

Special preview

Break free from anxiety and learn to feel enough as you are

From Anxious to Empowered

If I can, you can too!



Lisa Skeffington

What people are saying about working with Lisa

"I had just been diagnosed with cancer, and was suffering with irritable bowel syndrome and anxiety attacks. From the very first session, I knew without a shadow of a doubt that Lisa was the right therapist. Lisa is warm, genuine, naturally intuitive, non-judgemental and easy to open up to. She helped me through the gruelling cancer treatment – I am now well. There is simply no-one who compares to her. Anxiety attacks have gone and I have now found a path to my own wellbeing. I have come such a long way since that first session with Lisa. I'm so grateful to her."

Fianna (Irish) 'warrior'

"I have never experienced so much generous help in a professional person as a I have with you. Support like that is from the heart and makes a massive impression when you are involved in very personal stuff. The sense of freedom growing in myself is unbelievable. I feel more alive and confident. You have well and truly exceeded my expectations."

Victoria (Roman) 'Goddess of victory'

"I wanted to say thank you for writing your book. My daughter has transformed from being crippled with anxiety and unable to go out in public to a lovely, active young lady. A year ago, she would not even walk through the town. Now she's able to go out and enjoy life and it is so heart-warming for me to see the transformation."

Dad for his teen daughter, 18

"I had been labelled with mental health issues and I now really feel that this is in the past, that I can move on from that label and that it no longer applies to me. I feel less stressed and anxious. I feel more secure with who I am and I am more accepting of myself. I have tried therapy unsuccessfully before. The difference with Lisa has been her approach. It is gentle but specific and it has given me the freedom to make progress in an unpressured way."

Owena (Welsh) 'young warrior'

"I was not in a good place, I felt life was passing me by and I had no motivation or direction, I felt I was sponging off my husband and spending an enormous amount of money through boredom and a sense of entitlement. I kept starting things I didn't bother finishing, drinking and eating too much and not even cooking him tea after he had been at work all day.

I am now motivated to go back into my studies, to set up my own business and contribute financially to the household; to show my daughter how I can be both a successful business woman and mother. I no longer go for an endless catch up with friends and acquaintances. I spend a tenth of the money I was spending, I take interest in my husband's work and life, giving encouragement and support. I ensure he has proper meals during the day and after a hard day's work. I speak to him and my daughter much more kindly, and I am nicer to them. It's not easy investing in yourself but once you do, you realise it is the BEST thing you can do for yourself."

Louisa (German) 'fights with honour'

“Lisa has created a wealth of resources in this book, wonderfully uplifting, soothing and practical.”

Suzy Reading - Mind Editor for PSYCHOLOGIES MAGAZINE

“I signed up to work with Lisa because I noticed a decline in my mental and physical health. At an all-time low, I felt ready to take action and do something about it. The overwhelming thoughts, sleepless nights and difficulty to breathe impacted my quality of life and my confidence. I felt like somewhere along the way I lost who I am... I lost the little girl, brave and free, somewhere along the way.

I found a new awareness of my behaviours, which is interesting to observe. I've gained clarity on my needs and communicate them with more confidence. My actions and decisions come from a place of love, calm and clarity. I sleep better, my mental and physical health has improved and so has my relationship with nutrition and exercise. I also found the energy to explore life and embrace adventures again. At work, I've accepted a promotion to a senior management role which fully aligns with me.

Lisa also helped me to gain clarity with a crossroads in my marriage. I'm happier and more fulfilled. Lisa helped to create a life that is more attuned to my inner values. My marriage is in a better place, filled with love and communication.

I'm excited for my next chapter.”

Maia Maori - (Polynesia) ‘brave warrior’

From Anxious *to* Empowered

Break Free from Anxiety & Feel Enough as Your Are

Lisa Skeffington

Special preview version

The full book can be obtained from
www.EmpoweredMomentum.com

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Disclaimer

This book isn't intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to her health, and particularly with respect to any symptoms that may require diagnosis or medical attention.

"I dedicate this book to every woman battling with herself to feel good enough in who she is. She knows deep down that she deserves respect and love and happiness, yet she spirals constantly in self-doubt, shame and unworthiness..."

