



PERCEPTION IN YOUR POCKET

Real People. Real Change.

*The PIYP story, in their words.
A collection of client reviews.*

FOURTEEN VOICES.

Human-led support for the moments that leave people stuck.

A NOTE BEFORE YOU READ

Received, not requested.

The reviews in this collection weren't gathered through a star-rating widget or a follow-up email campaign. They arrived as text messages, replies, and direct notes, sent in the hours and days after sessions, when something had shifted and a client wanted to say so.

That informality is part of what makes them worth reading. These aren't polished testimonials written at a careful distance. They're immediate, unedited, and real, and as a result they say things that careful marketing copy almost never does.

The goal of every engagement at PIYP has never been to keep clients coming back. It has always been to help them not need to.

Across these fourteen stories you'll find couples who'd lost their way back to each other, individuals carrying years of weight, young people working through anxiety, people rebuilding after hard chapters, and families working through things that would test any service. People came to Perception In Your Pocket with something specific, and most left with more than they arrived looking for.

We share these stories not to sell, but to show what the work looks like when it helps. In their words, not ours.

All clients have given consent for their anonymised stories to be shared. Names are represented by initials or first names only. Ages and locations are included with permission.



J & L

Dubbo, NSW · Age 54 & 52

Review 01 of 14

★★★★★

SERVICE · Relationships · TWH Program

A couple who came to PIYP carrying unspoken tension and a relationship that had lost its voice. Through the program, they found their footing again, individually and together.

I think you have a great service and it certainly helped us to have discussions which may not have happened without support. Really don't know where we would have ended up. You certainly supported us through some tough moments.

What J and L describe is something the team hears often: that without a structured space, certain conversations simply never happen. The avoidance isn't always about conflict. Sometimes it's exhaustion, habit, or not knowing where to start. The tools shared after sessions became part of their daily life.

WHAT THIS CLIENT FOUND

- Felt supported individually and as a couple
- Personal growth identified by both partners
- Practical tools used since completing
- Flexibility shown when practitioner fit needed adjusting
- Referred others since completing



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Jon & Summer

Brisbane, QLD · Age 40 & 39

Review 02 of 14



SERVICE · Couples Support

Jon and Summer came during a period of acute uncertainty. They didn't need a long program; they needed to feel held while things shifted, and to know they weren't alone in it.

We really appreciate the time and support you've already offered. We could not do this without your team. Thank you again for being willing to help.

There's a quality to this review that's easy to underestimate: its simplicity. In a short time, things changed. The team was willing to help when others might not have been, and for Jon and Summer, that willingness made the difference.

WHAT THIS CLIENT FOUND

- Positive shift in a short timeframe
- Team approach felt and valued
- Left feeling held and supported



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D & J

Hervey Bay, QLD · Age 56 & 51

Review 03 of 14

★★★★★

SERVICE · Betrayal Recovery

D and J arrived at the brink. A significant betrayal had fractured the foundation of their relationship, and separation felt imminent. They had tried other paths.

We were on the verge of breaking up. It was so fast, how quickly we got back on track after a big betrayal. The team was effective, adaptable, and available.

STANDOUT MOMENT

"It happened so much faster than we expected."

What makes this review stand out is the speed of change, which surprised them. They credit a specific, structured approach and a team that stayed available when it mattered.

WHAT THIS CLIENT FOUND

- Pulled back from the edge of separation
- Quick progress after a significant betrayal
- Described the team as effective and available



J

Deception Bay, QLD · Age 25

Review 04 of 14

★★★★★

SERVICE · Court Reporting · Men's Wellbeing

J was 25, facing a court matter, and carrying habits that weren't serving him or the people who depended on him. He came for one reason and left having changed several.

Your court reporting made a massive difference. The reason I came to you has been resolved. The things you taught me made me calm, stop drinking, and get on with being a better dad.

J didn't arrive seeking transformation; he arrived with a practical problem. The tools worked on the issue he came with and on the life around it. The court matter was resolved, and in his words, the drinking stopped and he became a more present father.

WHAT THIS CLIENT FOUND

- Court matter resolved
- In his words, stopped drinking
- Calm and emotional steadiness restored
- Became a more present father



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K, J & D

QLD · Age 33, 36 & 16

Review 05 of 14

★★★★★

SERVICE · Family Support

K and J came with their teenage daughter, carrying something significant, the kind of situation many services find difficult. PIYP took it on.

