



TOXIC RELATIONSHIPS, GRATITUDE, AND LOVE

Discover How to Use
Concentrated Gratitude to
Transform and Become The Best
Version Of Yourself And Living A
Happier Life



**Helping people
through toxic
relationships
through the power
of mindset and
overcoming
negative self-
talks/limiting
beliefs.**



Heart-Breaking Statistics of Toxic Relationships

- 1 in 3 young people will be involved in an abusive or unhealthy relationship.
- 33% of adolescents in America are victims of sexual, physical, verbal, or emotional dating abuse.
- In the U.S., 25% of high school girls have been abused physically or sexually.

Is this for you?

- You are under huge stress from being around someone who is mean, aggressive, and dysfunctional, and now your relationship is changing you; becoming a person you don't recognize, like, or even despise because of all the mind games and manipulations.
- You are afraid of being alone, therefore, you are compromising a lot and going into or staying in a relationship that makes you so uncomfortable.
- You feel powerless, trapped, lacking peace of mind, and clueless on how to gain your emotional and social freedom.

- Are your boundaries being threatened by a toxic partner? Your partner controls your world 100% of the time - time to be spent alone, time with family and loved ones; money, career decisions, food, clothing attire, crowding of your personal space; and you feel like you are suffocating; and the list goes on.
- You are being lied to, manipulated, controlled, criticized, afraid, under pressure, belittled; and these experiences make you have low self-respect and low self-esteem.

WELCOME



You are so sick, tired, and frustrated of just SURVIVING and not LIVING life to its fullest potential in your relationship; so oppressed, can't breathe, and want to "throw in the towel."

I GET IT!!!

I was born into a family of toxic relationships. Nobody deserves to live this cyclical and tumultuous lifestyle when we can add the authentic missing ingredient to enhance our LIVING instead of just SURVIVING. The discovery of this MISSING and ACTIVE ingredient is the KEY to getting fully liberated from a life of oppression, suppression, and suffocation; a relationship that stripped you of your identity...the REAL YOU living a happy, blessed, and fulfilled life. That magic key of practicing concentrated gratitude did it for me and today, I am a transformed woman living in absolute peace and happiness as I command the universe and she works in my favor.

“ To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is a touch of heaven.”

~ Johannes A. Gaertner ~

You must be longing and craving for that touch of heaven in your life as you journey through your toxic relationship. This is what I help people do because life is too short to live another hour feeling sad or depressed.



**The only person you
really have control
over is yourself.**

Therefore this Quick Guide Will:

**Help you through your toxic
relationship by increasing your
awareness in both intrapersonal and
interpersonal relationships; reaching
into your inner core and
subsequently shaping your
mindset/overcoming negative self-
talks/limiting beliefs.**

DAYDREAMING WHAT IF?

TRANSFORMATION DURING AND AFTER YOUR ADOPTION OF A LIFE OF GRATITUDE

YOU WILL LEARN:

- 1 The conscientious, deep practicing of concentrated Gratitude will undo the hardwired, self-limiting belief system programmed in your subconscious mind since your birth and at the age of nine.
- 2 A life of liberty from self and others without the feeling of being trapped in a relationship of incessant hurt feelings.

YOU WILL LEARN CONT.:

- 3** Looking into the future with hope and optimism because of positive self-awareness and self-esteem.
- 4** Living a perpetual life of gratitude and deep sense of appreciation of the world around you because you have personalized gratitude and rehearsing with each breath.
- 5** **TOTAL CONTROL OF YOUR LIFE** and the world around you. In all, you will be calm, relaxed, peaceful, and filled with testimonies.

THE IMPACT OF AUTHENTIC GRATITUDE



“Mabel came into my life while I was in Anesthesia school. She was a preceptor to me as a student. Shortly after getting to know me, she became something much more than that. God used her as an important instrument in my life about 8 years ago. Mabel helped me to reach into my inner core and pull out the power within me by utilizing the tool of gratitude. I was broken, but now I am living a well fulfilled life. She is God’s gift to many of us. I can attest to it and I am sure many more. I hope many more can benefit from her gift.”