And if you are that woman feeling exasperated and floundering and secretly longing to escape your circumstances today, or heal beyond the taunts of your past wounding, and get your voice heard and your needs met - yet you feel powerless to make it happen - then I dedicate my book to you"



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Introduction

Hello and Welcome

Thank you for being here. Firstly, let me reassure you. There is so much you can do to help yourself to overcome anxiety and powerlessness, so that you feel better about yourself and within yourself in every way. I know you can do this, because I overcame anxiety for myself. If I can, you can too. You just need to know how. I'll help you figure out how to do it for you.

My book is in two parts, so that it doesn't feel overwhelming for you; you can take it a step at a time.

In this first book, I share with you my pragmatic advice and inspiration to *encourage* you to feel empowered for yourself, along with some simple steps to get you started in the 'From Hurt to Healed' sections. In my next book, Part Two, I focus more strategically using anecdotal accounts, drawing on my own and on my clients' experiences, to *mentor* you to grow in confidence as the woman you were always meant to be.

When I look back on my own journey from when I needed help with anxiety, I feel privileged now to be sharing my knowledge, skills and life experiences with you. Publishing my books means I can reach more people in need around the world, not just in this small corner of 'my world' here on the Dorset coast in England.

From Anxious to Empowered

Each chapter begins with an inspirational and heartfelt quote from one of the very many women I have had the pleasure to support. You'll also find at the end of each chapter, an empowered symbol of courage and resilience for you to draw on in your own life. I hope you will feel inspired to take the necessary and brave steps to dig deep into your own resources; to find your own power, and to keep growing within yourself too.

Please Know

I've helped so many clients over the past twenty-five years in practice so far. As you can imagine, there are so many beautiful stories of healing, it's been hard to choose which to include here.

You'll discover a little more about me in Chapter 1 plus, I share a few case studies anecdotally from 'The Therapists' Chair' sections in Chapters 2-4.

...at all times, the identities of my clients, and specific details of the circumstances in all cases have been changed for privacy. I hope you'll take the learning and inspiration from the experiences you'll read nonetheless.

Disclaimer

This book isn't intended as a substitute for the medical advice of physicians. Please be sure to consult a physician in matters relating to your health, and particularly with respect to any symptoms that may require diagnosis or medical attention.

From Trauma to Triumph

The making of me 

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To know me now, you would think that I had always been super-confident and calm within myself but the truth is, I wasn't always this way.

It's incredible how much my life has changed and how much I have grown within myself since the days when I needed help with anxiety thirty years ago. Today I live a life I love, and I feel free, happy, relaxed and secure within myself.

My self-worth and self-confidence have continued to grow, and I can truly say that today, I am really proud of the empowered woman I have become.

There have been challenges along the way, but knowing I am enough has been the seed of strength that has got me back up - again and again.

These days I am proud to be considered a thought leader and expert in the field of mental health, and a leading light for wounded women worldwide. My soul's purpose is for wounded women to love and accept themselves enough to recognise and own their value, and feel fully seen and heard.



My Struggles

When I struggled with anxiety, which was all my life until my late twenties, I was underweight, I stammered over my words, I had digestive troubles. I had horrendous skin problems, and was ‘plagued’ with acne and cold sores.

I was a victim of layers of abuse at home and bullied at school. I was crushed to the point that I even suffered nervous convulsions! Life was just horrid and I contemplated ‘opting out’ on more than one occasion.

I remember so clearly how as a teenager, I would run away to a motorway bridge a mile or so away, and stand by the edge at times, desperately wanting to end my life and the chaos I was caught up in, but at the same time, feeling so pathetic that I didn’t even have the courage to jump. I sobbed. I felt so alone and so misunderstood. I didn’t like who I was and I had no confidence in myself at all.

Looking back, I understand that it wasn’t that I really wanted my life to end (and I’m so glad I didn’t!). It was just that I wanted the craziness within me and around me, to STOP! I felt powerless to make that happen. The idea of opting out was simply a way to try to get some control for myself. Perhaps you can relate to that feeling?

Realising the Truth

Then on a University taster weekend at seventeen, I met a psychology lecturer named Gary, at Loughborough University,

“...and I’m sitting in a dorm with my friend Phillipa, and it’s 4am and I’ve been talking for hours. The lecturer is listening. He’s helping me to see that

the nervous convulsions I am experiencing do not mean I'm insane, as I had been told too often. He's explaining to me how the neurons fire in the brain and that the fits and other anxiety symptoms are being triggered by the sustained physical, emotional and psychological confusion I'm living in."

"You're not mad", he tells me... and in it's in this moment that I become strong.

