Her name is Alex. She is 20 years old attending university at SDSU and she was an average student, ran track and was very social and well known at her school. One day she severely broke her ankle during practice and, after casting her ankle, her coach told her she was out for the season for injuries. Devastated, Alex went to a therapist to talk about her disappointment and to discuss the anxiety she was feeling from her inability to participate in her sport. The therapist put her in a hypnosis state in order to get to the depths of Alex’s increasing anxiety. Unaware of what she told the therapist during her first hypnosis, Alex left the office after her session and went on with her day. Later that night, Alex was washing her dishes after dinner when she picked up a pan and completely bent the handle. Unaware of why or how she even did that, perplexed Alex eased her grip and figured the pan was just old. But as she continued her night, she started to realize the extent of her new found strength. Things that she would pick up that normally were slightly heavy, became a breeze to carry, and her ankle’s pain was progressively diminishing. Shocked, frightened, but extremely intrigued, Alex starts testing her limits with this newfound power. She could pick up her fridge, she could move her huge couch, and there were seemingly no limits on her new strength. But where did this come from? How did this power randomly appear and how was she getting more and more strong as time went on? Could she control it? Would this mean that Alex could possibly get back into her track season before it was too late? What would she tell her coach? “Hey coach, I know my ankle was shattered yesterday but I woke up with insane strength and my ankle is completely healed.” Now she just sounds like a looney. What could she do with this. Alex called up her therapist and told her what had happened. Her therapist seemed to have been awaiting her call, she knew the gift she had given Alex. She told her to use it for good, to save people and to help her team, and to use her strength to benefit society. So Alex, finished out her season, graduated college, and went on to be a fire fighter. She saved more lives than any of her co-workers, male or female, because of her incredible strength to knock down walls and carry multiple people out at once. This gift, this power she attained not only saved Alex from anxiety and depression, but helped keep her community safe.