

## **Trying to Heal a Broken Heart?...Focus on Yourself**

*"We either make ourselves happy or miserable. The amount of work is the same." -Carlos Castaneda*

There are many times when ending a relationship that our self-esteem suffers. Self doubt and insecurities may surface. Because you are in, shall we say; a fragile state right now, it's important to continue to make good choices for yourself. By taking care of yourself and trying to do what makes you feel better; you are allowing yourself the opportunity to really begin to heal you heart.

Although you are feeling bad there is one very important thing you must remember not to neglect or forget. It's the one thing that will guarantee your feeling better..."Don't forget to take care of yourself." Indulge yourself. You are going through a tough time right now so take extra care in being easy on yourself. Treat yourself to all of the little niceties that will make YOU feel better.

New hair-cut, color, make-up, facial, manicure or massage. Buy yourself something you've been wanting. Go and do something you enjoy. Do anything that makes you feel great about yourself. Do anything that you love doing which you've been putting off.

Join a gym, if you can't afford it, go for a walk and commune with nature. Go on a vacation or go out with your friends again. Occupy yourself with positive activities and stay focused on things that make you happy.

If someone you love was going through the same thing, how would you treat them? Well, that someone you "should" love is yourself. Spoil and pamper yourself just as you would someone you love. This is the time to be nicer to yourself than you've ever been before... You're worth it!

What you may not realize yet is this: As time goes by and you are starting to feel good again, the person that is going to emerge will be the new and improved version of you. Take this opportunity to start to love yourself more. You have the power to create your future. Choose to live it well!

There is a saying, "With every door that closes another door opens." Begin to believe in a better life. Change isn't always easy but...with change comes growth.

The door that is opening for you is to a new life. As you begin to accept that your relationship is over...you can begin to look forward instead of living in the past.

As you start to focus more and more on moving on...make sure you are moving on to the life you want. As you know; the choices we make determine how we live our lives.

Take this time and use it to your advantage. As difficult as it has been to go through, I'm sure you don't want to make the same mistakes again. Use this as an opportunity to create the life you want. Get beyond your fears and you will open yourself up to living a better life!

Read more about it at: <http://www.whystay.com> in Susan's empowering book: There Is Life After What's-His-Name.

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