



## The Better Life Questionnaire

1. Three things I will gain by leaving this relationship are:

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2. The reason leaving this relationship will change my life is because:

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3. People besides myself who will benefit from my leaving are (e.g., children):

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4. Six to eight months from now, I'd like to see myself:

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5. If I found out I only had three months left to live, I would:

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6. I cannot go on with this relationship because:

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7. When I've been No Contact for fourteen days, I will celebrate by:

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*Need help with going No Contact? Check out [The Essential No Contact Bootcamp](#)*



**Kim Saeed**

Integrating emotional, physical, and spiritual recovery designed to heal trauma caused by toxic relationships



## 30-Day No Contact Calendar

1 Make the decision to go No Contact. <b>Embrace it, accept it, feel it.</b>	2 Block the Narcissist's number from your phone.	3 Make a back-up plan in case the Narcissist shows up hovering.  How will you stand strong?	4 Delete and block the Narcissist from your social media profiles.	5 Block the Narcissist's email addresses. If you have Gmail, set up a trash filter and set it to delete the contents automatically.	6 Feeling weak? Visit a friend or go to the bookstore.	7 Look into a hobby. Avoid spending time alone at home. See if there are any good MeetUp groups in your area.
Celebrate one week of NC by treating yourself.  Anything goes!	9 Donate the items the Narcissist gave you to a local shelter or the Goodwill.	10 Start doing guided meditations.  Do one either first thing in the morning or at bedtime.	11 Feeling vulnerable? Read " <a href="#">The Mastery of Love</a> " by Don Miguel Ruiz.	12 Start journaling your feelings. Make sure to let your Inner Child write some entries with your non-dominant hand.	13 Feeling lonely? <a href="#">Join the Let Me Reach Facebook Tribe!</a>	14 Make plans with a friend. Re-establish those relationships you were forced to let go of.
15 OMG! It's been 2 whole weeks already!  Reward yourself!	16 If you get the urge to call, turn your phone off and hide it.	17 Look in the mirror and tell yourself how good you're doing so far.	18 Start a bucket list of all the things you're going to do with your new life!	19 Write out 5-10 things you like about yourself.	20 Having trouble sleeping?  <a href="#">Sound Therapy - Rain on Tent Meditation</a>	21 Spend the day in your jammies watching your favorite movies. <b>No sad ones!</b>
22 At three weeks, your physical cravings should start to subside!!  Celebrate with a massage!	23 Anytime you feel like crying, go ahead and do it. Don't hold in your grief.	24 Tape an index card to your mirror that says, " <b>Good morning, new life!</b> "	25 Stop reading about Narcissism.  Instead, start experimenting with <a href="#">Self-Love Secrets</a>	26 Get more healing tips by visiting the <a href="#">Let Me Reach Pinterest Boards!</a>	27 Stop doubting yourself.  You did everything you possibly could.	28 Make eye contact with other people. Hold your head up proudly.
29 Anxious?  Try <a href="#">these</a> .	30 30 Days NC!  You rock!		Enroll in <a href="#">The Essential No Contact Bootcamp</a> for more help in going No Contact!			



## The Beginner's Healing Toolbox

Within this document are the activities and resources I used to begin my own journey of healing, many of which I continue to use to this day since we are always in various stages of growth. Please do not use this as a substitute for professional therapy if you are suffering from depression or other mental health condition.

### Guided Meditations

Meditation breaks down the wall between the conscious mind (the mind we think is in control) and the unconscious mind that really is driving everything we do and think. Our conscious mind keeps us busy and distracted with beliefs, justifications, blame, causes and solutions. It works things out, it comes up with answers and then we think we're done and move on. Not so. It's a shock to realize how little power our thinking minds have. The power lies beneath. If we are willing to stick with it, to really do the work, then meditation can show us how unconscious conflicts are processed and recreated in the mind on a moment-to-moment basis.  
– Mary-Lou Stephens

[Let Me Reach YouTube Channel](#) – Educational videos, as well as meditations to help with relaxation and mental well-being.

