

A TED* CASE STUDY



Debbie Hulbert used TED* (*The Empowerment Dynamic)[®] and 3 Vital Questions[®] to empower herself, navigate the healthcare system, and live.

Surviving Aggressive Cancer with TED* & 3VQ

The Challenge: A cancer diagnosis with a 10% survival rate

It was July 2021, and Debbie had found a lump in her breast. When she went to her doctor, she knew it wasn't going to be good. And she was right – triple-negative breast cancer, high-grade stage three, with a 10% survival rate.

Debbie became very sick very quickly. On top of her illness, getting the care she required was not always easy because of barriers from her insurance company. No one would have blamed her if she had sunk into despair as the cancer ran its course. But because of Debbie's deep knowledge of TED* and 3 Vital Questions, she knew she had the tools to empower herself through her diagnosis and do her best to live.

The Solution: Deeply ingrained TED* framework allowed Debbie to remain empowered and stay out of the Drama Triangle, placing her focus and energy on healing.

Debbie's solution was already part of her character and way of living. Through years of work with the Center for The Empowerment Dynamic, she had internalized the TED* and 3VQ frameworks long before her diagnosis. So instead of becoming a Victim, she immediately accessed all of the knowledge and tools she had learned from her work with TED*. She looked at her situation through the lens of the TED* roles of Creator, Challenger, and Coach. She used the Coach role daily to ask herself what it was she was trying to achieve at any given moment. As a result, she was able to approach her disease and the healthcare system head-on.

“Pretty much nobody survived the cancer that I got. And if they did, they didn't survive very long.”



Center for
The Empowerment
Dynamic

Debbie Hulbert
Cancer Survivor

***“There's nothing easy about going through what I went through.
But I can't imagine going through it wallowing in a Victim's space thinking
about how I'm going to die.”***

-Debbie Hulbert

Debbie shared, “The first thing that I did was tell myself the truth about my current reality. That’s the basis of where TED* starts—you must tell the truth. Telling the truth gives you a real place to begin your journey. So, I used the strengths of the Challenger to my benefit. This role is the truth-teller, the part of yourself that provokes learning and growth.”

The truth for Debbie was that only one out of ten people with her diagnosis survived. Rather than fixating on the less-than-optimal statistics, she put her focus on being the one. In her words, “At the end of the day, one of those ten people would still be standing. Why can’t that one be me?” She knew something else that was true: she would not succumb to the Dreaded Drama Triangle. She would not let cancer become the Persecutor in her life, and she would not become its Victim. Debbie would do everything she could to remain empowered on the long road ahead.

The Results: Equipped with TED*, Debbie lives to tell her story

Because of the mindset that TED* and the 3VQ frameworks had instilled in Debbie over the years, she was able to navigate the healthcare system effectively, receive groundbreaking new treatment, and pave the way for future patients like her.

She described her process as a series of baby steps that often would lead to quantum leaps.

“I was so weak that sometimes the only baby step that I could take was a sip of water. I knew water was medicine, so even if the only step I could take was to take a drink of water, then that’s what I did. I always had an action step to keep me going forward.”

Stepping into her outcome-focused, passion-powered Creator role, Debbie armed herself with research. Because of her research, she knew before her oncologist did that the FDA had recently approved a new drug for her kind of cancer. When her health insurance company denied coverage for the drug, her TED* training once again came into play.

“When speaking to health insurance representatives, I encouraged them to be my partner and not my Persecutor,” Debbie explained. “I would ask ‘What is in your power to do today to help me live?’” This approach changed their attitudes because they didn’t view her as a Persecutor but as a Challenger, and they truly did everything that they could within their power.

Taking to social media, Debbie continued to advocate for herself, and her treatment was finally approved by insurance.

Debbie attributes her being alive today in large part to the way that TED* and 3VQ transformed her life. Without these frameworks in her life, she would not have had the tools to remain in the positive TED* roles and advocate for herself. That self-advocacy was necessary for her survival.

One of the key tools Debbie implemented was to harness Dynamic Tension. This comes full circle back to telling the truth about where she was at in any given moment in her health journey, then getting very specific about the outcome she wanted to create for herself. She invested her energy and focus on a vision of herself and her daughter enjoying a culinary trip through Italy. She made it real as she imagined it in full detail. This gave her something to work toward. Rather than focusing on what she didn't want, cancer, she placed her efforts on creating what she did want, health.

“How we choose to think, where we choose to place our focus and attention, and what actions we take can have profound impacts on our quality of life. Even when things are going terribly wrong, we always have the capacity to make empowered choices.”

-Debbie Hulbert

After Debbie's final treatment, one of her nurses pulled her aside and shared that Debbie was the first of their patients to survive her diagnosis. "Because of you, now everyone who comes through here will get the treatment that you did," the nurse shared.

Now considered cancer-free, Debbie looks back at the many gifts and learning opportunities that she received as part of her cancer journey and says that she is grateful for all of them. She continues to share her story through art and has a culinary trip to Italy planned with her daughter. Without the skills and frameworks that Debbie had internalized from TED* and 3VQ over the years, this outcome would not have been possible.

Debbie encourages people to take advantage of the Center for The Empowerment Dynamic's free blog and read the bestselling book, *The Power of TED**. The information from these resources provides empowering, freeing, and uplifting information that can transform all areas of your life.

Center for The Empowerment Dynamic

The Power of TED* (*The Empowerment Dynamic)® is a framework that helps people shift out of the limiting Drama Triangle roles of Victim, Persecutor, and Rescuer and into the empowered TED* roles of Creator, Challenger, and Coach. This creates openings for growth, responsibility and accountability, and cooperation. The Center for The Empowerment Dynamic offers training, books, workbooks, and an online course that helps people learn how to understand, adopt, and embody these tools and frameworks in their lives.

If you are interested in how the Center for The Empowerment Dynamic can help your business or organization escape drama and save time, please go to <https://theempowermentdynamic.com/> to learn about the Dreaded Drama Triangle versus TED* (*The Empowerment Dynamic), and for information on eCourses, books, and other TED* resources.