

THE FAST LETTER

FAST, False Allegations Solutions Team

A newsletter about false allegations of child sex abuse

ETHICS BEYOND REPROACH!

CHILDREN DO LIE ABOUT SEX ABUSE !
SO DO VINDICTIVE EX-WIVES AND GIRLFRIENDS !

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Surviving false allegations by changing for the better.

You can decide to be better or bitter, but bitter will kill you in the end.

Elaine Lehman

When an innocent person has false allegations of child sex abuse leveled at him or her, things happen on the inside that may not be immediately obvious, but must be dealt with, with intelligence and awareness. You change, and the change will turn out to be for the worst, unless you really listen to what I am saying in this article, and follow through.

Perhaps you can consider this dreadful experience a gift, as you learn to do self-talk, and to work on your own psyche. You might even be doing this kind of inner work for the first time, ever. Believe it or not, it's a real blessing to learn how to do this inner work!

Those of us who know how to do this inner self-help work value the skills involved a great deal. The list of skills is far too long and varied for this article, and you actually become an entirely new, better person, after doing a lot of inner work.

This ordeal can change you, so that you go one of two ways:

1. The change you really want takes inner work to achieve:

You can become more compassionate, caring and empathic with others.

You can turn to your Higher Power/God, more, and become more spiritual.

You find out that inner work makes surprisingly satisfying, remarkable differences in your personality and your view of the world.

After you find that out, you willingly continue your inner work.

You find that anger therapy works, and you willingly do anger therapy the rest of your life, when necessary, to rid yourself of stored rage.

You begin using positive thinking techniques such as visualization, and continue using them after your false allegation ordeal is over with.

You can develop a social conscience, and work to help others in this situation in some way, for the rest of your life.

If you were wrongly convicted, you use all of these methods to survive in the best possible way, in prison.

2. The change you do NOT want, but must work to prevent, follows.

This change will inevitably and automatically happen, if you don't actively work toward achieving Change #1.

You can get bitter and angry at the people involved, the systems, the government, and the world.

You can let your heart shrivel up until you become unlovable and un-loving. This will cause you to lose all of the wonderful years you have left, and all of the people around you, after this ordeal is over with.

God/your Higher Power, has a beautiful plan for you, and good people in your future, who will love you. But, if you allow Change #2 to take place, you will drive all that away. **So, learn all you can about how to achieve Change #1!**

Surviving the emotional roller coaster of false allegations!

Dave O'Hara

This question seems to come up with everyone at some point and time during this nightmare. How do you deal with the stress and emotional roller coaster that comes from this kind of ordeal?

I believe that everyone deals with it in a different way. Some may bury it inside. Others feel better talking about it. I truly believe there are those who simply go with the flow and whatever happens, happens, but they are rare.

I am going to share some personal hurdles that I had to overcome which will hopefully help someone along the way.

I would like to give you an idea of me and who I am. I grew up in a small town. We were not poor, but we didn't have money either. My parents provided for us very well within the limits of what we had. However, we were not an emotional or open family about our feelings. The men did outside work; my mom and sisters did the housework. I was taught or brought up not to show emotions such as love, tenderness, caring gestures, fear, sadness or jealousy. We were taught to exhibit no anger, especially towards a woman. It was simply not part of our upbringing.

Though all those emotions existed, I buried it all in my subconscious. Therefore, it never came out nor was it expressed. This may work when you are a child or a teenager and I now understand how this is not a healthy way to raise a family. At any rate, I was never prepared for this kind of nightmare and the year and a half to follow. During that time, I generated entirely too much emotion to bury. Therefore, I began the emotional roller coaster ride. I was mad, sad, in denial, depressed, in fits of rage, bitter, spiteful, revengeful, confused, lost and terrified. In short, I felt every emotion except happiness, serenity or joy.

When the CYS caseworker first came to my house, I was not at home. However, the guy could hear me screaming over the phone standing ten feet away from Della, my fiancée. I yelled at her, "Do not let him leave the yard!"

My first emotion was anger and being Italian/Irish didn't help. It was more like rage, an uncontrollable rage that I had never felt before. I have been angry before, but never like this in my entire life. My rage simply overloaded my system to where I didn't know what to do with it.

Therefore, the CYS worker requested I meet him at the state police barracks near my house. (Not like it was going to matter, but he didn't know that). My anger never subsided. In fact it grew every day until the day my trial was over. And then it took two or three days to settle down.

ELAINE: Every innocent victim of false allegations does not react the way Dave did. Some feel utter, abject terror from day one. Either way, the person is reacting to our basic "fight or flight" syndrome. When you first hear that someone has made a false allegation against you, and you realize it is serious, adrenaline pumps wildly through your system, and either rage or fear is the result.

DAVE: Then came denial. This could not be happening to me! They will surely see that this is all lies and the truth will set me free of this. Then my anger came back when the truth, in fact, did not set me free. They ignored the truth, and that only made things worse.

