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Subject: Re: Regaining Momentum

Posted by [artisticrainey](#) on Tue, 24 Jul 2012 00:22:31 GMT

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Wednesday, September 26, 2068; Tracy Island and Thunderbird Five; 3pm

"Tracy Island calling Thunderbird Five." The eyes on John's portrait blinked for a second, then his picture disappeared and was replaced by Callie's face.

"Thunderbird Five here. Hi, Dom; hi, Anna."

"Hello, Callie. Looking forward to coming back to Earth?" Dom grinned, happily at her. After the scare of almost losing Josh, he seemed to be unable to feel anything but happy.

Callie grimaced. "I'm not sure. Ask me when this session is over."

Anna raised an eyebrow. "I'm not that scary, am I?"

Dom decided retreat was the better part of valor. He waved at the screen and headed out toward the pool where Josh was splashing Nikki.

Anna put on her best 'mildly interested but not too concerned' look and asked, "Dianne told me you had a bad nightmare. Do you want to tell me about it?"

Callie described the nightmare in detail. In the end she said, "Then, I woke up. Dianne was calling my name from the radio. Nikki was there with her. I'd become so upset I'd tripped the medical alarms and awakened Nikki. She couldn't wake me, so she called Dianne."

"How did you feel when you woke up?"

"Dazed. Surprised that nothing was out of place. Upset that I'd woke Nikki and Dianne up."

"But not scared?"

"No. I was more angry than scared."

"Who where you angry at?" When Callie looked at her, confused, Anna explained. "Were you angry at the Hood or at yourself?"

"At the Hood. I mean, how dare he disturb me up here where I was safe."

Anna grinned at that. "I think that's very important. You felt safe up there. Do you still feel safe?"

Callie nodded. "Yes. I know he can't reach me up here. Not unless he gets a rocket. And I'd see him coming."

"He can't reach you on the island either because you would see him coming as well. But you're used to space and probably feel a lot safer there, naturally. I think you've show a lot of progress

with this dream."

Callie looked surprised at that. "If I am making progress, why am I still having nightmares? Do I need to increase my antidepressants?"

"Callie, you're a scientist. Analyze this dream and compare it to your previous nightmares."

Callie looked thoughtful for a moment. "In my previous dreams, the Tracys were hunting me and wanted to kill me. In this one, the Hood was attacking me."

"Go on," Anna said neutrally.

"Before, I was terrified and tried to run away. This time, I wasn't as scared and I didn't try to escape. I fought back!" There was a look of triumph on her face.

"When the mind can't deal with something, it suppresses it. When your subconscious thinks you are ready to start dealing with it, you can start having dreams about it to help you handle it. You feel very safe up there, so your subconscious relaxed enough to start dealing with what happened. Now think about it. You won! You didn't give the Hood any information and you chased him off the station. You aren't scared of him anymore -- or at least not as much. Yes, your reactions set off the alarms, but you woke yourself up; you didn't need rescuing. You still have some work to do, but I'll talk to Dianne about lowering your antidepressant dosage as soon as she gets home. Just don't stop taking them or drop the dosage until you're back down here."

"I won't, although it seems I'm doing better."

"You're not 100 percent yet, but this is a major step. I expect you'll have some more nightmares. We still have work to do and things to get through. I suspect the worst is over. But stopping or lowering the dosage on any antidepressant can be tricky. I'd rather you were back on earth with other people around before we try it." Anna grinned. "Keep on like this and I'll have to retire again."

Callie grinned back. "You'll retire about the same time Mr. Tracy does -- the 12th of never."

Anna laughed. "Will you be all right for the rest of your stay on Thunderbird Five?"

"I think so. I'll be coming home next week anyway." With a sigh, Callie added, "Thanks for hearing me out, Anna. I probably would've gone mad if I hadn't told anyone about this."

"I've known many people who have done that before, not talking about nightmares until something bad happened. Dreams and nightmares tend to be reflections of whatever is happening in your head. Just remember you have a large support group on your side, okay?"

"I will. Thanks again."

"You're welcome. See you next week. Take care."

After Callie ended the transmission, Anna sat down by the coffee table and started typing notes

into her computer. She was thinking to herself, That was a major step. She'll be ok now; she just needs a little more time.

Posted by SusanMartha on September 16, 2007

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