

*Discover the secrets to overcome emotional  
abuse and create the life and love that you  
truly want...*

***“7 GOLDEN Keys To  
Overcoming  
Relationship Abuse”***

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Dear Friend,

Thank you for signing up to receive access to my book **"7 Keys To Overcoming Relationship Abuse and Creating The Life And Love You Want"**.

You've made a very wise decision.

My name is Satish Rao and I'm a Life Coach who specializes in helping women (and men) who find themselves stuck in bad relationships and help them create the life and love they truly want and deserve.

Going through an abusive co-dependent relationship can be extremely overwhelming and confusing. Every minute you'll keep pondering whether to stay or leave your partner and it's very easy to just stay in the cycle of abuse and never think about the future at all.

But if you keep staying in the cycle of abuse, you'll only keep getting more of what you already have and your life will be filled with even more difficulties and turmoil.

This book **"7 Keys To Overcoming Relationship Abuse and Creating The Life and Love You Want"** sheds some light on the subject and helps you break the cycle of abuse and create the life you want.

Whether you choose to stay in the relationship or come out of it is completely up to you... but the key to creating the life and love you want is to break the cycle of abuse.

I also work with clients experiencing these challenges personally and help them overcome them one step at a time.

If you're interested in working together on a personal 1 - 1 basis to break the cycle of abuse in your relationship and begin creating the life you want, you can visit this page:

Once again - thank you for the interest you've expressed in the book. I sincerely hope that you'll take away a few nuggets and apply them in your personal life.

Sincerely,

Satish Rao

*"I am literally worthless in his eyes whenever we fight. He blames everything on me and he never listens to what I say and always keeps putting me down.*

*He has destroyed me. I am dead on the inside. I'm only functioning like a robot. I spend at least 2 hours crying every day. Every single day, after cheerful chats, long phone calls, exchanging emails with people at work where I always put on a happy mask, I feel dead on the inside.*

*Speaking with friends hasn't helped me as well. There are only a few friends who "get it" all immediately - because they too have experienced it. With others, I find myself over-explaining, justifying because I can hear their doubts in my story.*

*And I get responses like this: "Wasn't he a great guy? Or maybe he was just troubled - or maybe I was over-sensitive?"*

*I cry in desperation, and hope for him to CHANGE every single day... but it never happens. Everybody thinks I am leading a really happy life but the truth is I cry myself to sleep every night. They do not know what I go through every day.*

*I do not deserve this. I deserve beautiful life, I deserve better."*

Does the above story of one of my clients resonate with you? If yes, read on...

Going through a relationship with infidelity issues or domestic abuse can be an extremely horrifying experience.

It's one of those things that will undermine your self-worth and cause a lot of grief and unhappiness... if you don't regain control over the situation.

Many women tend to marry men who seem charming, charismatic and perfect. Early on in the relationship, these men treat them like queens with care, love and appreciation.

But overtime, something happens and there's a sudden change and these men turn into abusers.

Abuse happens when your partner begins to erode your sense of self-worth and literally, has a hold over your mind. Your self-esteem shrinks so much that you no longer care or dare to challenge whatever he says about you.

You start to believe in the lies and stories he tells you... which he further uses to control you and direct even more abuse at you.

Sometimes the abuse is direct and there are other occasions where it is subtle.

A direct abuse can be a situation where your partner directly abuses you verbally, physically or emotionally. The abuse is targeted at you.

Infidelity is also another form of abuse because it can be as devastating as a physical attack.

Just like direct abuse, it can make you feel humiliated, hurt and helpless. When a husband cheats on his wife, he directly attacks her self-worth and her self-esteem is affected.

In most abusive relationships, it's often a recurring cycle with the husband feeling repentant and loving, and then there is another episode of abuse or infidelity.

During the repentance-phase, the husbands show guilt or remorse but are usually insensitive to the pain they've caused. They do not accept any responsibility for the pain they've inflicted.

This on-and-off cycle affects the victim even more and she tends to suffer from:

- Low self-esteem
- Sense of worthlessness
- Lack of control over her life
- Dependency on her husband
- No sense of future
- And a distorted sense of reality

If you are going through any of the above issues and feel that enough is enough and want to desperately move on, don't despair.

There is hope. You don't have to be held hostage to this mental torture anymore. You can break this cycle of abuse, and create the life and love that you truly want and truly deserve.

## **#1 - You only have control over yourself**

There are many women that come to me with a desperate hope that their partners will change and amend their ways. If you have such hopes, realize that it is IMPOSSIBLE to happen.

Yes - there are certain incidents of abusers changing and becoming functional. But it's rare and the change is usually NOT permanent.

So let go all hope of your partner changing, and begin taking responsibility for yourselves and your life.

You do not have any control over your partner... and you won't be able to change him no matter how much love you shower on him.

The only solution is to change yourself and change the way you react to him - because that's the only thing that you have control over.

Begin by regaining control over yourself, and your lifestyle. Start making small, incremental changes without having to listen to your partner for advice. This will help you discover your internal strength.