Because I was not taught to show emotions, I did not know what to do with them. When all these negative emotions surfaced, it made things bad between Della and me, when she only wanted to talk and help me. I took it as a sign of pity and weakness. I would lash out at her to leave me alone and I will deal with it, when I should have been grateful to have such a woman at my side. Della stood there never once questioning me or having doubts about the accusations. Besides having to deal with me, she was on her own emotional roller coaster wondering if our kids were going to be taken next. For a year and a half, she dealt with me distancing myself more and more and she still stood by me.

Crying was not an option, though I felt like it on so many days it was unreal. I could see what I was doing to her and the kids but could not control what I was doing. There was never any kind of physical or even verbal abuse. There was just silence and misery, instead of swimming, hiking, camping, and fishing. There was simply nothing. I became obsessed with defending myself and getting even with all these people who just would not listen.

I have been trying every day since the trial to make this up to Della and the kids. Instead of just trying to teach morals and values we discuss everything and why things happened as they did. I involve them in my issues because it involves all of us not just me.

Then came my preliminary hearing. I wanted to end it here and now. But, no. My attorney had to explain the law to me and what they needed to prove. He explained that we did not want to reveal defense. Therefore, I sat there and listened to all the horrible things these people were saying about me. I did not defend myself. That went against the nature of how I was brought up. If I was in the wrong, I was taught to stand and take my punishment like a man. If I was right, I was taught to fight tooth and nail and stand my ground. Again the rage came back. Trying to bury it was hopeless. So I turned it into a powerful determination to prepare the best defense I could. All that time, I was distancing myself from my family.

Feelings of being confused and lost were new to me, as I have always been in control of my life. For the first time, my life was spinning out of control. I needed answers and I needed them now!

That is when I found FAST. They had the answers and the knowledge I was looking for, or if they did not, they would point me in the right direction to get them. Although I have said it many times, Elaine and the others who have helped will never know my gratitude towards them.

Then came my Suppression Hearing or Taint Hearing. We put so much energy and time into this it is unreal. The state calls for one or two things to prove taint and they give you eight examples you can use. We had all eight and multiple accounts of the eight.

We put on a defense that was 2nd to none. I was so positive that this was the end of my ordeal I actually slept and was for the first time in months in a good mood with the kids and Della. All said that it was finally nice to see the old me. Two weeks went by and my motion was denied.

That is where I hit rock bottom during the whole year and half. Those of you in FAST that were helping me should remember that quite well. I was so confident of victory I never considered defeat. I moped around for a day, while all sorts of thoughts were going through my head. I was scared to death and reality set in. These people just will not listen to common sense or facts. I thought to myself that Della and the kids were going to be left alone with all of our plans and the bills to deal with, while I sit in prison for something I did not do. I thought that prison life would be more than I could bear. For those families who have loved ones in prison, our family's prayers are with you every day.

When I was a senior in high school they made us go to a prison in West Virginia to see what it was all about. The most ungodly visions surfaced in my mind from that field trip as if it were yesterday. Then all of a sudden, like a ton of bricks, I looked around and saw the lovely farm we bought. I saw all our plans, the kids pictures on the wall, and decided I will not let these people win! This will not destroy what we have created and our plans for the future.

I will remember forever my father telling me that it was OK to be scared and afraid. Just be strong and let the fear be your strength, and no matter what comes of it know that I love you. It is a terrible thing to think it took forty years and this nightmare, for my father and me to tell each other that we loved each other.

My father and I have probably the best relationship a father and son could have. We hunt together, fish together, do the little projects around the house together, watch football and have a few beers together. However, we have never been emotional until this nightmare. When the jury read the verdict of "not guilty on all counts" that is the first time in 41 years that I saw my father cry. (Remember this was not an option).

Since that day Dad and I have learned to show emotion like saying "I LOVE YOU." We have learned that it is better to talk things out with those who love you, and to have family, friends or whomever around you. Even if you are in a fit of rage or have thoughts of doing something stupid, they will be there to keep you positive and give you strength. I think everyone needs that.

This ordeal has shown me the darkest sides of myself, vengeful, mean, spiteful, angry, disgusted, bitter, confused and even lost. But it has also shown me a side I have come to like about myself that I didn't know existed - love, kindness, caring, patience, support, devotion, and understanding. Saying "I love you" and giving open affection has now become a daily part of our lives. Hugging the kids before they go to school, before they go to bed or even when they leave with their friends, and telling my parents I love them when I get off the phone, or when I am leaving their house.

Even though bad things happen, and the worst may be still ahead of you, do not lose sight of the good things in your life, as I did. I am so thankful every day for those who stood by me when I needed them the most and didn't even realize it.

Prior to my trial and acquittal, I had dreams about everything from winning to losing and all possibilities in between. It got to the point that I was starting to have a hard time telling the difference between fact and fiction. I was letting my dreams control my feelings during the daytime. I am not superstitious in any way but I do believe you can interpret your dreams. (See the article about interpreting your dreams, by Elaine Lehman, in this newsletter.)