I recall clearly the moment when time stood still and I became aware that I had surrounded myself within a wall of limiting self-belief.

"My confidence is smashed and I am caught up in believing, because I have been told so often, that I am no-one and no-one will ever love me or want me."

I was both fascinated and relieved.

I can recall vividly how it felt like waking up from a bad dream in my life. I realised that

"My circumstances are not normal. I AM – and I am being controlled in the most horrible way... I'm making what he says true because he tells me that he knows me better than I know myself. It isn't true. It's what he needs me to believe....

"I AM GOOD ENOUGH. I AM SMART. I AM LOVABLE. I WILL GET OUT OF THIS!"

The kind lady at Citizens Advice, suggests I do nothing but keep my head down, try to avoid trouble, finish school and get out as soon as I can.

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“You’ll suffer more in a children’s home if you report what’s happening”, she says.

The Children’s Act or Childline was yet to exist. I find myself three jobs and I work hard to save every penny that I can. And with the help of some amazing teachers at Longfield School in Kent, I get myself away and off to work at 18 to London and then on to Barcelona to study and work.

In the years that followed, I was lost in my life and finding my way through diplomatic work and investment banking. I may have seemed confident to the outside world. I had convinced myself I had it sorted. I told myself, ‘I did get away and on with my life, after all’ ... but inside I was insecure, angry, defensive - and quaking with buried anxieties.

I married and by when my daughter Mollie was born, I had retrained as an Interior Designer. I know now that the house represents ‘us’ in our soul, so I guess I was already on the right track somehow to getting the best job in the world. It seemed a way then to help people feel better about emotional stuff they were often disguising.

With experience and training now, I recognise how people tend to cling to materialism as a displacement activity. Therapeutically this means latching on to something outside of you to make you feel better, albeit temporarily.

I found through my experiences, that I had a gift for helping individuals through their emotional problems, which were often causing anxiety symptoms, whilst they clung to materialism to try to feel better about their issues. I was on the brink of discovering my true vocation.

Having found my own way to a more stable and calm life (or so I thought), I knew I could help women like you to find your way too. Of course, it wasn't that simple...

I suffered traumatising flashbacks, endless panic attacks and nightmares...

In what seemed to be post-natal depression, I spiralled into an isolating emotional breakdown. I suffered traumatising flashbacks from childhood with everyday triggers I never saw coming. These caused endless panic attacks, agoraphobia and debilitating nightmares. I sank deeper into the black abyss of depression and anxiety. I tried medication and counselling without success. As I withdrew further from the outside world, I clung to my precious baby girl in an attempt to hold on to my sanity.

Breakthrough

And then one day...

Someone mentioned a lady who helped with emotional stress in a way that was so much more than counselling. The therapist, the late Wendela Clarke, was a wonderful lady and an Advanced Hypnotherapist and Consultant Psychotherapist, just like me now. I signed up for the right help and I never looked back. Advanced hypnotherapy and psychotherapy provided efficient and effective help for me with anxiety.

However, more than that, it was the connection in being able to trust the right person at my most vulnerable time. This gave me a safe opportunity to seek the answers within myself - that I had been seeking unsuccessfully for too long.

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I remember how I'm thirty years old and I'm standing in my garden. It's a sunny day. I'm playing with my little girl, Mollie, and I'm crying. This time, they are tears of joy; tears of gratitude for the peace and the love in my life. I'm stood in the sunshine and I'm realising that I have lived my entire life based on beliefs about myself that don't belong to me. These beliefs have been restricting me and keeping me distant from the woman I was always meant to be, and continuing to torture the young girl within me, who got crushed all those years ago.

In that moment I gave myself permission to get to understand and accept myself truly for the first time in my life, I began to break free from the anxiety that had kept me down in a place in the world that wasn't meant for me.

I began to understand first-hand, what doesn't work in battling anxiety, and what really does. As I began to find the answers to truly believe in myself, and to break free from those limiting self-beliefs, I grew to understand myself and to accept myself. I eventually felt for the very first time that it was good to be me.

Growing into Me and Learning to Thrive

It was in the mid-nineties that I left the corporate world and found my way to complementary therapy, to offer help with stress and anxiety. I trained in massage and relaxation therapies and set up a small practice as The Waterfall Soul Sanctuary offering my services to adults and children. I really enjoyed the calming experience for myself as I helped others to relax deeply.

I was loving life for the first time, in a calm and uncomplicated way.

