

Chizoma Nosiri was instrumental in quickly identifying and cutting through my emotional paralysis and identifying the underlying issues.

During our sessions, Nosiri used very simple visual props to effectively illustrate concepts of dependence and explain how the dynamics of co-dependence and emotional abuse work so that I can understand and better protect myself emotionally/spiritually/physically/financially. Nosiri Studio helped me learn to recognize and select supportive people to include in my world. I am now able to recognize whether or not a person is supportive and nurturing to me and to favor nurturing relationships and eschew relationships that exploit, demean, and/or drain me.

Nosiri Studio has made an incredible difference in my ability to identify problems in relationships, with myself as well as with others, and establish better response patterns and ways to psychologically protect myself in order to maintain my emotional equilibrium and internal joy. Working with Nosiri Studio has stimulated in me new insights about my own culpability in my co-dependance with others and from this point forward, self-nurturing, self-support, and advancing my own goals will come first. I will be able to be more mindful of not giving so much of myself away.

Nosiri Studio has helped me see my situation with sobering clarity and launched me in a much healthier direction.

I'm very grateful that I was put in touch with Nosiri Studio.

Sincerely,

Barbara S.