted on any changes, hopefully they'll be good ones. Thanks again! --M.D-- Mississippi

Nearly one year ago, after my second arrest, I knew I needed help but I still didn't seek it out. After my third arrest, a few months later, I still felt the same but I knew I had to do something this time. When I first heard about Mr. Shulman and his counseling program I didn't take it seriously. If anything, I figured people probably just sought his help to get him to write letters on their behalf to help reduce their court sentences--who wouldn't want this kind of assistance? How wrong I was.

It didn't take me long after speaking to Mr. Shulman myself to know he really wanted to help me. Not only did he help me understand my shoplifting issue but helped me get a hold on my life. He was there anytime I needed him and was willing to discuss anything and everything. He helped me tie together lots of different aspects of my life to help me understand what I was really dealing with: the underlying issues.

The best thing I did to help myself get a handle on my addiction and my life was to contact Mr. Shulman and to utilize the CASA online support group which Mr. Shulman started and co-moderates. The support group has been an invaluable source of assistance and encouragement: it's helped remind me I am not alone with my problems and now I have a place to share both my problems and successes and a means to help improve my life.

I hope someday to put shoplifting behind me and go on living without the worries I have now. Since completing Mr. Shulman's program, I'm doing well and, if the need ever arises, at least I know I have the support of Terry and all my

new friends at CASA. It's a nice feeling knowing I have people out there who understand me and support me without prejudice and without reservations. We could all us friends like that. -- *Don, PA*

Thanks is not enough, for all you have done for me -

My journey to recovery began for me on Sept 19, 2008. I was facing three separate legal situations, I had recently lost my job (for stealing) and at the very moment I felt complete hopelessness..... the shame, the pride, the guilt, the embarrassment were so overpowering..... I honestly had NO idea how I was going to survive this problem/situation. I remember that evening as if it was just last night - it was the first time I had admitted to myself and family members of my shoplifting addiction - it truly was the first day I felt FREE - the burden lifted and I know longer had 'my secret' to hide. The days ahead were painful and challenging. I reached out to our family psychologist and started to get therapy in dealing with my 'mess'/addiction. It was clear I was dealing with a different kind of demon and I prayed, I prayed some more and more.....

God heard me! I was searching for additional support around my shoplifting/stealing behaviors - searching to understand WHY? Then I found Terry.... I entered into his 10 week program, read his books, joined the online support group and made a honest commitment to myself to overcome this addiction. I'm forever grateful for Terry and his work, his passion.... within a couple sessions, I felt his sincere, honest approach to helping others. At times, our sessions were challenging for me - I was required to begin to deal with some personal experiences which brought me 'pain'. This was the pain/anger I covered up through acting out my addiction (since childhood).... Terry helped me to work through these issues. I learned to forgive myself.... to forgive others too - Most importantly, I learned I was not alone.

When I came to Terry, I was broken (literally), I had no idea why/how but I knew I was going to change my life for the better and I did. The investment was worth every dollar - it saved me, my LIFE.

I encourage others who are struggling to take a step of 'faith'. Trust you are where God placed you to be - every experience has a life-lesson attached. Although, my journey created much hardship - It brought me much peace, joy, happiness and comfort. I was able to establish 'true'/'honest' meaningful relationships with my husband, children, parents. family and friends. Today. I'm a new person, cherishing life's simple joys, recovering from my addiction, one day at a time - I'm grateful for so many, Terry being one of them.

With God All Things are Possible" -- enjoying one day at a time, --*FREE, in Denver, COLO*

I had embezzled a lot of money from my company and I was on my last rope. I was having nightmares and was scared to death I would go to jail. I was found out and thought everything was over. But the company owner, his wife, and the CEO had read an article by Mr. Shulman about new ways to approach shoplifting and employee theft. The article cited research that 66% of people who have stolen will steal again whether or not they spend time in jail. The company decided to let me keep my job if I paid back the money I embezzled and completed Mr. Shulman's phone counseling program.

When I started my sessions with Terry, I was emotionless, scared and I had no idea why I stole. Through the sessions, I learned to slow down my thinking and to feel my feelings. I had been acting destructively in my career, my marriage and with everyone in my life. Being able to stay at work to actually see the looks on the faces of those I betrayed was the hardest thing I have had to go through; I don't think I could have done it with out Terry. He listened to me, gave me encouragement, and pointed out things I hadn't seen or felt before. I had a phone session with Terry and the company owner and he was able to have both of us see and hear each other's side.

I also had two phone sessions with Terry and my husband. My husband was able to get a lot off his chest and Terry constantly asked if I needed to say anything during those very tense moments. This has really helped my marriage: now, my husband is able to get his thoughts and mimic Terry by stopping to ask me if I have anything to say. I've been able to learn to listen and also to express what's on my mind without fearing the world is going to fall apart around me. Terry's book and online support group also have helped me greatly.

I have learned I don't have to steal when I feel out of control. I also have learned what my triggers are, what the signs are that could make be out of control, and the things that I need to do to stay safe. I continue to work through the shame and the remorse I feel for what I did. I now know that I crossed the line. I am very aware everyday that I need to draw that line in the sand and not cross it. --*Karen from So. California*