I wanted to share this feeling by helping others to feel good about themselves too.

After a couple of years, I realised that whilst I was good at helping my clients to ease their troubles and to feel calmer, any benefit to them was short-lived, as their underlying problems continued unresolved.

They would come back to me after a few weeks for me to 'work my magic' again. It felt that I was doing them a dis-service by not being able to help them more fully, in a way that was more long-lasting.

So, I decided to invest in the best possible training in hypnotherapy and hypnohealing. I grew my practice into 'Good To Be Me Therapies' earning myself a solid reputation, locally in Buckinghamshire. I had been so impressed with how effective the combined hypnotherapy and psychotherapy had been for me, that I went on to qualify as a psycho-dynamic Psychotherapist, following fully in the footsteps of the wonderful Wendela, who had helped me beyond measure.

Fast forward ten years, and I developed my practice internationally as lisaskeffington.com. I naturally began to niche into helping women of all ages who, like you, were struggling with anxiety and feeling overwhelmed and stuck in their lives. Working online to extend my reach globally has made it possible to help so many more women all over the world.

Over the past twenty-five years, I have been honoured to help so many other women (and some men) to find the resources within themselves to grow into a place of self-acceptance and to find a confidence that life has, in many cases, stolen from them. I offer my help to my clients in a way that would have benefitted me to receive it; one (as I'm told over and over) that reaches far beyond what is generally available.

”

“ Abundant and Empowered

As a woman in my own personal life, I am naturally continuing to grow. There's no manual for any of us and without strong role models, I have simply always strived to give to my children in particular the love and acceptance I never felt.

As a mother, it has always been my goal to ensure that my children have grown to believe in themselves and to love themselves unconditionally; to learn those vital lessons, which had taken me a long time to really grasp. My greatest achievement is my relationship with my children, along with my relationship with myself. I am so proud that they have grown to own a strong self-belief and confidence, and to love and trust themselves to handle difficult situations, and follow their dreams. I've tried my absolute best to be a good mentor for them.

In fact, in all my close relationships, I accept nothing less than mutual respect, love and support. I now feel fully empowered to get my voice heard, my needs understood and my boundaries respected. This is because I have learned to truly accept and value myself.

In 2015, in my quest to become fully happy and fulfilled, I took the decision to end a 25-year marriage at the same time that liskaskeffington.com was founded. As I continued to support my clients and to work on myself, I had grown to realise how my husband's behaviour was becoming increasingly similar to that of my father; controlling patterns of misogyny and chauvinism, along with those relentless put-downs and crushing verbal abuse, had killed the love and safety I at first believed I had found.

Two years post-divorce, with financial freedom, I seized my dream: life by the sea. Here, amidst the ebb and flow of the waves, I found

my solace. Learning to sail, kayak, and practice yoga on the shore have become my daily rituals. Yet, it's the simple joy of swimming in the sea with my faithful dog, Alfie, that fills me with boundless happiness and reminds me that all my future dreams are within my power too.

Today I don't pretend to have all the answers, but I now feel confident and empowered in my life. It has taken me years to feel truly safe emotionally and physically. Yet at the same time, feeling independent and living authentically every day as my true self. It hasn't been an easy journey, but I have learned so much along the way.

My self-worth and self-confidence have continued to grow, and I can truly say that today I am happy and content within myself, and am really proud of the woman I am.

There have been challenges along the way, but knowing I am enough has been the seed of strength that has got me back up - again and again. Today I live a life I love, and I feel free, happy, relaxed and secure within myself.

Feeling empowered for myself in every aspect of my life, my feelings of inner peace have paved the way for my business, over the last few years, to grow into Empowered Momentum Limited.

These days, as a long-standing and respected Consultant Psychotherapist and Psycho-dynamic Executive Mentor specialising in Emotional Healing and Relational Communications, I mentor corporate and business women to thrive courageously and confidently in their life and career so they can succeed – break free from anxiety and overthinking, feel enough as they are, and create healthy relationships.

Empowered Momentum creates a safe and healing space that educates and empowers women to believe in themselves.



“ I offer a unique and bespoke experience of ‘actual proper help’ proven to change self-limiting programming and patterns, with a compassionate, straight-forward and actionable framework of strategies.

Under my trusted and safe wing, women feel empowered to get taken seriously, feel heard and respected and are able to enforce their boundaries.

