

SELF LOVE & CONFIDENCE

HOW TO REBUILD AFTER ABUSE

Narcissists have a need for power & control, and they look for *strong* but *empathetic* people to provide them with supply for their ego.

They don't *love* themselves and believe no one could love the real them. A narcissist will *devalue* you so that you think you cannot do better than them and you will stay. So how can you build your *confidence* so that you can leave or stay gone?

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FORGIVENESS

After suffering abuse and or trauma, you often blame yourself for tolerating it or for causing it. Trust that you did not bring this on yourself. Forgive yourself for being in a bad situation. You cannot control the past but you can control the present and future by making better choices.

SERVE OTHERS

Serving others opens the door to total self love. What do you contribute to those around you? This can include friends, family, charities other volunteer work. Kindness and compassion towards others is an act of self love, and puts positivity out into the world. This will be returned to you.

GRATITUDE

What are you grateful for in your life already? Focus on the positive aspects of your life already and all the small or big things you can be grateful for. Don't waste a *moment* of your time thinking about what you don't have; think about the wonderful things that exist that you can be thankful for.

AFFIRMATIONS

Often this is met with an eye roll, but it works. Sit down in a *relaxed* state every morning or evening and look at your *beautiful* face in the mirror. Tell yourself "I am worthy. I am loved. I am strong" or set 3-5 of your own affirmations 10 times in a row. Allow your subconscious mind to *accept* these new beliefs.

MAKE A LIST

Make a physical, written list of all the things you are *good* or *great* at. Start with a goal of 25 things, and then add another 25 new ones next month. Refer to this list and keep *adding* things to it.

Things like "I am a good parent, I am good at organizing, I am good at financial literacy..." and take it from there.

SUPPORT

Spend time with *loved ones*. Often you will have been isolated from your friends & family. This is a good time to *reconnect*. Do things that make you happy every day: take a walk, go for a run, read, binge a show, drink wine with friends. Keep yourself *busy*, but allow yourself some alone time to *reflect* as well.

STRONGER THAN BEFORE

Self esteem & confidence takes time & commitment to build.

Consider how you felt about yourself before this relationship. Did you always feel a lack of confidence? At **Stronger Than Before Coaching** we can work together and discuss the specific struggles you're having with loving yourself. Loving yourself is the first step to recovering from a trauma bond and feeling more fulfilled.