



Stop Living Life as a

V I C T I M

Checklist

Even if many unpleasant things have happened to you in the past, you can alter your outlook on life, change your opinion of yourself, and start living a happier, more fulfilling life.

Put these ideas into action today and you'll begin to truly enjoy your life as you look forward to a joyous future:

- ✓ Realize that you can change your life if you choose to.
- ✓ Find your confidence by reflecting on your achievements, large and small.
- ✓ Show your confidence to others.
- ✓ Replace the negative tapes in your mind with positive, self-affirming messages.
- ✓ Finish the tasks you start.
- ✓ Take responsibility. Create a happy life for yourself one action at a time.
- ✓ Avoid blaming others for the outcome of your life.
- ✓ Love yourself.
- ✓ Adopt a new mantra. Create a short, motivational sentence you can say to yourself that will help you become a survivor.
- ✓ Remind yourself that you control your responses to situations and you always have options that you can choose from.
- ✓ Keep a journal.
- ✓ Share your true feelings.
- ✓ Ask those you trust for feedback.
- ✓ Tell yourself that it's okay to experience some discomfort.
- ✓ Focus. When you stay centered on your options, choices, emotions, and behaviors, you'll find life gets much easier.
- ✓ Seek professional help if you need it.

Commit to applying these techniques in your daily life and unleash the survivor that's inside of you!

Get more healing resources at: <http://www.infidelityhealing.com>