I write empowering books for teenagers and for women, and run effective and resourceful mentoring programmes, with intimate coastal escapes, to support women to become the truly empowered woman they were always meant to be.

The combination of ‘walking my talk’ and providing ‘actual proper help’ to my clients who come under my wing in my consultancy, is the secret sauce that has inspired such positive outcomes consistently for the past twenty-five years. There are options for individual and group support with my 1:1 six-month life mentoring journey, and my three-month intimate group programme. As well as private 1:1 and small group immersive and exclusive coastal escapes.

So if you are feeling alone, emotionally isolated and doubting yourself, and you perhaps question if you’ll ever find the right help – fearing that without it, you will spiral into emotional breakdown yourself, just as I did - please be encouraged.

You can break free from anxiety and put the past behind you. I did - and if I can, with the right help, you can too!

The good news is: it doesn’t have to be so hard for you. I can help you to heed the life lessons so you don’t make the mistakes I made. I can teach you the short cuts to create for yourself the right mindset

and set the right boundaries, so that you heal and strengthen all your relationships, and particularly the relationship you have with yourself.

I can help you to find your way quickly to accepting and loving yourself... to create a life that works for you on so many levels, so that you too can feel free, happy, relaxed and secure in your life.

Let me show you that healing is possible; that you can break free from the shadows of the past and embrace a future filled with possibility and joy. You deserve to feel heard and respected, and to feel enough as you are.

From my heart to yours, please know this: You too deserve a life where you thrive—where self-doubt fades, and confidence flourishes. Let me show you how to navigate your path to empowerment, swiftly and effectively. Because you too, can find peace, fulfilment, and the unwavering belief that you are enough.

My mentoring support, from personalised mentoring to intimate coastal escapes, offers real, sustainable transformation. Together, we'll uncover your inner strength, heal your past wounds, and build a future where you feel free, happy, and secure. My book is your first step to get you started, and when you're ready for my direct help, I'm here for you.

Under my safe and trusted wing, we'll rewrite your story—from struggle to strength, from anxiety to empowerment. Because like me, your life - free from fear and filled with possibility - wants you too.

Warmly as ever

With my Lisa-love x

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From Hurt to Healed

Your healing opportunity

Here's how to help yourself:

1. Imagine yourself in a dark cold space – make it as realistic as you can for yourself. If you use this technique, you'll never stay in such a dark cold place again.
2. In this dark cold place, imagine a big shutter fully covering a great window behind. You can't see the window but just pretend that you get a sense of it being really big and wide behind the shutter, as if it were perhaps French door windows.
3. Notice if the shutter has a lock that is keeping it down. If so, unlock it.
4. Think of a short phrase or word to command your mind to lift the shutter automatically. Choose your command – 'Shutter Up,' 'Sunshine In'...? Say it now.
5. Imagine how you feel as you watch the shutter begin to lift and rise. Affirm for yourself that this shutter represents the darkness, isolation and depression lifting. Feast your eyes on the sunlight as it streams into the room. Imagine it illuminating every corner of your mind. Be dazzled by its brightness!

6. Approach the window and look at the sky – clear and vivid and blue. Breathe into the blueness and feel it calm you.
7. As you stare out of the window, imagine how you see familiar people, smiling and chatting, and having fun. As your body warms and mind clears, imagine how good it feels as you open those glass French doors and walk outside into a beautiful sunny garden, ready to engage with life again.



The Elixir of Learning to Self-Soothe

Be gentle with yourself.

When was the last time, I wonder that you tried a little tenderness with yourself? How often do you give yourself credit for doing the best you can with what you know and what is available to you? If you tend to expect a lot of yourself and you struggle with anxiety and overwhelm, a little self-compassion can really help to ease the burden of pressure and self-criticism.

Being hard on yourself is a hard habit to break, I know. It can be easier to feel compassion for other people who mess up, or who are struggling through difficult circumstances, can't it?

Be patient...

Expecting too much of yourself too soon, eats away at your self-esteem. It creates doubt in your abilities to achieve the success that you are on your way to achieving. It might even stop you from trying...

Or perhaps you leap in? I've been guilty of this myself in the past – only to discover the task is actually much harder and more complicated than it first seemed. Then, if things don't work out for you in the way you'd hoped, you feel a failure and secretly fear that you don't have what it takes to be successful. When you feel worse within yourself, inevitably anxiety gets worse. The reality is, significant and sustained effort is always required in order to see worthwhile results.