Use your rage to channel bad things that happen into a positive thing when you are angry. Use your rage to get things accomplished. When you feel lost, confused and frightened, let your family and friends help you get back on track and find direction. When you are sad or thinking of possibly doing something very foolish and stupid, stop and take just a moment to think of all the good things in your life. Redirect those negative thoughts into holding onto those things, whether they be dreams or future plans, you have made. Work towards your goals. As Elaine Lehman once told me,

“VISUALIZE IT HAPPENING, AND IT WILL HAPPEN!”

Survive false allegations by doing ANGER THERAPY!

For more about how to survive the rage that instantly fills us when we are the victims of false allegations, read the following newsletters on our website:

[The FAST Letter](#), April, Issue #2, 2006

[The FAST Letter](#), August, 2006.

[The FAST Letter](#), September, Issue #2, 2006

Survive false allegations by using positive thinking techniques!

Read the following newsletters on our website:

[The FAST Letter](#), November, 2006

[The FAST Letter](#), December, 2007

Surviving when your loved one is wrongly convicted

Julie Miller

“Guilty”

I will never forget the day I heard those words.

I thought, “How could this have happened?” He’s innocent.

In the coming weeks, months, and eventually years, we started to learn exactly why it had happened. Prosecutor and police misconduct, ineffective assistance of counsel, perjured testimony, Brady violations. The list goes on and on.

In the beginning months after conviction, you survive in a daze. Not sure what to do, where to go, how to “fix” this wrong. Where do you begin? You ask yourself over and over, how did this happen? Why? It is just not fair. The anger, frustration and disappointment is a feeling that I can’t even describe. The system that was supposed to protect and provide “justice” just utterly failed.

People ask me a lot how I have survived this long. Well there is no one answer, no one “right way” but there are things you can do to get through it this time.

So how do you survive?

Get over the hatred and frustration that you have. You are going to have it, no doubt. You just can’t carry it with you everyday. It will eat you up and tear you apart if you do. It will get you nowhere and will only hurt things in the long run. You have to be able to get past it and focus on the future. There will be bad days, after all. We are all human. Just limit them to the bad days, don’t let bad days turn into bad months. It just will not help. Also, it won’t help your loved one who is in prison and probably has more hatred and frustration than you do, and rightly so.

You need to be the rock! Be there for your loved one, let them vent their frustrations. Let's face it, prison life is no fun. They are there convicted of something they did not do. Had all of their freedom taken away. You need to be the cheerleader or else you will both just be consumed with anger. Be loving and supportive, send cards and messages of faith, hope and inspiration. Remind them of the good things to look forward to. If you need to cry, do so, then talk to your FAST family. I am not saying that you can't cry or be upset with your loved one. There are going to be setbacks along the way that are upsetting. But you can't cry every time you get together or talk on the phone. That will just upset your loved one even more. Be strong and courageous! Be the Rock!

Focus on the future. Have faith and believe in the future when this is behind you. Talk about all the things to look forward to. Make plans. Always talk about when this is over. When the conviction is overturned. Not if. Not maybe. But when. Don't dwell on what you used to do that you can't do anymore. Talk about what you are going to do when your loved one comes home. Talk about what you can do now. Living in the past won't get you to the future.

Do things to help you feel close even though you are apart. Read books together. Write letters. Send crossword puzzles back and forth. Each person completing part and then keep sending it back and forth. Send card and pictures. What are things you always wanted to do together? Start making plans now. Try to have fun in spite of the circumstances.

Surround yourself with positive. This is so important. Surround yourself with positive people, sayings, beliefs, positive everything. Keep out the negative. When it creeps in, push it out. It really helps get through the days. Always believe and stay focused on the future and how far you've come and good things that have happened. If there are negative people who don't support what you are doing, you need to make a decision. They are only bringing you down when you are doing everything to stay up. Surround yourself with positive. I believe it is the only way to survive. I have positive things posted all over my house.

Work on the case. If you are one of the ones that has committed to helping overturn the conviction, I believe that some of the best therapy there is to work on the case. This is also working towards the future and getting together everything you will need to overturn this.

Be patient, committed, persistent and have a plan. Overturning a conviction is a long, hard and involved process. It takes time and patience. You will have doors shut on you a lot. You have to be willing to find another way to open them. Every where you turn, people will tell you that you aren't entitled to information. You can't have this. Can't have that. Can't do this. Can't do that.

It was rare that we were able to do something the first time. We would request information from agencies, they would write us back and tell us we can't have it. Figure out exactly what went wrong at trial and what your plan is to fix this. It might be asking for documents, getting files, requesting information, or interviewing witnesses. You have to break down and analyze everything that went wrong and then have a plan of action to overcome this. You have to be patient, it is just going to happen overnight, as much as you might want it to.

Laugh and have fun. I know. Sounds crazy because this is no laughing matter but laughter and fun are the best therapies. Do not forget the people that you are on the inside. Laugh, have fun and joke around to keep yourself balanced. You can help your loved one better, if you maintain your own balance. You still have to be yourselves and don't lose sight of this, and as I have said before, the future.

