

Debox Revolution Testimonials

"It's great! I feel totally liberated and confident. I felt better after the first box appeared and emptied. The great thing is I am self-sufficient - not dependent."

Darren Hilton, Rochdale, UK

"I have certainly found an improvement in my daily moods and overall sense of wellbeing. I no longer feel deeply depressed and hopeless. I have experienced what feels like a breath of fresh air. And I have a tool that will help me with other difficult feelings and emotional reactions as they come up. It's a process that I can return to again and again as needed."

Charlotte Suh, Korea

"I had a number of self-worth/self-esteem/anger issues that had been with me for many years. They had affected previous and existing relationships. I was very prone to over-reacting. But something was stopping me doing things that I knew I had to do to move my life forward, if you'd have asked me at the time I wouldn't have been able to say what this was or why.

I do feel much more emotionally free now. I don't judge, I just accept & trust myself to take the necessary steps to work through whatever is affecting me. It just works! If I was starting again now I would just run with it and not hold back or question what I was doing."

Hayley Mason, Stratford-Upon-Avon, UK

"Essential to moving forward in your own life, giving yourself the gift of freedom from limiting beliefs. Read the book. Don't over-think it. Allow it to happen and give yourself permission to clear what comes up. Just do it!"

Stevie Way, London, UK

"By leaning into it and Deboxing, I found my life becoming happier and problems easier to deal with. I would and have recommended this book and course to anyone that would benefit, which is pretty much everyone!!"

Aurora Young, Banbury, UK

"An incredible part of it, is how many negative reactions have vanished, along with a huge diminishing of obsessive-compulsive behaviours, which has been with me for 40 years! My confidence is increasing and my anxieties are disappearing before my eyes! So I genuinely, highly recommend this to anyone who is sick of being a slave to their emotions and fed up with everyone telling them that they just need to think more positively."

Carl Chapman, Essex, UK

"I reached a point in my life where I was finding it difficult to manage everyday tasks, and I was experiencing depressions and anxieties daily. I felt like I was losing control. I would say that if you have reached a point in your life where you want to take control of your destiny, then Deboxing is for you! Jay, you and deboxing have supported me through the most difficult time of my life...I do not know where I would be or how I would have got through the past few months without your help

I am now truly happy with myself and MY LIFE!"

Laura, Slough, UK

"I've suffered for as long as I can remember with anxiety for my fear of flying. I have used many other methods to try to help me with this but nothing has really helped.

Then I used Deboxing. I've just flown to America this September 2016 - which is actually where I am writing this from. The experience that I had this year was just so different that I would describe the flight as almost enjoyable! My family have commented on just how different I have been this trip, wanting to know what caused the change. The Debox Revolution has just made 'being me' even easier."

Clair, Millbrook, Beds, UK

"Just before I came across Deboxing I was going through a period of transition in my life. I was facing the challenge of coming to terms with the fact that my marriage of twenty plus years was ending and I was experiencing undue stress and anxiety. Also, I was overwhelmed with feelings of guilt, confusion and disappointment.

Now having had further interaction with Jay, I sense he is someone that is passionate about the Deboxing approach and he wants to share it with as many people as possible because he really believes that they would be immensely benefited by it.

Deboxing as a therapeutic approach is easy to do because it is basically shedding light on what we would 'naturally' do when we feel sad, lonely or depressed. But Deboxing teaches us what to do with these feelings to not only get instant relief but reduce the ongoing issue's inside.

I have a counselling background but Deboxing offered an approach that elicited a more rapid outcome than traditional psychotherapeutic methods. That really appealed to me. Also, my personal experience with Deboxing had shown me that it worked."

R.A. London, UK

"I felt worthless I felt like a fraud I felt like people were picking on me, constantly.

My biggest Debox Experience was a re-lease of something I never thought I wanted to let go off. I didn't set out to let go of it, in fact I was determined to hold onto it. But as other cupboards emptied, I realised this was my biggest issue of them all. I'd been fighting against it for years.