~ Olga N.

THE IMPACT OF AUTHENTIC GRATITUDE



When I met Mabel Okungbowa over six years ago as my professional colleague in anesthesia, I was at a point in my life when I was seeking for a meaningful relationship and marriage. Mabel used her coaching strategy through the power of “Gratitude” to help me tap into the power within me. When my relationship with my partner was heading to doom, Mabel’s nurturing step by step approach utilizing “gratitude” deeply transformed my mindset from hating those who hurt me to appreciating everyone with love and compassion; helping me to heal and I overcame my inner pain.

Gratitude is truly the missing ingredient all my life and since I discovered it, I am now intentional with my daily practice of gratitude as I now pay close attention to my everyday encounter in my surroundings. The daily practice of gratitude has now changed me into a positive person, increased my self love, forgiving of myself and others easily. Gratitude has made love to fill my heart, peace to rest within me, and a huge sense of hope that tomorrow will be great because I am now contented with life in general. I don’t know how Mabel did it with me, but during my broken moments filled with tears, her warm hugs were very soothing, her voice of compassion was a cold drink to a thirsty soul, and her intent and reassuring looks into my eyes encouraged me that all things are possible to them that believe.

Zarina K.

THE IMPACT OF AUTHENTIC GRATITUDE

Mabel is one of the kindest and most down to earth person I know. She is the ultimate definition of hard work. This woman doesn't even know what a day off is. She is always working to provide for her family or doing charity work to give back to those in need. I first met Mabel in 2017, when I was an anesthesia student. I was in a vulnerable place, surrounded by students who came from families of anesthesiologists and surgeons. These students were on top of my class with minimal effort. Anesthesia came easy for them as they had spent many years shadowing their parents in the clinical setting. When Mabel met me in the clinical setting, she noticed I was behind compared to my peers. She quickly took me under her wing and began to teach me. There were days she would go above and beyond and teach me even during her morning and afternoon breaks. She even went to the extent of sharing all her notes from her school days. Today, I am a CRNA, and my practice is still enhanced by Mabel's teaching. Mabel is one of a kind, believer of God. She puts God first in everything she does. She is always praying, no matter how confident she is about the situation. It is a blessing to know Mabel.

J.S.

Hello! My name is Mabel!

I am a wife, mother of four adult children, and I have master's degree in Nurse Anesthesiology...essentially, for almost two decades, I put people to sleep during surgery and wake them up after surgery. In addition, I am the President and Founder of a nonprofit organization called Love Your Neighbor Rescue Mission International.



I work in a mental institution administering general anesthesia to diverse patient population with severe psychiatry problems characterized by massive emotional turbulence caused by "LIFE EXPERIENCES."

I utilize the magic power of gratitude and emotional support as my psychotherapeutic tools to help these patients in overcoming negative self-talks and limiting beliefs.

Also, I help co-workers, friends, family, classmates who are experiencing tumultuous toxic relationships, feeling trapped, and at the verge of emotional collapse through the power of authentic and concentrated Gratitude. They overcame negative self-talks, limiting belief systems, and ultimately develop positive mindset in overcoming their toxic relationships.

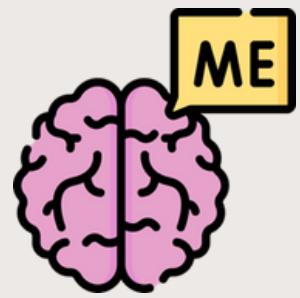
They all walked away with the TRIOS that they ever craved for: PEACE, HAPPINESS, and CONTENTMENT. I was so passionate about helping these people and I was well fulfilled that I could help through the power of CONCENTRATED GRATITUDE. I can help you too; come and let us reason together.

"A stumbling block to the Pessimist, is a Stepping stone to the Optimist."
~Eleanor Roosevelt

Therefore, "Turn your wounds into wisdom and your stumbling blocks into stepping stones."

~Robin Sharma

INTRAPERSONAL RELATIONSHIP: SELF-LOVE



Do you love you? Singleness is the foundation of all relationships (personal, social, and professional relationships.)