Remember your FAST family. We are here and we know how you feel. The FAST family has been my lifesaver. Other people who know how it feels that have a loved one in prison. No one else knows what that is like. Others "on the outside" may be sympathetic to the situation, but unless you live it, no one else can understand better.

One last thing I need to say and I always bring this up when I speak of post conviction because it is very true.

The most important thing you have to do is decide whether you are going to help fight for your loved ones' freedom or are you just going to be there to support them? Can you hire more lawyers to do it for you? Everyone's situation is different. No one can make that decision but you. Overturning a conviction is a long, hard process. It takes time and patience. It is not going to happen overnight and will usually takes years to do. Not everyone can endure that and make that commitment and that is okay. Not everyone can make the commitment. All of that is okay. You just have to decide where you place is in this so that your loved one knows. You don't want to commit to fight but then not be able to follow through on what needs to be done. Whatever you decide, Stick to it, please, for the sake of the person in prison. I always quote Allen Cowling on this because he says it best:

"If you are assisting someone who was wrongfully convicted, their very life is in your hands. Simply based on your involvement, you are giving them hope that their incarceration nightmare can and will end. It takes a special individual to dedicate themselves to reversing a conviction. It is not an easy task. It takes a great deal of planning, strategy, effort and work. It saddens me every time I talk to someone who is only "playing a game," at turning things around, yet allowing the person sitting in prison to believe that they honestly care and are sincerely doing everything in their power to get them out. Some of these people do this because it makes them feel important by "assisting," while others may feel some responsibility for the conviction. Some may be family members who want to ease the guilt of simply doing nothing. One thing that most have in common is, they have no direction at all, no plan and usually, in a panic, run from one person to another in an attempt to get help, but nothing ever seems to get done. Anyone who was convicted of sexually molesting a child and is innocent is sitting in prison, wondering what happened to the very system that was supposed to have found the truth. The system that was supposed to have protected them. They are sitting there with the realization that they have done nothing wrong, but had all freedom taken from them. They are also sitting there, as a convicted child molester, hated by even rapists and murderers. The last thing they need is for someone they believe represents their key to freedom, to be playing a game with their life. For the sake of the convicted and innocent, either do it right or don't get involved." ----- quoted from Allen Cowling

I am not trying to be harsh, but what he says is very true and something that I read and considered after Ray was convicted because I was making a big long - term commitment to help him overturn this and to do that, I had to be committed to it, for Ray's sake. I chose to commit to do this. Everyone involved in post conviction has to do it as well.

There are going to be days when it is not easy. There are going to be days of frustration. Just don't let those days over come you. Don't let the system that let you down defeat you. You can prove the system wrong and you can survive and you will win with patience and persistence. Have a plan. Laugh. Stay positive, and stay focused. Be strong and Be the rock!

Remember, don't dwell on the past! Instead, live for the future. ☺

Surviving marital discord,

and your marriage or relationship will strengthen.

Bob and Elaine Lehman

A juvenile just made false allegations of sex abuse against you or your spouse. You have known him intimately for many years, and he has never given you any reason to think that he might be a pedophile. You trust him! So, you will stick with him and remain loving and loyal. Right? In some cases, the answer to that question is "WRONG." Why? The allegations have thrown your spouse into a tailspin of negative emotions. He is a BEAR around the house. He snaps at everybody, and growls and yells in a way that he never did, before. Last night, he slammed his fist into a wall. You fight a lot, these days. He can't sleep and has lost interest in sex. He is depressed, terrified, and even cries. You feel almost the same way he does. Is this horrible situation going to destroy your marriage/relationship?

Eleven things to do, to help keep your marriage/relationship together.

(There are more. This will give you ideas. Get creative and think of more.)

1. BOTH: Turn to God, more. Pray together. Go to church, together. (If you believe in God.) Some FAST members have grown much closer to God through this incredible ordeal.
2. ACCUSED SPOUSE: Use self-talk to get your negative emotions under control. (*See article, below, in this newsletter.*)
3. SPOUSE: Use self-talk to tell yourself to be patient, loving and kind, no matter what he says or does. He is going through a kind of hell neither of you knew existed, before. Your hell is not as bad as his. You aren't the one facing prison. In many cases, your spouse was doubly hurt. His own child betrayed him and made false allegations AND he is facing prison.
4. BOTH: Start doing some form of constructive anger therapy instead of dumping your rage on the people you love. (*See newsletters listed above.*)
5. BOTH: Work through your fears. (*See the article about dealing with fear, below.*)
6. BOTH: Educate yourself about how to win the case.
7. BOTH: If your children were wrongly taken by Child Protective Services after the false allegations, educate yourselves about your rights and how to fight back in that situation, too. Tell yourselves that you will get the other children back, in time.

The accused spouse should never be near the older child or teen who made false allegations, again, unless the juvenile completely changes, recants and begs forgiveness.

Grieve while learning to accept this dreadful, harsh reality.

Tell yourself you must wait for the youngster to get his heart straight, in time.

