

FINALLY STOP BEING TAKEN FOR GRANTED

**And I'll reveal the *ROOT* cause of why it's
so HARD to stop being exploited
So you can reconnect to your true self,
and never take disrespect from others**

The common “people pleasing” is only a *symptom* of a much deeper problem...

But in less than 5 minutes you'll know **exactly** how to live your life with your head held high:

> **Even if** you automatically say “yes” to every request from your family, friends, or romantic partner

> **Even if** addressing the problem and *risking* verbal conflict makes your skin crawl

> And **even if** you completely stopped following your intuition

Once you are able to truly understand what the common thread amongst all the scenarios is...

You'll be able to eradicate it from your life once and for all.

And surround yourself with people who'll support you in the pursuit of your OWN dreams!

Imagine this...

You travel to a year-round sunny Hawaii to take a well-deserved break after the crushing weight of short-deadline projects was finally lifted off your shoulders.

The moment the plane landed, you felt free like a bird to do whatever you wanted - travel wherever you wanted.

And even though the sand on the beach is burning your feet, a weird sense of relief you hadn't felt in years overcomes you.

A muscular surfer - around your age - is checking you out as you walk to the bar to buy a few cocktails.

He approaches you, seemingly full of confidence, but before he even opens his mouth...

You turn him down, he can't compare to *your* man.

The same man that clearly sees why that surfer was into you, but won't think for a second to lecture you on how you shouldn't wear a revealing bikini to a public beach.

The same man who finally puts as much effort into the relationship as you do.

Makes you feel safe to voice your thoughts and never crosses your boundaries.

Is this remotely close to what your perfect future looks like?

Because I wondered for years:

“Why is it not the way I live?”

The answer seemed dead-simple...

**Thanks to a compliant upbringing almost
designed to prevent me from forming
healthy relationships...**

**Relationships in my adult life were
doomed from the start.**

It's one of the most common reasons why
compassionate individuals end up neglecting their
needs in adulthood!

If you take on your shoulders too much
responsibility, because of the crippling fear of letting
others down,

Or if you don't trust your own intuition anymore and get betrayed by people close to you...

There's a high chance those habits were formed back when you were a little bean.

It's hard to believe, really.

But after struggling with self-neglect since early childhood,

And over 3 years of helping others get their lives back on the track of fulfillment...

I spotted the undeniable connection between the patterns in people-pleasers' actions and what they were taught as children.

It's extremely hard to spot it looking back at your own upbringing...

So let me paint a picture using my own example.

Dad was a driven, ambitious and goal-oriented high achiever.

Not only expecting the best from himself, but the others too.

Mother on the other hand, wanted a daughter that would be a *perfect* fit for societal expectations.

Day by day, I was carefully nurtured into becoming a good girl:

Agreeable and overly polite - **good** “I’m proud of you.”

Going against the crowd - **bad** “Don’t stand out!”

Accommodating to every request - **good** “That’s my girl.”

Voicing out my needs and desires - **bad** “Stop being so selfish.”

And the tricky thing is:

One of those methods for creating a flawless child wouldn't lead to my horrible case of self neglect...

But both combined in one household, they formed a dangerous, combustible mixture that exploded *years* later.

And the ignition was meeting my (ex) boyfriend...

A few years into the relationship, I realized he picked up on my bad habits.

For example, my panic fear of rejection or the all-night anxiety that follows after letting others down.

He started deliberately using them against me.

Whenever I wanted to visit my long-distance friends or family, he'd say:

“Traveling alone is not something people in a serious relationship do!”

He didn't have time, and a *single* mention of me going somewhere by myself caused a fuss that brought tears to my eyes.

“You don't care about me and just want a non-committed relationship...”

The suffocating sense of guilt quickly led to shame and before I knew it...

I was blaming myself for wanting more from life!

And the worst thing about this is despite all this manipulation and misplaced guilt...

I still did love him.

On top of that, the “agreeable, good girl” inside me was so powerful at the time...

That once again I ignored my inner voice telling me something was wrong.

And straight up rejected the desire to be with other people dear to me - and stayed trapped in a “room slowly filling up with toxicity”.

The problem was obvious, right?