It took a few Deboxing sessions to change my perspective on this issue. At the end, I felt light, almost empty, strange feeling, but a really good one. I'm much more at ease with myself.

I'm much more comfortable and confident I don't beat myself up, everytime something doesn't work out.

Deboxing is amazing! The feeling you get after emptying a cupboard is truly Incredibly. To the extent, that now, if I know I am going to be in a situation, that I may feel uncomfortable, I can Pre Debox. I truly believe, however big or small your issues are Deboxing will help."

M.Withers, Business Owners, Banbury, UK

"I was apprehensive before starting. The frustrations of everyday life were ruining my life. I also wanting to understand the reasons why my marriage had broken down.

The realization that the feelings that caused me so much hurt and anger just became irrelevant once I had deboxed them - The issues have not disappeared but the feelings I once had have changed and do not have the same effect on me as before.

Feelings of frustration and despair have stopped ruling my life - I have come to terms with the underlying issues that caused the frustration and despair and the feelings do not have the same effect on me - I have stopped being angry and frustrated I would certainly recommend deboxing to others!! You have to go into it with an open mind and be willing to accept the advice given and stick with it!! Your life changes constantly but knowing how to Debox "uncomfortable feelings" that will appear and stop them taking over your life is a very good gift to have!!
Thank You Jay"

A.Barker, Business Owner, Bloxham, UK

"I was in complete overhwlem due to the Breakdown in my marriage and then into a new relationship. I have reduced my anxiety medication and have improved my eating and sleeping habits. I am self sufficient and know I can deal with emotionally charged situations. I have a better relationship with my close friends, children and boyfriend.

The main difference in my day to day life is the improvement in my anxiety and OCD. I think everyone in the whole world needs Deboxing in their life! Such a simple technique to become emotionally self reliant"

Gemma.B. Oxford, UK

"I had huge Emotional struggles and anxiety from a previous abusive relationship.

My emotions, thoughts and anxiety have totally changed about the past relationship mentioned above . I couldn't give a shit about it anymore!! What used to haunt me, has totally gone.

It was definitely easier than I had ever imagined.

I highly recommend Deboxing Absolutely Because it works."

D.Brock. Banbury, UK

"I was prone to over worrying and Anxiety that I always thought was linked to something that happened years ago.

I was nervous before trying it but the book helped me realise it was simple to do I just had to give it a go.

I believe its life changing that does not involve medication and anyone can do it. The book is well written straight to the point it's like someone's read your mind and upset and telling you that you can help yourself no matter what things have happened in your life it's time to start living rest of your life how you want to live it.

I feel so much more positive.

Thank you Jay :)"

L.Hudson, Aylesbury, UK

"I am a certified active therapist with my own practice and seven years of experience.

I contacted Jay after watching the Debox TEDx talk and saw a winning formula in the Debox method.

I immediately wanted to get involved. My use of the Debox method has generated excellent personal and client results.

Now I am involved in training and supporting the Debox coaches. What more can I say? It works."

Jayne Newman
MA, MBACP, HPD, ITANLP

"I suffered with stress and anxiety on a daily basis. Personally I felt sceptical at the beginning as I didn't fully understand how deboxing would work. But it did.

I'm certainly easier on myself now, i feel a lot more confident to admit I don't always get it right and I've started to balance my work and home life better. I'm not as reactive to my eldest daughter when we disagree. I feel less guilt and anxiety.

I've definitely seen tangible results. I have let go of feelings of guilt that I've Held on to for a long time.

I have experienced the relief from a deboxing session"

K.Day, Manager, Birmingham, UK

"The experience was a huge eye opener to my emotions. I know if I have an over powering emotion there then I can debox to help how I feel instead of letting it build up and upset me or make me feel anxious.

I did get good results. I realised if I ignored things that I still felt upset about them a week or more on, but If I deboxed it was over it. With my obsessive ways it took longer to get used to as I had

been doing these obsessive things for so many years.
But its all changed.

I would recommend this to anyone. The support I
received was very good."

L.Jones, Childcare, Birmingham, UK