In this case, God, time, and life experiences can intervene and your accuser might very well change, down the line. Time is your friend.

Until that happens, your accuser is very dangerous to both of you and all the adults in his or her orbit. Juveniles, who made false allegations once, tend to do it, again. They like the excitement and power of controlling all of the adults involved. You would not stand a chance of winning, a second time.)

7. EITHER: Deliberately plan family outings like picnics and hikes or even go camping for the weekend. Cooking and eating outdoors is fun, and walking in the woods helps calm negative

emotions. The negative ions in nature help balance you. Get creative, and find other healthy free recreation, if money is tight.

8. BOTH: Deliberately be good to yourself. Do little things for yourself that make you feel good that do not cost much money.

9. ACCUSED SPOUSE: Apologize lovingly for expressing your anger at your family when you are really angry about the false allegations and the hell that followed.

10. BOTH: If worst comes to worst, go into couples therapy for awhile. Be sure you find a therapist with common sense, who has some understanding about false allegations and what they do to the family dynamics.

11. BOTH: Children need both parents. This horror story is going to be over with. If you separate, the children will suffer and so will both of you. Stay together for the sake of the children.

12. BOTH: Stick to the commitment you made to each other. Stay together for better or for worse.

13. BOTH: Remember that "Tough times never last. Tough people do!"

Surviving marital discord by practicing "fair fighting."

Elaine Lehman

1. NEVER say "never" or "always." (You *never* do thus and such; you *always* do thus and such.) Besides the fact that it probably isn't even true, it is a "you message," and you messages are too confrontive and aggressive for good communication.)

2. NEVER threaten divorce. (This idea hurts too much and sticks in the mind. It can also be a prediction and a self-fulfilling prophecy.)

3. NEVER threaten to leave. (If you need to take a walk or a drive to cool off, say *that*.)

4. NEVER bring up old stuff. Stick to the current subject.

5. PLAN a time when both are sitting down and comfortable, to discuss a problem. (After dinner, not when either first gets home from work, for instance.)

6. CHOOSE a neutral place to discuss a problem. (Not "his" home office, or "her" craft room, and *never* the bedroom.) Go out to a park and sit at a picnic table, or use an unusual room in the house, such as the living room, if everyone uses the family room. Drive someplace, park the car, and sit in the car. Or, sit in the car in your own driveway.

7. SAY, "I'm uncomfortable with..." (A behavior, situation or attitude, *never* the person.) You are *owning* your own feelings about the problem, not blaming your mate. This is much more likely to get results than a you message.

8. REMEMBER, this is a discussion for the purpose of problem solving and finding solutions. It is *not* intended to hurt. If both parties cultivate and maintain that attitude, and use the 3 C's, *the problem will be solved!*

When you follow these 8 steps:

You are acting, not reacting.

You are being assertive, not aggressive.

You are taking responsibility for your own issues, not blaming the other person.

You have problem solving in mind, not just lashing out in order to hurt.

Real power is getting done what you want done.

Using these 8 steps gives a couple real power, together. When used consistently, the marriage will always grow stronger and the couple more loving.

Here are two examples of what NOT to do, and what TO do:

FIGHTING: (After brooding and/or suffering over the false allegations or your spouse's behavior, all day)

SHE SAYS: "All you think about is your car. (or the case) You never want to do anything with *me*, any more....I've even been thinking about divorce."

HE SAYS: "What? You're always on the phone with your mother (or whomever has been giving you emotional support). All you ever seem to care about are your girlfriends or your mother. Besides, the car needs work (or I need to work on my defense strategy with FAST). I can't relax as long as that work needs to be done."

FIGHTING: (After planning all day)

SHE SAYS: "Honey, we need to talk. I'm uncomfortable because we haven't spent much time alone, lately. I love you and I want to keep the romance in our marriage!"

HE SAYS: "Hey, I love you, too. Well, I guess we'll have to do something about that! I realize I've spent too much time on the computer, recently. What say we take in a movie and go out to eat on Saturday, and then....?"

Surviving FEAR!

Elaine Lehman

Fear is awful. It feels dreadful, and seems to dominate the psyche when it is screaming at us. False allegations of child sex abuse can bring daily, and what is worse, nightly, terror into the life of the innocent, accused person. Therefore, it seems logical that falsely accused people would want to learn how to get rid of the red/black fears that so often plague them.

How to get rid of fear:

1. **Face the fear by working it through, mentally.**

You do this by imagining whatever it is you are afraid of. You visualize what you are the most afraid of, which is the worst case scenario – being convicted and going to prison. (Don't worry. This kind of visualization will not bring it about. Facing the worst case scenario will result in better positive thinking.)

Plan how you would handle it, if that scenario were to happen. Plan on keeping your dignity and holding your head up high, no matter what happens. Plan on remaining the decent, responsible human being you are, now. Plan on being the BEST you can be. Visualize the entire scene, from hearing the verdict in court, to having handcuffs put on you, to having them take you away.