The lack of a strong bond with my “True Self” made me put up with mistreatment and blame myself for *his* opinions.

Tending to my needs was out of the question...

I was *overflowing* with anxiety at the sheer thought of conflict with my partner.

The typical people-pleasing case.

But when I FINALLY decided to stand up and put myself first...

It completely backfired!

The same ex tried to control such a simple aspect of my life as my clothing.

He viewed a bit tighter leggings or a bit shorter skirt “*slutty*”.

And often reminded me that if I was wearing them:

“I was sending a message to the world that I was available for business”

Even though I’d never cheat on him, I wasn’t going to change the way I dress up so I gathered every last bit of courage in my body and said “No”.

SUCCESS!

I stood up for myself - *I* decide what I wear!

Except...

Even though I’ve done everything right:

- identify a problem
- set up boundary
- communicate it

And we were still together...

He kept using dirty, emotionally abusive tactics to pressure me to stop wearing the so-called “slutty” clothes.

From disappointing glares, the silent treatment and the occasional shaming comment every time I wore something “*inappropriate*”...

To straight up shouting and threatening to leave me.

It got to the point where my pillow was wet from tears at least once a week.

But despite all the threats, he never broke up with me, which only meant one thing:

He was manipulating me.

And it was *working*.

That's when I realized that people-pleasing wasn't an illness but a symptom.

Because the safety measures didn't work.

And the built-up stress was **even worse** than if I simply gave in and complied.

My intuition was shouting at me that it was time to end it, once and for all!

But if I set the final, definite boundary where the relationship would be over...

I'd be left alone.

The REAL reason why quitting self-neglect and starting to listen to your intuition is so challenging...

...found me lying in my bed at 3am, wondering what I was even going to do after the break up.

My mind was racing, overthinking all the things that could go wrong in the future.

But all I found was... a void.

All these years, I was trying to make my parents proud.

Later on, the only thing on my mind was how to make my boyfriend's life better.

Making the dreams of others come true became the sole purpose of my existence...

I couldn't find a single activity that I was looking forward to.

...I ABANDONED my own dreams - my own goals were long forgotten.

It only made the decision to break up with him harder, but I knew it had to be done.

When his initial shock and stream of questions died down...

It was time for the manipulation opera.

The final attempt to make me stay.

First, he tried to play on my kindness and enormous empathy:

"You're the only one who understands me, I'll never be able to love anyone else."

When this didn't work, he started promising me the stars even though he couldn't even give me a break from his restrictions...

"I can't live without you."

Followed by a quick and empty:

"Honey, please, I'll change."

Which was bizarre - especially after he threatened to leave me every day for the past few months.

When I made him realize that, his body tensed and eyes widened in surprise.

In a split second, his eyebrows furrowed in anger and lips curled into such a snarl I thought he's going to bite my nose off.

*"You're making a mistake, you'll **never** find anyone like me!"*

The best summary of the whole situation would be...

The only time when shouting stopped was when I had to sob or he had to breathe.

But when the heated argument was finally over and we went our separate ways...

...I felt like a bird who's just been freed from its cage of grief and sorrow.

Right now, I travel freely and finally feel like I live my life to the fullest!

I'm not afraid to speak my mind anymore, because of healthy boundaries in my life.

No one's telling me to 'play it safe' - I take risks.

Even if they don't pay off?

I act in alignment with my True Self.

Plus the experience that comes with what others would call failures is invaluable!

And the single, best example for that is...

Over 200 000 REAL people from instagram and hundreds of people I've helped over the years.

Many “friends” told me:

“If you start a business out of passion, it’s going to fail miserably”

They tried to tell me that fulfilling my life mission will not even pay for groceries.

But breaking the self-abandonment chains allowed me to focus on my dream.

And that dream was to save people all around the world from the same, gloomy, full of self-neglect reality I knew so well...

The sense of achievement after the first, successful client’s story made my eyes water up.

After the first one, came the second, third and so on...

And with a full conviction I can say - I wouldn’t trade my current life for a world!

A HUGE difference was also putting my own needs first...

No more staying up late to finish extracurricular projects, pumping my mind with unhealthy amounts of coffee.

I finally live healthy and it unlocked enormous amounts of energy inside me that I had no idea existed!