[Vortex Success](#) – Meditations that are embedded with healing binaurals and subliminal affirmations

*A favorite that I listen to frequently by Vortex Success:*

- [Overcoming PTSD: Releasing The Past and Moving Forward](#) | Subliminal Meditation Isochronic Tones



**Kelly Howell** Meditations

- [The Secret Universal Mind](#)

You can find all of [Kelly's meditations on Brain Sync](#), where you can purchase specific titles for various purposes. This is a better option since YouTube has implemented their new ad-free program. If you don't purchase YouTube Red, they often place ads in the middle of the videos.



## Helpful Blog Articles from Let Me Reach:



- [8 Ways to Cut the Energy Ties with the Narcissist](#)
- [6 Steps to Emotional Healing after Narcissistic Abuse](#)
- [Why go No Contact with the Narcissist?](#)
- [Aromatherapy and Meditation: Essential for Recovery](#)
- [7 Signs You've Arrived as a Survivor](#)

## Small actions that make a big difference

- Get some index cards, write affirmations on them, and tape them up in areas where you will see them the most. These affirmations might include:
 

“Good things are **supposed** to happen to me”, “I am safe in the world and all of life supports me”, “I am good enough just as I am”, “I am at peace with my age”, “In my sadness, I love myself”, “I am free to make my own choices and decisions”, “I deserve all that is good. I release any need for misery and suffering”
- Buy an adult coloring book and crayons or colored pencils. Spend some time coloring, letting your inner child express his or her self.
- Adopt a pet. Animals are wonderful at giving unconditional love.
- Take yourself to the movies. (No violence or docudramas depicting human suffering)
- Consider taking up a creative hobby such as: Art, Music, Dancing, etc. It's a form of self-expression that aids in healing as many of us spent a large portion of our lives stifling our inner selves.
- Do some [mirror work](#). Other affirmations you can say to yourself are, “I love you \_\_\_\_ (insert your name)”, “You are doing an amazing job!” In times of sadness, you might say to yourself in the mirror, “It's okay, I love you. This thing will pass, but I love you and that's forever.”
- Spend time in nature.
- Rest when you need to. Try not to overwhelm yourself by adding too many activities to your daily routine. It may feel strange to take time out for yourself, but it is essential for healing.



## Essential Oils and Aromatherapy

### The use of aromatherapy for emotional healing and release

In order to access and release emotional trauma, we must stimulate the amygdala. One way to do this is through the sense of smell. Our sense of smell is directly related to emotions that have been stored, often as far back as childhood.

Smell is the only one of our five senses that is directly linked to the lobe of the brain that houses our emotions. Along with all positive emotions, negative emotions such as fear, anger, depression, and anxiety also originate from this area. This explains why certain smells can trigger deeply buried fears and trauma, such as those experienced with PTSD or C-PTSD.

Essential oils allow us to access these buried emotions and memories so that we can accept and release them.

### **FOR AROMATHERAPY**

- **Organic Lavender Essential Oil** - This herb has been used as a remedy for a range of ailments from insomnia and anxiety to depression and fatigue. Research has confirmed that lavender produces slight calming, soothing, and sedative effects when its scent is inhaled.
- **Frankincense Essential Oil** - In aromatherapy, frankincense oil is either inhaled or diffused via a vaporizer – a very effective sedative that induces a feeling of mental peace, relaxation, and satisfaction, and helps relieve anxiety, anger, and stress.
- **Palo Santo Essential Oil** - Palo Santo Oil or “Holy Wood” is a very spiritual essential oil. Like frankincense, Palo Santo is known as a spiritual oil and is called holy wood. Used to combat negative energy and to cleanse the space / to purify and cleanse the spirit from negative energies. The essential oil is distilled from the heartwood of the Palo Santo tree.
- **Rose Essential Oil** - Rose Oil boosts self-esteem, confidence, and mental strength while fighting depression. This oil is widely used in aromatherapy and invokes positive thoughts, spiritual relaxation and feelings of joy, happiness and hope.

Let Me Reach with *When you're ready to take control of your recovery*



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- **Oil Diffuser for the Home** - Spread the transformative, aromatic power of essential oils throughout your home. Diffusers let you reap the benefits of essential oil aromatherapy in any room in your home or office.

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In my own healing journey, the first thing I implemented was guided meditations. Guided meditations are extremely helpful because they help cleanse the mind, re-write negative internal narrative scripts, as well as decode any self-defeating beliefs we may have about ourselves and about life. However, in order for them to be truly effective, you'll need to listen to them daily. I find that listening to them at bedtime doesn't require much modification to my daily schedule.