Remind yourself that other good, innocent FAST people have been convicted, and have made decent lives for themselves in prison, while working on overturning their wrongful conviction. Yes, this can take a few years, but people go to war for a few years, and come back and resume normal lives, again.

Remind yourself that you would be in the very best kind of company. Jesus, Peter, Paul, Gandhi, and other great human beings were incarcerated in far worse prisons than you would be in. John McCain was a captive of the North Vietnamese in horrible conditions for 5 and a half years. Look at the kind of life he has led since then, and where he is now! Use these good men as role models.

Life does not end with a conviction. A conviction is a new kind of life challenge to overcome.

Turn this huge negative into a positive, and you will be able to do anything at all in the future.

Remind yourself that if someone really loves you, that person will remain loyal while you are incarcerated. Look at our wonderful FAST women, who are sticking by their men, and helping them overturn their convictions! Prepare your spouse or girlfriend to do the same thing, starting NOW.

If you have the fear that your loved one will leave you while you are incarcerated, face THAT mentally, and deal with it. At the same time, discuss this fear openly with your loved one, NOW.

Make sure that your loved one understands what happens next, in order to get the post conviction relief process started, if you are incarcerated.

Remind yourself that you are at least as strong as others who have been wrongly convicted, who have survived in prison, and been exonerated and released. You can do it, too, if you absolutely have to.

Last of all, visualize the BEST case scenario! Hold onto that visualization, firmly. You will find that it will be easier to do after you have mentally faced and survived the worst.

2. Sit in the middle of the fear, and observe it.

When the fear surfaces in your mind, use your inner "observer." We all have one. The inner observer is the part of your mind that watches everything that happens, internally and externally.

BECOME your own observer. Doing this will very effectively detach you from the fear. You do not OWN the fear, if you are simply observing it flow around you. It is just a phenomenon, and it cannot control you unless you let it.

Observe the fear. Let it flow around your point of observation, but do not allow yourself to get swept away with it. Think of your observer as if you were sitting on an island in the middle of a storm.

Say to yourself, "Yep! That's a fear, all right. It won't last. I can outlast it, any day!"

3. Do not let fear make your decisions for you.

Fear is mindless and stupid. If you allow it to control you, YOU will be mindless and stupid.

Depend on logic and common sense for decision making. If you are feeling fear, and must make a decision about your case, IGNORE the fear and listen only to logic and common sense.

Educate yourself at each step of the way. Learn all about the legal process, your options, and what elements to include for a successful defense strategy.

4. Get in touch with your anger at the people and the systems that caused your situation.

Fear is the flip side of anger. Remember, adrenaline causes EITHER flight or fight! Fear and anger are caused by the same chemical. You can literally choose which one you prefer.

Fear is debilitating and interferes with intelligence.

Anger can be used as energy to find answers for your defense. Dig in and start learning how to fight back the most intelligently.

Obviously, it is far better to get CONSTRUCTIVELY angry than to give in to fear.

All activists are fueled by anger at something that is wrong in the world. Start helping others in FAST, as soon as you learn enough to do that.

If you are already incarcerated, use the energy of your anger to help others.

Defeat the wrongs in this entire situation by becoming more compassionate, and by developing a social conscience.

5. Do some BE Anger Therapy!

You can either give in to the fear, or get angry, instead, because the two emotions are interchangeable. Which one you feel, now, is how you have been coping.

If you are uncomfortable because of fear, get in touch with anger, instead.

When you do consistent anger therapy, you also get rid of fears.

6. Do some hard, physical work or exercise.

Fears do not last long when you do hard physical work or exercise, to "exorcise" the fear!

Get angry at the fears, and "chop them up!"

7. Whistle in the dark!

Act as if you are not afraid. Do not give credibility or power to the fear. Do not let anyone else know you have the fear. Keep on acting, and before long, it becomes reality.

Soldiers in war do this very effectively. They feel fear, but they simply do not talk much about their fears, or give into them. They ignore their fears, because that is how they were trained. They do whatever they have to do, in SPITE of their fears.

Innocent people in prison who survive successfully, act like those soldiers in a war.

8. Empower yourself. Use self-talk. You are bigger and stronger than any fear.

The main thing to remember is to do SOMETHING! Fears can paralyze you, or you can take action to make the fears go away.

9. Talk about your fears to someone who loves you.

Talking out the fears with a sympathetic loved one will help dissipate them. Sometimes, a loved one can say something that will help, too.

10. Ask yourself, "Is this thing I fear really going to affect my very survival?"

It is the survival fears that are the worst, the most powerful. Falsely accused people think of going to prison as the end of life. This is simply not true. It is a different lifestyle that is not nearly as comfortable, but it is not the end.

You can learn a great deal from a prison experience that someday, you can use to help others.

If you believe in a Higher Power, you can grow closer to your Higher Power and become more spiritual.

Many people have already proved that prison turned them into BETTER people than they were before they went to prison.

Amazingly enough, life goes on, even in prison. Time passes, and before long, you are free.

