

RESEARCH

Avatar: Hi there, I'm Jannet, a 26 year old retail worker, I'm a mother of 1, he's 8 years old, I'm 6ft tall, and I'd say I'm average weight for an American. I recently just found out my boyfriend has cheated on me, and now my heart is melting inside of me. I really don't know what to do. Is this the end for me? Will I ever find a good man?

Current situation/why it sucks: My current situation sucks because in my head I had our whole future planned out, we were going to explore the world as a family, but now that's out the window because he fucking cheated on me the flithy bastard, I now feel lower than ever, my self esteem is rapidly declining, I feel depressed, I'm having panic attacks everytime I go out, I'm not speaking with my friends as much as I used to. I feel so isolated from the world I'm SO LOST.

The reason my current situation is so bad is that, ever since he cheated on me it's like a part of me left when he did, I've turned so cold and stale, I've started to drink more wine at night, crying my soul out... And if I don't find a way to deal with this I fear that it will affect my son because he doesn't really understand what's going on at the moment. And how I'm currently feeling is leading to low energy levels, I'm not even eating properly, I feel worthless.

Day in the life: A typical day in my life now, just involves forcing my self out of bed at 6 am, hung over to fuck making my son some breakfast, then walking him to school, then when I come home it's a day set for hell. I'll try to tidy up and do some house work, but my mind is elsewhere most of the day. I'm so lost just listening to sad music because I feel so lonely. So I'll just end up going back to sleep for a few hours or scrolling on Instagram stumbling across break up quotes, which just make me feel worse and then I'll try going on tik tok to distract my mind.

Dream situation/why it's so desirable: My dream life would be to be able to feel confident in myself again, be more energetic around my son, find a way to deal with this sudden death-trap anxiety, start speaking with my friends again, because I want to be able to get through this for my son.

This is desirable because I need to be able to take care of myself if I want to take care of someone else, I used to have lots of fun on nights out with my friends but now I don't even text them so I need to get back into my old life's routine so I can start to feel better again.

Bridge from current to dream state: If I find someone who can help me fight through this with the right approach, then I believe it's possible to speed up my recovery time, or even help me develop some coping mechanisms

Obstacles/things tried in the past: One obstacle is I'm finding it really difficult to speak to anyone about what's happened, I've tried some meditating but I can't focus so that feels like a waste of time, I want to be able to trust someone again so I can openly discuss my feelings and hopefully someone can direct me towards the right path.

The solution: That's why your betrayal trauma healing program is perfect for me where I'll be getting proper help with your 8-week interactive workbook with video content with relatable & psychoeducational videos. And comprehensive exercises I can perform based on good research, also your guide on how to heal from infidelity and betrayal sounds like it will really help me, this type of approach is what I need because I'll still have time to do everything my son needs from me.

Subject line: Miss the weight of his arm around you?

The once warm and snug bed now feels like a melting ice cube.

And you've tried therapy, exercise and practicing yoga, right?

Well, there's a more simple & effective "tool-box" you can begin using to cope with this trembling trauma.

it's not some BS self-help book...it's not another one of those retreats where the only sound you hear are the echoes of your own thoughts...

This new coping system allows you to interrupt the direction of your thoughts quicker than a speeding bullet.

So, click here to discover how to break this toxic thinking cycle so you can effectively armor your mind...