I know how big this case was that your team took on. But to help my daughter and my family the way your team has, I could not recommend PIYP enough. The tools, the follow through.

The opening words say a lot: K understood the team stepped up and stayed consistent. Three family members supported in one engagement, with tools provided and follow-through that held.

WHAT THIS CLIENT FOUND

- A complex family situation taken on and seen through
- All three family members supported
- Practical tools provided and followed through
- Unconditional recommendation given



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B & B

Dubbo, NSW · Age 36 & 35

Review 06 of 14



SERVICE · 12 Week Program

B and B arrived with betrayal at the centre of their relationship and addiction making everything harder. They enrolled in the 12 Week program.

My husband has now moved on from his addiction and reactivity. It's like I have a brand new husband. The 12 week program was a turning point for both of us.

STANDOUT MOMENT

"It's like I have a brand new husband."

Three difficult presenting issues, addiction, reactivity, and betrayal, all shifted across a structured program. What B describes is the result of consistent, committed work over time.

WHAT THIS CLIENT FOUND

- In her words, addiction moved on from
- Reactivity reduced
- Relationship rebuilt
- 12 Week program completed
- Both partners describe meaningful change



J & D

Brisbane, QLD · Age 52

Review 07 of 14

★★★★★

SERVICE · Couples Support

J and D had been through a very tough time. They needed to know someone would be there for all of it, not just the scheduled hours. What they found was a team.

The team have just been amazing and were there for myself and my husband through a very tough time, every step of the way. We have all the tools needed to go forward day to day, and we know the team is just a phone call away. That's a tremendous feeling of security.

The detail that lifts this above a standard five stars is the sense of continuity. J and D built a relationship with their practitioners, and knowing that support remains accessible gives them a kind of security that changes how they move through the world.

WHAT THIS CLIENT FOUND

- Supported every step through a difficult period
- Practical tools embedded for daily life
- Ongoing relationship with the team
- A profound sense of security established



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Ash

ACT · Age 33

Review 08 of 14



SERVICE · Trauma · DFV · Neurodivergence

Ash wrote the longest and most candid review in this collection. She came with complexity, and found a practitioner who could hold all of it without flinching.

You gave us the tools, the time, and the space, and now we're actually putting it into practice. I'm living a better life. Your program understands trauma, neurodivergence, DFV, and real life. We were challenged, but never retraumatised.

STANDOUT MOMENT

"You gave us the materials to build the bridge, with instructions far easier to follow than Ikea's."

Ash's review is a study in what clients actually need: to be challenged without being broken, to receive tools they can use, and to work with someone who understands the intersection of trauma, neurodivergence, and domestic violence.

WHAT THIS CLIENT FOUND

- In her words, living a better life
- Challenged appropriately, never retraumatised
- Complex needs understood and addressed
- Values and boundaries practised daily
- Walking beside a partner's struggle without absorbing it



Brooke T

QLD · Age 20

Review 09 of 14



SERVICE · Anxiety · Youth

Brooke was 20 when she messaged her practitioner the same day as a session, about something that mattered enormously.

Thank you for today. Actually had a decent nap for once without cold sweats. I appreciate u! Thankuuuu.

STANDOUT MOMENT

Practitioner's reply: "Celebrate those moments."

For someone managing anxiety, sleeping without cold sweats isn't a small milestone; it's the nervous system finally feeling safe. The practitioner's reply, "celebrate those moments," is the PIYP philosophy in three words. Progress is real, and it deserves to be named.

WHAT THIS CLIENT FOUND

- Slept without cold sweats, same day as session
- Immediate, felt relief
- Warm, trusting relationship established
- Practitioner celebrated the milestone



Anthony P

Perth, WA · Age 36

Review 10 of 14



SERVICE · Workshops & Private Sessions

Anthony came to PIYP as a client. He left as something more, inspired by the team and now training as a practitioner himself.

I can't believe the team steered me from a really hard chapter to this space. I'm a better dad, I've met my new partner, and now I'm transitioning to becoming a practitioner with PIYP.

STANDOUT MOMENT

A client so moved by the work, he joined the team.

If one review captures the scope of what PIYP is building, it's Anthony's. He arrived in a hard chapter and rebuilt his life, and was so moved by the work that he's now training to do for others what was done for him.