11. No fear lasts indefinitely, if you do one of the above.

Tough times never last; tough people do!

12. Remember, every time you give in to a fear, you make it stronger.

When you give in to a fear, it will return again and again, each time, stronger.

13. Do SOMETHING!

Doing any of the above is far better than wallowing in the fear. Taking action, alone, helps.

Surviving bad dreams

Elaine Lehman and Dave O'Hara

ELAINE: Several people in FAST have told me that they are having bad dreams about their cases. Dave O'Hara said he had bad dreams prior to his acquittal.

Dreams are a message from your subconscious mind. However, they are probably not telling you what you might think. The messages are usually symbolic, not the reality of the frightening dream experience.

Nobody can analyze your dreams as well as you can, yourself. Every person's symbolism is somewhat different from everyone else's. There are some symbols that are universal, but a lot of dream symbols are individual. Karl Jung called the universal dream symbols, "Archetypes."

An example of a universal or archetypal dream symbol is dreaming about a growing tree or plant. This symbolism means human growth to everyone. However, even so, an individual tree might have special significance to an individual. Perhaps you lost your virginity under a weeping willow tree. If you were to dream about a weeping willow, it might mean some kind of loss of innocence.

This is not a bad symbol. It means you learned something new and are more aware, as a result. I happen to value greater awareness a lot!

There are two major ways to analyze your dreams.

1. Word association

Let's say you dreamed about a green frog sitting on a lily pad in a pond. When you wake up, you do not know what that means. So, you write "Frog sitting on a lily pad in a pond," at the top of the piece of paper. Under that, you write the first word or phrase that occurs to you when you think about that symbolism. Then, you write the next word or phrase. Then, the next. You don't edit your words or phrases. Just write them down as they come to you. Finally, you will arrive at a word or phrase that is IT! This word or phrase is what the symbolism is really about. You can always tell when you finally arrive at the real meaning.

Here is my free association about the frog. I am just writing this list down as fast as it comes to me. I am not editing it, just taking it as it comes. The words and phrases often have nothing whatsoever to do with what you might consciously associate with a frog. In fact, you might have dreamed about a frog, before, but the new word association list of words and phrases is very different from your previous free association.

Green frog sitting on lily pad in a pond.

Jump
Eat bugs
Happy
Fat cat
Senseless nonsense
Senseless pain
Grabbing at straws
Grabbing at fun
Happy camper
Things always work out
Things always get better
Life is good.
Life will lead to riches.
Life will lead to home.

I intuited that the last several words and phrases are what the frog symbolism is really about. My inner self said, "AHA! This is the meaning."

2. Direct intuition

Direct intuition means that you think about the frog symbolism, and mentally go directly to the real meaning by using your intuition. Many people can intuit most of their own dream symbolism. However, if nothing comes to you when you try, then you can use the free association method, above.

DAVE: had so many dreams about my trial for a year, that it was crazy. I never spoke of them until now because I am not superstitious in any way.

ELAINE: Dreams are not a form of superstition. They contain real and valuable messages from your own subconscious mind. The only time superstition might get involved is if you think a particular dream symbol like a black cat, means bad luck. The old superstition is of black cats and

bad luck. An educated guess is that you have more personal meanings for a black cat if you happen to dream about one. I do.

For example: I once had a wonderful black cat. He was loving, gentle and unusually intelligent. He taught himself to urinate on the toilet! When his sister died, leaving two 5-week-old kittens, Cub took over the parenting of his nieces. He did everything except nurse them. He would sit on my lap and look up at me with eyes absolutely filled with love. So, if I were to dream about a black cat, I would not think of bad luck at all. I would think of Cub. For me, dreaming of Cub would mean that a sweet source of love, gentleness and intelligence was coming.

DAVE: I dreamed about everything about being in court, from being found innocent, to found guilty, to arguing with the judge, to witnesses giving testimony at the trial, and how I was questioning witnesses as if I were the attorney. There for a while I thought I was losing my mind and grip on reality as to what was fact or fiction because of my dreams.

ELAINE: You might find yourself dreaming about the trial a lot, as Dave did, so any one dream is not particularly significant. You are on an emotional roller coaster, and your dreams will also be up and down. If it were I, I would interpret any one dream in which things did not go well, as a "**fear meet**" dream, (Fear, meet Elaine...Elaine, meet fear!)

"Fear meet" dreams:

A fear meet dream occurs when you have some kind of fear. Since everybody has some fears, sometimes, everybody will have a fear meet dream, occasionally.

You may or may not know about this fear. Fears are not reality, and the only subconscious purpose of a "fear meet" dream is to inform you that you have a fear about the topic of the dream. Therefore, you can breathe a sigh of relief when you wake up and realize that a bad dream or nightmare was nothing but a "fear meet" dream. It has little or no significance in reality.

However, you can use a fear meet dream constructively.

For instance, if I were convicted in a dream, I might want to be sure that my current defense strategy is adequate. Maybe I need to keep on working on it. Or, I might intuit that my defense strategy is adequate, but I need to go over it, in order to know that all the way through. Knowing it all the way through helps dissipate fears.

