

Finding Freedom from Misophonia: Kresta's Story (triggers named)

I suffered with Misophonia for 35 years...

Years later as I entered graduate school, I made it my mission to learn all I could about Misophonia. It was also an opportunity to practice self-advocacy and those “coping strategies” as my school allowed eating in the classroom which was my own version of hell. If anyone was going to be understanding of my condition it would be aspiring therapists—and most were very understanding and accommodating however, even the most understanding would quickly forget and eat chips or other crunchy snacks in front of me. After one particularly painful interaction with an individual who was not understanding I broke down—the pain of my triggers coupled with the pain of social misunderstanding and rejection was a weight that I had carried for so long—it felt like a wound that was constantly poked and never allowed to heal.

Part of my journey to become a therapist included participating in my own therapy. I lucked out and found a wonderful therapist who introduced me to Brainspotting and supported my growing interest in Internal Family Systems (IFS) also known as “parts work”. It was ultimately these two modalities that lead to huge shifts in my relationship to the almost constant feelings of guilt and shame connected to my Misophonia. I soon realized that my body was carrying the trapped energy of all the rage I had fought so hard to control when triggered. Shame – a survival instinct to prevent us from harm by more powerful others—was a very effective way to “keep it all down”. The drawback to that is I was stuck with all that negative energy. My body was in a constant state of tension and my brain was hypervigilant for the next possible trigger sound. Just like with my clients who have experienced trauma, I realized the key to healing is finding a way to release that energy – and I kept following that path.

I can now say with confidence that I no longer have misophonia. I realize what a bold statement that is. Unfortunately, I cannot guarantee that what ultimately freed me from it will be the same for you, but I can tell you that what I learned along the way greatly improved my life and gave me amazing insight into my own needs, values, and boundaries. The huge feeling of relief that Brainspotting and “parts work” provided was key—and I want to share what I’ve learned with you to co-create a plan for meaningful relief and healing.

I remain committed to supporting others on their healing journey and educating more therapists on what misophonia is and how to help people find relief.

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Learn more about Kresta and here practice at misophoniasfreedomlab.com/.

You can also listen to her podcast episodes on "The Misophonia Podcast" with Adeel Ahmad:

[Kresta's Interview: Part 1](#)

[Kresta's Interview: Part 2](#)