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BREAKUP COACH

GET OVER YOUR EX IN 1 SIMPLE STEP



I get it, I've been there.

July 10th, 2016. I was devastated, angry, and extremely betrayed. It felt like the life I dreamt of was finally there and then tragically ripped out of my hands and I had no say. All I wanted was to be with him. I wanted the life we built for the past 7 years. I wanted the home we just bought and the dream life we had just created.

If that didn't hurt bad enough, 'she' walked into the picture a month later. . How dare he move on so quickly? How could he have her in our home? How could he be in a new relationship so soon. Clearly, he never loved me.

"Clearly he never loved me." Such a detrimental belief!

A belief that kept me stuck for a year and a half. A year and a half! Devastated, angry and betrayed. I couldn't forgive him for betraying me and I couldn't forgive myself for staying so long with someone who clearly didn't love me. I couldn't let go. Anger and resentment whittled away at my self-esteem and my confidence until there was nothing left. How is it possible I was in a relationship for 7 years with someone who never loved me? Oh how I tortured myself.

Sadly, We do this to ourselves. We tell ourselves things that aren't true and the caring and supportive people surrounding us justify it - "you deserve better" and "it's just going to take time."

But what if it doesn't have to "just take time"? What if you could choose differently?

When I finally understood that my belief "Clearly he never loved me" was only causing me pain but was totally optional, the anger and resentment towards him and the situation dissipated almost instantly.

Thoughts are optional - so freeing.

I have discovered the solution - One Simple Step to Get Over Your Ex: Become aware of your breakup story. What is the story you're telling yourself? What is the story others are telling you? How are pieces of that story not true? It's your perspective that is causing you pain, your perspective that is not serving you. As crazy as it sounds, change your perspective and forgive and let go of the pain.

Imagine this. You've untangled your story, identified the beliefs causing you so much pain and you've proven to yourself they are not true.

What does that get you? FREEDOM. Freedom to move on in your life. Confidence to move forward and create your own dream life. Confidence to do things you never thought possible. Freedom and confidence that give you a beautiful relationship with yourself, your friends, your family, and your future lover. What an incredible gift!

Your life is not over, it's just beginning. Turn your nightmare into dreams and your dreams into reality - I can help. I have gone through this heart wrenching experience and I have turned tragedy into transformation.

Change your perspective. Change your life. [Sign up](#) now for a free coaching call. Together we can figure out how to get started building the future of your dreams. It's free and fun!