The most important person to love is yourself and this transfers to loving others to the same degree as you love yourself.

Self-Love is a result of Self-Discovery.

Self-reflective process of understanding your true self: your VALUES, your STRENGTHS, your NEEDS and WANTS, including the food you like and dislike. Becoming more curious and comfortable with change.

1. List three astounding and unique qualities that you discovered about yourself that you are grateful for.



I am grateful that:

I am a forgiving person both to myself and others around me.

Now it's your turn, try it.

- I am grateful for:

- I am thankful for:

- I have appreciation for:

SELF-SOURCE



2. Self-Love is a result of Self-Source.
Do you know where you came from? This powerful conviction determines your value in yourself. The strong connection between you and your source forms your CORE belief system that serves as an anchor that supports you during life trials.

List your self-source and what you are grateful about in your self-source:

- I believe I am made by / or I came from:

- I am grateful for:

SELF-WORTH

3. Self-Love is a result of Self-Worth. You take responsibility for your mistakes, but you do not degrade yourself for making them. If you goof, you say, “I did a bad thing” instead of “I am bad.” You say sorry when you need to and do what you can to make things right otherwise you will be suffering from other people’s value of you. Consequently, you will think that you need other people’s approval to feel self-worth.

List 3 things that defines your self-worth that you are grateful for:



Self-Worth

- I am grateful for:

- I am thankful for:

- I am grateful for:

SELF-ESTEEM

4. Self-Love is a result of Self-Esteem. You Like and value yourself as a person, you can make decisions and assert yourself, you have self-motivation to manage personal feelings, show kindness towards yourself, and believe you matter and are good enough. How much do you estimate your worth and your value? When you set this bar higher, you fall in love with yourself, and you seldom sell yourself so cheap in relationships and be taken advantage of.

trust yourself



List 3 things that helps you have good self-esteem that you are grateful for:

I am so grateful for:

My athleticism that people always compliment me for. Therefore, I am valuable and indispensable to my tennis team.

Now it's your turn:

- I am so grateful for:

- I am so thankful for:

- I am grateful to be blessed with:

SELF-CONCEPT

5. Self-Love is a result of Self-Concept. This is how you perceive your behaviors, abilities, and unique characteristics. How do you see the picture of yourself when you look in the mirror? You must say the following to yourself: "I am a good friend" or "I am a kind person" or "I am a critical thinker." If you don't approve of who you see in the mirror, other people will tell you who you should become through their power of manipulation and suggestions.



List 3 things that make you feel good about yourself that you are grateful for:

I am blessed with:

The virtue of kindness to others and that attracts people to me.

Now it's your turn, try it.

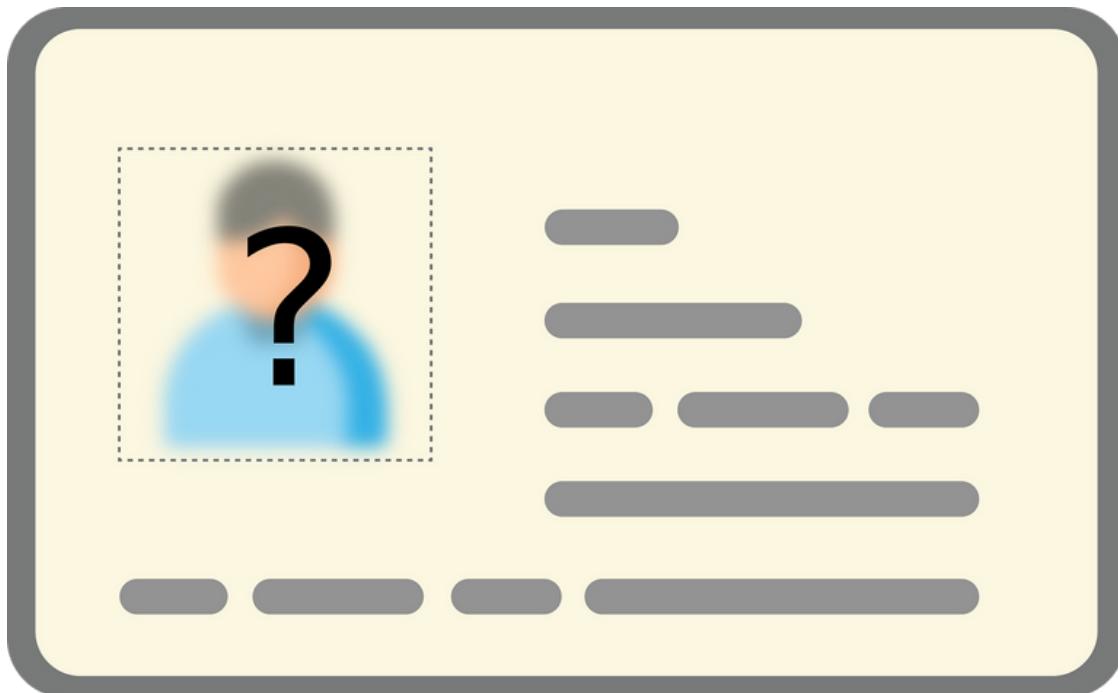
- I am so grateful for:

