

How to Break Free From Abuse

By Piercarla Garusi - Life Coach, NLP Master Practitioner, Hypnotic Practitioner

Dear Friend,

I would like to share with you something I learned from personal experience – I was emotionally and mentally abused for about 15 years in my childhood – in the hope it will be of help to you in your journey to freedom, healing and happiness. And you will get there, that is for sure.

The first thing you need to do is make a decision to break free and say, ‘No more’ and begin taking back control over your life, and NEVER ever give up. I know you are incredibly strong inside and you can do it. From the simple fact that you have endured what you have endured, you possess within yourself a strength that is extraordinary. Even though right now you might be feeling weak, you really are not. And now you are going to use the same inner strength to break free.

How can you do it, when perhaps you feel weak, when what you have experienced has caused you to become co-dependent, when maybe you have low self-esteem, maybe you doubt yourself? The way is to remember ALL the pain the abuse has caused you, and to make a PROMISE to YOURSELF that you will NEVER ever let that happen again, and you won’t. So write down all the pain it has caused you, and read it, feeling it, whenever you have the temptation to go back, and your brain will say NO MORE. You are NOT weak, and you can do it, and even if you feel alone right now, there are thousands and thousands of people out there ready to help you.

Now, another thing I learned is that even if right now you might be feeling broken, inside you are intact and perfect and you can uncover that. You do not need to be fixed and there is nothing wrong with you. So, all the consequences of the abuse are on the surface, and you can heal them. What I personally found extremely helpful in my healing was NLP and hypnosis. They enable you to make changes in the un-resourceful patterns of thoughts, beliefs, habits, behaviours, emotions, caused by the abuse, and enable you to feel empowered and in control of your mind and of your emotional state. You can choose what you think, what you believe, what you feel, how you behave. YOU are the MASTER of your MIND.

Now, something about forgiveness. Maybe people around you tell you to forgive, but forgiveness might take a long time, might be step by step, might not be possible at the moment and what is important is that only you choose what is possible for you. Sometimes in order to forgive you might need the abuse to be acknowledged by the perpetrator, but that might not happen. Then maybe you need for it to be acknowledged by other people, but again sometimes you might not receive what you need. And so the most important thing is that it is FULLY and TOTALLY acknowledged by yourself; YOU KNOW exactly what happened; do not doubt yourself, acknowledge it fully and give CREDIT to yourself for all the strength you have. Now is YOUR time to take back control and to heal.

One of the things that really helped me on my journey was learning about the Law of Attraction, because it gave me back the certainty that I could really heal myself, make my life work and create the life I want. And SO CAN YOU. What is the Law of Attraction? Basically it says that like attracts like. Whatever goes on in your mind, whatever thoughts and emotions you hold inside you, they will manifest. And it also says that everything that happened in our lives, we have created. Now, for me at the beginning this was very difficult to accept, because I was thinking, 'It is not possible that I attracted the abuse.' Well, the truth is that we attract everything that happens in our life by the simple power of our thoughts, conscious and subconscious. If we think about something that we do not want, we attract that. If we have experienced something painful in the past and we are afraid it will happen in the future, and we focus upon it, it might happen.

But this also means that YOU can change EVERYTHING in your life that you do not want. And you simply need to change your thoughts. YOU are in CONTROL of your DESTINY. So, if you have a negative thought or emotion, you need to change it to something positive, to what you want, and you will create that. So, take all the areas of your life, emotional, physical, relational, mental, spiritual, financial, and write down what you want and focus upon that.

Now, something about YOU. You are an extraordinary being, a wonderful person with your unique qualities, strengths, talents, abilities, characteristics, here on this planet to be happy. And you need to develop a wonderful relationship with yourself, because you are going to spend the rest of your life with yourself, for sure! So, please love yourself, take care of yourself, cherish yourself, write down your qualities, your strengths and look upon them. Treat yourself as if you were the most important friend and treasure you have got, and your self esteem will soar. You truly deserve to be well, to be happy and live a happy life, and you will create that, for sure.

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