## **#2 - Let go off attachment to the past**

If you're really serious about coming out of the cycle of abuse, you have to completely disassociate from the past by dissolving the victim identity you've created for yourself.

Many women ruminate about the things that have happened in the past and blame themselves for having let the abuse happen to them.

There is a HUGE difference between blaming and taking responsibility.

Yes - you may have given into the partner and let him gain control over you on various occasions. But that doesn't mean that you're at fault and that you're the only one to blame.

The main fault lies with the abuser. But you can't put all the blame on the abuser, and continue to lead your life with grief.

Take the past as a learning lesson - something that points out what you no longer want from your life... and then start taking steps towards creating a future by taking responsibility in the present for your life and your well-being.

The abuser is never going to change nor is he going to make you feel any better.

It is only YOU - who can make yourselves feel any better. Ditch the past, take responsibility, and start creating your future.

## **#3 - Start building your self-esteem**

One of the main reasons for your grief and unhappiness is because your sense of worth and self-esteem has been destroyed by the abuser. Rebuilding your self-esteem and sense of worth is essential to a complete recovery.

You have to FEEL and BELIEVE that you are capable of independent thought, and are capable of taking care of yourselves quite well.

One of the best ways to start rebuilding your self-esteem is to start doing things that you've never done before. Begin doing things that you always put away in the past due to fear, or discomfort.

Some examples include: Moving to a new city, taking up a new job, attending a special class or training, learning public speaking, starting an exercise regimen, etc.

Surrounding yourself with positive people who love you and understand you can also fasten the healing process. Consider taking a vacation with some of your best friends or close family.

## **#4 - You are the one who knows what is right for you**

Your parents don't know what is right for you. Your friends don't know what is right for you. Your partner doesn't know what is right for you.

The ONLY one who knows what is right for you is YOU.

Emotional abusers will manipulate you, and force you to make decisions that serve their interests. And even people that are close to you (friends and family) who under the pretext of helping you overcome your issues might also have their own recommendations.

Never go by what they say. Nobody knows what is right for you. The only one who knows and has the right to decide what is right for you is yourself.

Always make sure that you are listening to your intuition. Take care of your own needs. It isn't about being selfish. It's about establishing certain boundaries that will help you find your inner strength and power.

## **#5 - Start Writing**

When you're going through the pains of an abusive relationship, writing is one of the most therapeutic things that you can do. It can be painful at first to sit down in front of the paper and actually recall the experiences that you just went through.

You may actually feel helpless when you begin writing... but do not stop. It's clearly one of the best things that you can do.

When you actually start putting down words of your experience on paper, the emotional burden that you carry in your psyche tends to reduce.

As you continue writing, you'll start to feel light-headed and begin regaining strength and the vigour you need to overcome the issues that you're going through right now.

## **#6 - Change your diet**

When your self-worth is down the drain, it's easy to binge on junk-food and continue to spend time ruminating about your life. That's when you have to take responsibility for yourself and begin pampering your body with the right healthy foods.

The interesting thing is that the foods that you eat actually have a direct impact on your thoughts, emotions and ultimately, your behaviour.

Start by making small incremental changes to your diet. Don't make drastic changes that you cannot sustain.

Make sure that your diet consists of a rich source of fruits, vegetables and whole grains. There's nothing else that brings a surge of positive feelings as eating a bowl of freshly cut fruits and vegetables.

Most bouts of depression and feelings of low-worth in an abusive relationship have their roots in negative thoughts and emotions that affect you now and then. These negative thoughts and emotions gradually add up and lead to depression.

Changing your eating habits and eating healthier foods can help you nip these negative thoughts and emotions in the bud... thereby preventing depression.

## **#7 - Begin socializing**

One of the best things that you can do when you're going through the trauma of an abusive relationship is to start spending time outside and meeting new people.

Many women feel withdrawn and don't really desire to go out with friends/family. If you feel that way, start by paying visits to locations where you can meet new people that you don't know.

It can be at a social club, a gathering or even a religious sermon. It is important to meet new people and develop a bond with them - that'll help you overcome the misery you're experiencing right now.

Always make sure that you make time for yourself 2 - 3 times a week to visit social places and meet as many new people as possible.

Work on cultivating new friendships and participating in worthwhile social activities. While socializing with new people and friends, do not make the mistake of seeing advice or counsel with them.

Many women going through such a phase in their life usually try to work on the problems by speaking with close friends and family. It's one of the biggest mistakes you can make... because your friends and family are too close to you and will never give you the "REAL" picture of things as they are.

Your friends and family will always be judgemental and cannot really help you decide what is important to you. There may be a few friends who will understand your situation completely and empathize with you.

But most of them will make quick judgements that are not true at all... and this happens because they're close to you.

So if you're thinking about overcoming these issues by seeking advice from close friends and family, think again.

Your best option is to seek the advice of an expert that specializes in such relationship issues. You can meet with a psychiatrist for counselling sessions or hire a life coach like myself.

Ending the cycle of abuse in your relationship and creating the life and love you want takes time. It's never an overnight miracle.

These 7 keys can help alleviate some of the challenges that you're going through and will give you clarity about what is important in your life and what isn't.