- I am thankful for:

- What I appreciate:

SELF-IDENTITY

6. Self-Love is a result of Self-Identity. When you believe in your idea and version of yourself, then you will not let any negative remark affect your self-identity. The benefits of understanding Self-Identity are that we get to explore and understand ourselves.



List 3 bold and confident decisions made that you are proud of and grateful for:

I am proud:

To go back to school for my degree and I am grateful that I am so hardworking and getting good grades.

Now it's your turn, try it.

- I am proud and grateful for:

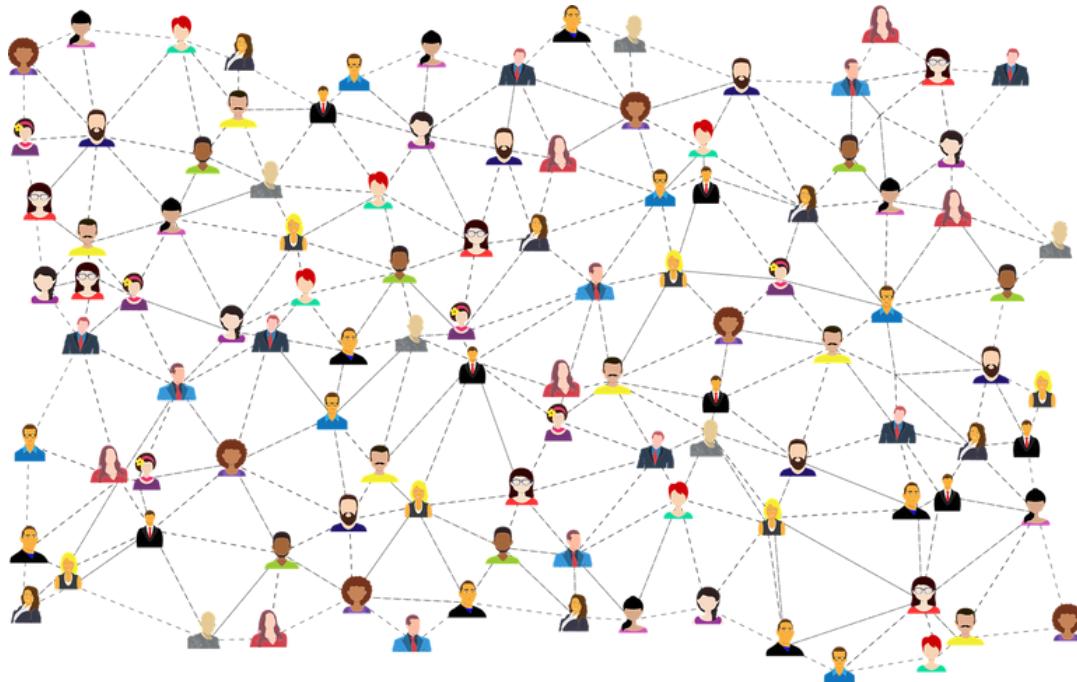
- I am proud of and grateful for:

- I am proud of and grateful for:

INTERPERSONAL RELATIONSHIP: LOVING OTHERS



Joy, Life Meaning & Life Purpose



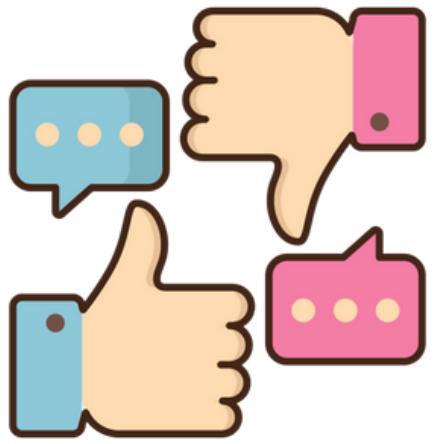
Your joy, life meaning, and life purpose are affected by relationships with other people that you encounter.

According to research, in order to maintain a balanced scale in a relationship, the ratio of COMPLAINT to COUNTING YOUR BLESSINGS about your partner is 1:10. For every one complaint, you must find ten good reasons for being with that person.

Otherwise, the relationship will not be healthy and if it is marriage, it will probably end in divorce.



ERADICATES CRITICISM



The practice of authentic gratitude eradicates criticism of others: Criticism is the construction of a judgement about the negative qualities of someone or something. However, constructive criticism is clear, direct, honest, and easy to implement. It provides specific examples and actionable suggestions for positive change.

1. Focus on your most challenging relationship and list three constructive criticisms about that person that you are grateful for without attacking the person's character:

- I am so grateful for your unwavering support in:

- I am thankful for your role as:

- I don't know what I would hav done without:

ERADICATES COMPLAINING ABOUT OTHER PEOPLE



Daily practice of gratitude eradicates complaining about other people. Be Intentional to Substitute those negative thoughts with positive ones.

2. In your difficult relationship, think about your partner. List five positive qualities that you are grateful for:

- I am grateful for:

- I am thankful for:

- I am grateful for :

- I am thankful for:

- I am grateful for :

3. Authentic practice of gratitude eradicates Blaming others for their own inadequacies.



List three things done well by your partner that you are grateful for:

- _____
- _____
- _____

INCREASED PATIENCE



4. Practicing authentic gratitude daily, will increase your Patience to accommodate and tolerate others without negative feelings. Your ability to wait increases without becoming annoyed, upset, or angry and that increases your love for the other person and vice versa.

In addition, you exercise self-control rather than lashing out and complaining; and you seek inner peace after things don't go the way you hoped.

List 3 situations to be grateful for in your relationship that you need to be patient with while maintaining absolute inner peace; accompany this exercise with deep breathing exercises.

- I am grateful for:

- I am thankful for:

- I am grateful for:

INCREASED COMPASSION AND KINDNESS



5. Practicing authentic gratitude daily, will increase your compassion and kindness. You can empathize with someone who is suffering and you feel compelled to reduce their suffering.

You become a good listener without judgements; rather than being someone who monopolizes conversations or arguments; you become considerate and show kindness by prioritizing other people's needs.

List 5 ways you can show empathy and kindness without expecting anything in return; BUT, your reward of doing this is abundance of happiness and good things will begin to unravel in your relationship.

- _____
- _____
- _____
- _____
- _____



Say Goodbye To.....
the numerous self-help books that you
have tried on combatting anxiety,
depression, stress, failed career, low-self-
esteem, spiritual healing, relationships, and
finances. They only provided you with
temporary relief and now you are back to
square one in utter despair and anger.

P.S. – You are getting 5 email treats within the next five days to help you in your transformation process of becoming the best version of yourself because you signed up for my
QUICK GUIDE TO:

Helping People Through Toxic Relationships Through the Power of Mindset/Overcoming Negative Self-Talks/Limiting Beliefs



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