But finally...

There's no more boiling regret because I make decisions based on my intuition instead of being crushed under peer pressure.

I'm more confident, more assertive, and more productive. I'm finally living the life I've always wanted."

Although, the path to becoming the captain of my own ship...

...was quite bumpy, lonely and *expensive*.

Even though, after the break up, I felt like a giant rock had been lifted off my shoulders...

...I still had to undergo the healing process.

- learn to live my life aligned with myself again
- get someone to teach me to set up proper boundaries
- make absolutely sure I won't get trapped pleasing toxic people again

It wasn't easy for someone who was struggling with it since early childhood.

But the hardest part wasn't setting up new goals...

It wasn't even learning to set definitive boundaries.

The single, worst struggle on my way was doing it all on my own.

There was no one who would tell me:

“The boundary you’ve set lacks clarity. You can improve it by being more specific.”

Or “Think of how you’re going to feel after you accomplish your goals”

Even simple “You’re on the right path, keep going” would have been a massive help.

This absolute lack of progression in my life made me try paid solutions.

A lot of paid solutions...

Tony Robbins’ Mastery University cost a hefty price, but hey!

It was Tony Robbins! It had to be good.

And it did help me BIG time with understanding getting my life back on track, better understanding my emotions and identifying mistakes in my relationships...

...but it wasn't enough.

Then I worked with a **Life Coach** - 4 sessions a month for over a year.

The personal help was invaluable - finally someone was understanding what I went through!

I even approached the *emotional healing and learning* process from the science perspective with **Neuro Linguistic Programming**

(In the meantime, I myself became Certified Master Practitioner of NLP)

In the meantime, I tried more **Communication and Assertive Trainings** than I can count...

...and got another **Life Coach** for a way shorter time period this time.

I also tried **Hypnotherapy**, which was not only helpful due to the things I've learned but also because of the methods used.

All “students” were working together and learning from teachers - it created a strong sense of community.

(It was so helpful that I became Hypnotherapist myself)

Plus there was a period when I attended **Inner Dynamics Training**

Some of those were more important than others, but overall...

On the whole healing and learning processes mentioned above, I spent around 20 000 USD

It not only sounds like a lot.

It IS a lot of money.

But compared to the life I used to live...

Full of sleepless nights regretting giving in to someone else's wants.

Emotional abuse, exploitation and being taken for granted that led to constant anxiety - even edging towards depression.

And the one I'm living now...

Free to voice my thoughts and stand up for myself.

Living a life aligned with my True Self and thriving through my passions.

Surrounding myself with people who genuinely care about my wellbeing...

I don't regret a single penny!

However, many people don't have time or means to undergo such a complicated healing process.

Digging through free forums trying to figure out whether their partner simply cares about them...

...or tries to take control over their lives.

They're stuck in a never-ending self-neglect spiral fueled by their friends' violating weak boundaries they were able to set up.

Lay at night, dreaming of all the hobbies they could dedicate their life to.

When they finally decide to look for paid help, they're either scammed...

Or they're met with therapists or coaches who's job for the first few months is NOT getting to the root cause of the problem...

But to explain the topics that can easily be taught with video lessons and implemented with precise exercises.

**So after spending a hefty sum to scrap small bits
of knowledge all across the globe...**

**...and testing many methods, tricks and
strategies that didn't work before finally forming
ones that delivered REAL results...**

**I put all the tools in one place so YOU can
break the self-abandonment chains once
and for all.**

Live YOUR life.

Make decisions based on YOUR intuition.

Please no one, but YOURself.

Without breaking the bank in the process.

**That's how the Supported Self Circle
came to life!**

**The SSC consists of THREE pillars -
each helping you overcome different
parts of the problems leading to
abandoning yourself.**

ONE CRUCIAL SELF ABANDONMENT LESSONS

You CAN'T fix what you're not aware of.

That's why, within 24 video lessons, you'll

- identify EXACTLY what caused you to abandon yourself
- get to the ROOT of who you truly are by carefully evaluating your needs
- learn how to utilize THE MOST IMPORTANT weapon against "surface" people-pleasing behaviors
- **setting up** and **upholding** boundaries

- find out the core difference between boundaries and requests that has led to many confusions among people who abandoned themselves
- and detoxify your life by understanding a simple fact about your wins and fails that'll allow you to get rid of negative self talk

All of it and more backed up by the easy-to-follow exercises in a workbook!

