

WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

What's New in February ?

- ☆ **Hart Strong Feature: Niki's Story**
- ☆ **Healers Circle Meet-Up**
- ☆ **New Fun Merchandise**
- ☆ **New Blog Post**
- ☆ **Upcoming Webinar!**

Blog Post Alert!

Attachment to People

I always knew I had attachment wounds from my parents. Not that they meant to cause harm to me intentionally, but it's no secret that I've lived out some old patterns of generational trauma. Those patterns have shown up in my life and failed relationships over and over again. Go read my story and how I learned to heal my attachment wounds in order to develop healthier relationships!



Feature

NIKI'S STORY



Niki Reed, New York

Mending Heart Solutions

[Link to TikTok](#)

Meet Niki, a single mother who now uses her story to spread both awareness and healing to all. Niki shares a combination of abuse education/healing, and physical wellbeing via TikTok @mendingheartSCO. Not only is Niki a single mom, she is also a choreographer, healer, and entrepreneur.

I asked Niki a series of questions I feel are important to everyone's healing. As our stories all possess similar themes, "red flags", feelings, and experiences. The goal with this feature is to help others see we are not alone in our experiences, validate one another, and share healing to help the collective!

What I find most interesting about her story is, like many of us, she saw the red flags early on. Seeming relatively small at the time, made the decision to fight for the relationship. She had the same sense we all do "I just became so focused on the relationship and making it work because the good times seemed great with our family time."



TRAUMA

Feature

NIKI'S STORY



Q&A With Niki

1) How long were you in your relationship?

A: year and a half

2) When did things shift and start to feel unsafe?

A: It was only a couple of months in when he was first physically abusive and he started talking to me a way that raised red flags, catching him in lies

3) What kind of abuse did you go through and how did it impact you?

A: Mostly psychological and emotional, but also physical at times. It wasn't until I was out of the relationship for awhile, that I realized I lost my individuality, my focus, and drive to do things that I love or things for myself. Towards the end of the relationship when I tried to do things like workout, or build back my personal career he would call me materialistic or selfish.

4) How long did it take to see the abuse?

A: I knew he was abusive a couple of months in, but it wasn't until the relationship was over that I realized the levels of emotional and psychological abuse I endured. It was like I was living with someone who was constantly shifting reality, and when I would try to set a boundary he would just give me the silent treatment or somehow blame me.

5) What was your experience with family court (if any)?

A: Family court has been challenging, on one hand he has completely abandoned our infant son (he was 6 months when we split) and I have been raising our son primarily alone since then. His presence has been sporadic and inconsistent, he hasn't seen our son for an overnight visit in 9 months. He takes no responsibility for anything, so the court petitions keep getting dragged out. Thankfully I have been able to maintain primary physical and legal custody. He willfully has neglected to pay on the court ordered child support.

Feature

NIKI'S STORY

6) What things did you learn about yourself throughout the separation and rebuilding?

A: I have learned that I can push through any obstacle. Raising a child alone (especially an infant) was one of my worst nightmares and fears. This past year has pushed me to find strength in places I didn't know existed. I had to rebuild my career, move from my home of 5 years, and start from scratch with an infant. I've learned that nothing is permanent and it's so important to just stay present during the pain, because you will get through it and find the silver lining.

7) How has this relationship changed you for the positive?

A: I feel like I am more self-aware and more healed because of this relationship. Even if I spend the rest of my life single. I will stay committed to working on myself and focusing on my kids, myself, and my career. I feel that I have learned just how strong I can be. I have also gotten so much better at setting boundaries and not letting negativity or toxic energy penetrate my focus.

Closing Thoughts



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Coming out of this relationship I started a company called Mending Hearts Company, on tiktok @mendingheartSCO. My ultimate goal is to plan retreats and help others who have been through similar situations to mine, or other traumatic events in their life. My background is in dance and theater, and I've spent my entire adulthood as a dance choreographer and teacher (realizing I have a passion for helping others). I am getting my licenses to further Mending Hearts Company, slowly but surely. This has also helped during the healing process.

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Healers Circle Meet-Up

Ready for in person community?? Well it's here! If you're a Kentucky local and you're ready to heal, learn, grow, and support TOGETHER - We are here for you. Join us!

February Topic: Attachment To People!

As children we learn what how to "safely" attach to people. However, not all of us learned what a healthy and safe attachment to a caregiver looks like. And that's okay! Join us in February where we will be learning and reflecting on our own attachment types, understand how those patterns have shown up for us in our current relationships, and start to let go of those that no longer serve us! Allowing space to welcome in new ways we show up in relationships, allow others to show up for us, and develop understanding of what we want to create, to avoid the same old disappointment from the past!

[Follow Hart Strong Enterprise on Facebook to register](#)

Are you seeking a community of like minded individuals? People dedicated to breaking cycles, mindful living, and seeking to learn more about healing trauma while building healthy relationships? Look no more!

Join us every 4th Thursday for Healers Circle meet-up. Where you can meet others alike dedicated to healing, breaking toxic cycles, and building lives we deserve together! Led by Heather Hart, local certified trauma recovery specialist. Heather is committed to building an inclusive community eager to learn, grow, and heal.

Building Community

Hosted By:


From the Ground Up
New & Used Books

*Mystic Bliss
Creations*





Heather Hart-CTRC
CEO, Hart Strong Enterprise



Check Out The Merch!

In case you missed the announcement last month, we got new merch! Pardon my appearance below! I was just too excited to get these babies on!!



 **BUY NOW**

Road To Recovery

After Divorcing a Narcissist

SUSIE MILLER
WENDEL - CTRC



HEATHER HART -
CTRC

[CLICK HERE](#)

MAKE PEACE WITH THE PAST - NAVIGATE YOUR HEALING
- FIND THE ROAD TO EMPOWERMENT - PROVIDE A SAFE
SPACE FOR YOUR CHILDREN

- THE MAGNITUDE OF NARCISSISTIC ABUSE
- THE EFFECTS NA HAS ON THE MIND AND BODY
- THE TRUTH BEHIND HEALING
- HOW TO “COPARENT” WITH THE NARCISSIST
- HOW TO SUPPORT YOUR CHILDREN IN A NARCISSISTIC FAMILY SYSTEM

Get back in the driver's seat and register today! Can't
join LIVE? No problem, a replay will be available!

WEDS, FEB 28, 2024

ONLY \$27!!

7:00 - 8:30 PM EST

TWO FREE E-BOOKS INCLUDED WITH REGISTRATION (VALUED AT \$30)