WHAT THIS CLIENT FOUND

- Steered through a hard chapter
- Became a more present father
- Rebuilt his personal life
- Now training as a PIYP practitioner



Anne

Ipswich, QLD · Age 40

Review 11 of 14

★★★★★

SERVICE · Couples & Individual · 8 Weeks

Anne was carrying everything: wife, mother, business owner, high stress, a non-present partner, and she was close to collapse. She came for 8 weeks of couples and individual work.

Everything is good. We had a good talk. Talking and listening feels so new, feels like we haven't really spoken in years.

Anne's message came the same day as the session. "Feels like we haven't really spoken in years" is both hard and hopeful: hard because it's true, hopeful because it happened at all. Her partner came in non-present and left someone actually in the room.

WHAT THIS CLIENT FOUND

- Communication restored after years of effective silence
- Couple reconnected
- High-stress, solo-load situation addressed
- Same-day felt change after session



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Haydon

QLD · Age 36

Review 12 of 14



SERVICE · Couples & Individual

Haydon and his partner had tried four practices over four years. They came to PIYP, and within four weeks were lying together having an easy conversation for the first time in a long time.

We had a quick talk after and then laid together in bed and had general chit chat for an hour. Was very nice. You're doing god's work.

STANDOUT MOMENT

"Four weeks here did what four years elsewhere couldn't."

The image Haydon describes, lying together, talking easily about nothing in particular, is quietly extraordinary. His endorsement comes from someone with four years of disappointed comparison points. He knows exactly what he's saying.

WHAT THIS CLIENT FOUND

- Relaxed, easy connection restored between partners
- A warm working relationship, humour included
- A simple and profound shift



Sophie

Melbourne, VIC · Age 58

Review 13 of 14



SERVICE · DV Trauma Recovery

Sophie had spent 26 years in a domestic violence relationship: 26 years of accumulated weight, noise, and pain. She came to PIYP and began to find quiet.

I went through the material and the pennies have dropped. I feel less care factor and not wound up. It actually does feel better. I don't feel so twisted and my head is a lot more quieter.

STANDOUT MOMENT

"My head is a lot more quieter." — Sophie, 58, after 26 years.

Sophie's message is a three-part shift: clarity, a settling nervous system, and internal quiet, all named in one exchange the day after a session. Twenty-six years can't be undone in one conversation, but a beginning can be made. She is 58. It is never too late.

WHAT THIS CLIENT FOUND

- Clarity, the material landed
- Reduced reactivity
- Internal quiet, a calmer head
- A meaningful beginning after 26 years



Greg

Maryborough, QLD · Age 60

Review 14 of 14

★★★★★

SERVICE · Workplace Stress

Greg was 60, dealing with workplace stress, and not looking for a long engagement. He needed someone to talk to, tools to use, and to feel better. Two calls delivered exactly that.

Thank you so much for your help. It was great to talk with you. I'm doing well now, but if I need you again I will contact you. Thanks again.

STANDOUT MOMENT

PIYP checked in on Greg, unprompted, weeks later. His answer: he was fine.

What makes this exchange remarkable is what the team did: they followed up, weeks later, not to sell more sessions but to make sure he was okay. His answer was the best possible one. For PIYP, that's the goal: resolution over retention.

WHAT THIS CLIENT FOUND

- Workplace stress eased in two calls
- Proactive follow-up, no sales agenda
- Door left open on his terms
- Doing well, no further sessions needed

A CLOSING REFLECTION

What fourteen stories tell us.

Fourteen people came to Perception In Your Pocket carrying different things. A betrayal. A court date. Years of silence and pain. A marriage that had stopped talking. A career that no longer made sense. A body that couldn't sleep without cold sweats. Each came looking for something specific. Most found more than that.

"I literally cannot change anyone else." — Ash, 33. Perhaps the most important thing any of us can learn.

What connects every story isn't the presenting problem. It's what happened on the other side of the work: the quiet, the calm, the conversation that hadn't been possible for years, the court matter resolved, the person who became a practitioner because they were so moved by what the team gave them.

PIYP is not a service built to keep you coming back. It's a service built to give you what you need to not need to. When these fourteen people reflect on the experience, what they describe is change. Real, felt, lasting change. That is what Perception In Your Pocket is here to do.

Perception In Your Pocket. Human-led support for the moments that leave people stuck. All reviews shared with client consent; names shown as initials or first names only. PIYP provides structured, practical support delivered by trained and vetted practitioners, and does not provide diagnosis or medication management.