TWO

DETAILED MONTHLY MASTERCLASSES

Each month, you'll get a completely NEW Masterclass going **in depth** into how to overcome a selected problem that's crucial to create a safe, sensational and satisfying future!

All of the masterclasses consist of **detailed video explanations** AND a **workbook with thought-provoking exercises** to see a real change happen in your life!

There are already 2 available at the moment:

Emotional Abuse and Self Abandonment

<Names of modules>

Where you'll:

- learn to *properly* set up healthy boundaries with the “I” statement method
- prepare plan B in case someone violates your boundary (so you avoid later thoughts of “I should have done that! Why didn’t I think of it?”)
- ask yourself an eye-opening question to see who in your life you can truly trust
- make plans a reality with actions you can do TODAY to take better care of your physical & mental health
- protect you from betraying yourself with a safety exercise preparing you for the moment when push comes to shove

- forming not only emotional, but physical emergency plan in case emotional abuse is taken too far

How to understand and attend your needs

<Names of modules>

- find out the scale of your self-neglect with a **set of detailed** questions addressing EVERY kind of your need:
 - Physical
 - Emotional
 - Social
 - Intellectual
 - Self-Identity/Authenticity
 - Personal Growth/Development

So that NO part of your life is left unattended!

- set your priorities straight to start them starting with the most urgent ones to those
- make absolutely sure you're able attend all of your needs using the "small steps" strategy
- PLUS identify what challenges may await you during this crucial step to stopping self-abandonment

THREE

LIKE MINDED, SUPPORTIVE COMMUNITY

1. Growing group of people UNDERSTANDING your problems

Who you can not only ask what to do in your **exact** situation,

Get inspired to stay on the right track by achievements of those who broke the chains of self-abandonment,

But also form lasting, supporting friendships with like minded people and share your everyday struggles and happiness!

<screenshots from community>

2. Direct, everyday access to Najla's help with the problems you're currently facing

3. Monthly Q&As to help you with WHATEVER struggles life throws at you

4. Challenges to help you replace old habits with the new ones and work through roadblocks a step at a time

This month challenge is: "4 weeks of self-kindness"... (need more info)

The SSC is not only going to <help them> for a minimal price, but also achieve <better future> with:

Minimal effort:

The self abandonment is caused by the exact same mechanisms - childhood conditioning, trauma, limiting beliefs or low self-esteem

It took me years of mistakes and painful failures to develop the methods I share with you in SSC.

They're proven and only require a bit of time to implement them in your life.

They worked not only for me, but many others!

<testimonials>

In as little time as possible:

The path leading to self-abandonment is slightly easier for everyone.

And even though the mechanism behind it is the same, the highway leading out of it can differ in the amount of work required.

That's why in SSC, you can either go through the whole process designed for the most trauma bonded overthinkers OR implement precise solutions to the selected problems you're facing.

A Great Convenience:

You don't need to go through 3 different coaches, 5 trainings and super expensive programs.

1. All the tools you need are neatly served in easy-to-digest video lessons and workbooks,

allowing you to see real changes in your life as quickly as you complete the tasks!

2. My personal guidance that's been called "invaluable" and "life-saving" by many, previous clients

<testimonial>

3. And support from people going struggling with the exact same problems!

You have it all in one place!

There are no bonuses

You get ALL the action steps to leave the past behind and create your stress-free future for \$38

Although I can't guarantee the price is going to stay the same forever...

**There's no fake timer either starting over
with every page refresh**

Firstly - I'm honest

**Secondly - every single client I worked with said
the same**

***"I wish I've done this earlier, I would have saved
myself YEARS of anguish"***

**And most importantly - there's limit of
members**

The lessons are for everyone

**But again, our community is growing rapidly and
I only have 24 hours in a day.**

**Soon, I'll have to make my personal help more
scarce.**

The choice is yours

But if YOUR story is similar to mine,

**Filled with emotional abuse, crying your eyes out
with no control over your own life...**

There's only one option

[See you in Support Self Circle]