At the very minimum, you'll want to listen to them (preferably in the morning or nightly) for six weeks. This is the required amount of time for initial healing of your subconscious wounds to take place. For added benefit, you can diffuse essential oils while meditating for the ultimate transformational experience.

In closing, try to remove from your mind all notion of yourself that has to do with your childhood, where you live, what you have done, and what your circumstances are. Try to concentrate on only one thing and that is your power of choice.

I hope you find these healing modalities as therapeutic and enjoyable as I do.

## Further Healing Recommendations:

[The Essential No Contact Bootcamp](#) - Dramatically increase your chances of maintaining No Contact, have a better understanding of why you feel an unbearable urge to go back, connect with the real reasons why you break No Contact and then heal them for good! And FINALLY join the tribe of survivors who've not only stayed No Contact, but have survived and THRIVED after narcissistic abuse.

[30-Day Self Love Journey with Belief Clearing Kit](#) – Includes daily emails, steps, processes, and guided meditations

[Our Family Wizard](#) – End the “He Said/She Said” in cases of shared custody. Keep your children out of the middle, create compelling documentation, and get the resources you need to organize your shared parenting.

# 16 Empowering Beliefs to Live By Today

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Your experiences are shaped by your thinking. Even obstacles have a value when you can see it. ***You can develop convictions that will help you to feel happier and achieve more, regardless of the situation.***

Consider these empowering beliefs that you can start using today to transform your life through the power of positive thinking.

### Empowering Beliefs to Make You Smile

1. **I understand my potential.** ***You can achieve amazing results when you put your mind to it.*** Feel excited about reaching your true potential.
2. **I count my blessings.** List each thing that you have to be grateful for. Remember to include the smaller items, like warm socks or tart cranberries. Expressing your appreciation reminds you of how rich you are.
3. **I learn from mistakes.** You can make setbacks work for you by focusing on the lessons that they contain. Flubbing one job interview can teach you how to ace the next one.
4. **I find meaning in adversity.** Tough times can be the most rewarding phase of your life. ***Know that you can emerge from any challenge with greater wisdom and courage.*** Look back at the obstacles you've already overcome, and reassure yourself that you can handle what's ahead.
5. **I embrace change.** Accept that life is a series of changes. Focus on the present moment, and prepare yourself to adapt to whatever circumstances come your way.

6. **I dream big.** Expand your wish list. Setting demanding but attainable goals gives you adventures to look forward to each day.
7. **I practice forgiveness.** Lighten your load by clearing away any resentment you're holding onto from the past. Set reasonable boundaries while you respond with compassion when others disappoint you. Pardon yourself too.
8. **I give generously.** Sharing your blessings makes you more powerful and joyful. Volunteer in your community and speak kindly to each person you meet today. Buy coffee for your co-workers or give your receptionist a flower.

### **Empowering Beliefs to Make You Strive**

1. **I take responsibility.** You are in charge of your life. ***Hold yourself accountable for the outcomes you create.*** Celebrate the fact that you have the power to determine your own future.
2. **I apply effort.** Figure out your definition of success so you know what is worth working for. Give yourself credit when you're making progress rather than comparing yourself to others.
3. **I leverage my strengths.** You have your own individual strengths that you can draw on. Figure out what you're good at and what you want to do. Let that knowledge guide your choices.
4. **I listen to feedback.** Ask for feedback so you can enhance your performance and show others that you respect their point of view. You grow faster when you gather solid input that you can translate into action.
5. **I ask for help.** Expand your capabilities by building a sturdy support network. Carpool with other parents. Divide up household chores with your spouse and children.
6. **I connect with others.** Moral support counts too. ***Surround yourself with loving and encouraging family and friends.*** Participate actively in your faith community. Join a club with members who share your interest in solar power or badminton.

**7. I recognize opportunities.** Stay alert for promising openings. You may meet a new friend while you're standing in line to buy your morning coffee.

**8. I try new things.** Be open to experimentation. Go kayaking one weekend instead of playing tennis. Bake your own bread or knit a scarf. You may discover hidden talents.

An upbeat attitude increases your happiness and productivity. Question your old assumptions so you can replace them with a new sense of certainty about yourself and your future. Adopt empowering beliefs that build up your confidence and prepare you for greater success. Start today. You'll be glad you did!