However, if I had a dream of being convicted the night before the trial or during the trial, I would interpret it as nothing but the fear, itself. I would utterly dismiss it, in that case. Never let your subconscious mind make you use negative thinking through dreams. Never give in to fear because of a fear meet dream. Stay positive.

Suppose I felt confused and/or lost in a dream. For instance, I couldn't find the courthouse, or I didn't remember my defense, or I was mixed up about what happens in a trial. (Something like that.) I would take it to mean that I still do not feel confident or sure of my defense strategy, how to use my attorney, which witnesses to subpoena, or about court procedures, etc.

You might even be confused about something else in a dream that doesn't seem to have anything to do with your case. If you cannot figure it out by direct intuition, use word association. You might find that there is a valuable hidden message in it that will help you with your case.

Suppose you dreamed of being naked in the courtroom. That would probably mean that you felt exposed, because things about your body that are usually very personal are going to be revealed. You might have a visible scar or tattoo in your genital region, for example. That's a good thing, if the juvenile accuser does not know it. She will not be able to describe what your genitals look

like. However, it can feel weird to know that such private items will be revealed in court, and you might dream about being naked as a result.

I would NEVER take a dream in which I was convicted to mean that I would actually be convicted. That is a fear meet type dream. I don't ever believe in giving power to fears, and there are other interpretations of a dream like that, too. Fear meet dreams are common. That is because fear plays such a big role in our lives, but you can't give in to fear. Nevertheless, fear causes a LOT of negative dreams.

I believe that no one else can interpret your dreams completely. Even though someone else might recognize that a particular dream was nothing but a fear meet dream, that person cannot analyze your dream in detail. You have your own symbolism. You have to learn to analyze your own dreams, yourself.

Background Information

Bob and Elaine Lehman

Educators, co-authors, co-publishers, co-hosts of radio show, activists

Elaine Lehman is a former teacher from Baltimore, Maryland, with nearly 20 years of teaching experience with all ages, including adults. Bob is a former rocket engine engineer, who worked for 21 years on the Delta Satellite Program at Cape Canaveral before he and Elaine started their two schools for antisocial teens, in 1977. After the schools closed in 1983, Bob became an airplane mechanic.

1977–1983, Elaine and her husband, Bob Lehman, co-founded and directed two schools for antisocial teens. Elaine and Bob developed their own successful courses of study.

The Lehman's two schools ended up with a documented 100% success rate of the graduates for the five years of the follow-up study, and an 80% success rate of those who did not complete the program.

1989 -1992, "BUST, Break Up System's Troubles," Bob and Elaine Lehman co-founded a state-wide organization in Oregon, aimed at getting the broad, vague child abuse laws changed to clear, specific laws. BUST also exposed the many dreadful problems of the child service division. **"BUST, Break Up System's Troubles,"** ended up with 500 members, state-wide. As a result of BUST, the Oregon state legislature had a \$200,000 study done by a nonprofit, independent study group that studies state agencies under fire. The study group did an in-depth investigation into every county Child Service Division agency. They spoke with countless parents, grandparents and others. In July, 1992, the study group submitted a scathing report to the state legislature that said all of the same things the Lehmans had said. The legislature changed some of the laws, but not the right ones, due to federal funding problems, if they did.

1997, Bob and Elaine co-founded a similar national organization, **"SOC, Save Our Children,"** which quickly led to their radio show.

1997 - 1999, Bob and Elaine co-hosted their own radio show, **"The Save Our Children Show,"** which was simulcast on two 50,000 watt stations in Providence, RI, and Phoenix, AZ. The show was all about antisocial children and teens and false allegations of child sex abuse.

1999, Bob and Elaine Lehman were professional "expert" guests on two national TV talk shows, "The LEEZA Show" and "The QUEEN LATIFAH Show." Both shows were about discipline and

antisocial children. Elaine has also appeared on several radio shows and TV shows, and she and Bob have given lectures to community groups.

1995 - 1996 - The couple co-authored a published book, *Petey, the Peacock Breaks a Leg*, Winston-Derek Pub. Co., Nashville, TN, 1995. Petey is a true children's book about peacocks.

1978 – Present - The couple co-published a newsprint periodical in Oregon, and several international newsletters. These publications were all about antisocial juveniles and false allegations of child abuse. (See “Newsletters” on our website.)

2001 – 2007, Bob Lehman’s son, Craig Lehman, created and maintained a website for the Lehmans, called www.BEANSWERS.com. It is not currently in use.

2004 - Present: Elaine Lehman co-founded and directs the “FAST, False Allegations Solutions Team,” an international, educational, volunteer, email support group for people who have been falsely accused of child sex abuse.

2007, Allen Cowling, a national-level defense strategist for false allegations of child sex abuse cases, kindly designed a new website for FAST: www.false-allegations-team.com (Allen Cowling is Elaine Lehman's mentor about false allegations of child sex abuse cases.)