Creating sustained improvement in your emotional and psychological wellbeing takes shifts and moments of enlightenment; there is no quick fix. We are all a work in progress, which is on-going for all of us, always.

However, when you are willing to make a commitment to yourself to gently and consistently, take the right action to understand yourself and allow yourself to grow in your life, that's where the magic is!

Here's what you need to know to grow...

1. You have to really want it! Take some time to consider the impact of the cost of staying stuck where you are, and how healing your situation and yourself will positively impact on you and on those you love. Be prepared to invest well to get the best help available to you.
2. You must understand and accept that there will be resistance to change. Your mind will always steer away from those unknown and uncharted waters, and try to pull you back to the safe familiarity of your comfort zone.

Chapter 2 - Coping with Emotional Isolation

3. To grow, you must challenge this inertia and be prepared to consistently stretch by taking small steps outside of what you know. Your comfort zone is a nice place to live, but as they say, nothing grows there!
4. You must be prepared to take responsibility in the process of change. You must own your problems and own the commitment to creating a life that works for you. It is vital that you are willing to invest in quality help and support to guide you. An investment that is truly worthwhile can't possibly be a few pennies – that's unrealistic, don't you think? At the same time, you must be willing to engage and actively follow the steps to make transformation happen.
5. We all have safety mechanisms, which keep us caught up in rigid and inflexible thinking at times. Do you tend always to think you're right about everything? Keeping an open mind means you allow yourself to be open to the possibility of seeing things in a different way and taking a different course of action.
6. You must be willing to take small risks in order to grow. Doing things in a different way and trying new things on for size is a risk, but not taking that risk may be the biggest risk of all for you!
7. You must be open to learning about yourself. Perhaps you have learned to stay up in your head when you deal with issues. To grow, you'll need to learn not just intellectually from your headspace, but to absorb and process raw emotion too, so that you learn from your heart.

You must be willing to develop awareness for yourself of how you are getting in your own way. You may be holding on tight to beliefs and

behaviours that don't serve you, because there may be a hidden benefit that you haven't yet considered or owned up to?

Transformation is always a process and never a quick fix

If you are perhaps struggling to get the objectivity you need, please give yourself a break. You're already amazing in so many ways. It's just that you are simply not convinced of it yet! Be kind to yourself and give yourself the opportunity to get some perspective. Give yourself permission to be human; to keep it real. That way, you can be more compassionate with yourself and not expect such a miraculous quick fix to your problems.

The real gift of love isn't in roses or chocolates, or gestures from someone else, the most beautiful and most important love is from within – the gift of compassion and kindness towards yourself.

Self-Soothing vibrations of music

Music can capture exactly how you feel about something when words fail, don't you find? Sometimes a song takes you by surprise and stirs your emotion. Happy or sad, a certain song can take you right back into a certain time, into a certain experience and into a certain feeling. It can feel as if you are re-living that moment all over again, can't it? Music is a powerful anchor that could serve you well in your daily living.

If anxiety has a grip just now... it can feel comfortable to listen to sad songs because it mirrors how you might be feeling and then, you don't feel so alone. It does make you feel sadder though – what you focus on grows, after all. So instead, choose to find some uplifting and energetic music and flood your senses, to help lift your energy and calm your nerves in a better way for you.

There's a certain song that I heard when exercising a while ago, whilst participating in a body balance class at my fitness club. I hadn't heard it before at that time and as I was fully 'in the zone,' away from any outside chatter, I absorbed the words of this song so deeply and of course, added my own references and interpretation – as we all do, when we notice what we hear in a song.

It's a song about how a mother wants her child to know they are safe. As parents we want to protect our children from any badness in the world, don't we? To keep them out of danger and instinctively to shield them from any fear or doubt. We want them to grow confidently and feel self-assured, so that they can cope with any challenge life presents along their way.

When a child feels safe and loved unconditionally 'for who they are and not for what they do,' they grow to believe in themselves as people. This creates high self-esteem and they grow to believe in their ability to succeed in life.

Speaking for myself and for the many parents I have supported, it is a challenge when our grown-up children, who we once were able to keep close and safe, decide to fly the nest; to move away and spread their wings in an adventure which is unfolding daily for them. Selfishly, it can be heart-wrenching to let them go - but let them go, we must! Only in this way, can they totally test themselves and claim their full identity in being separate from us, and from our umbilical cord upon which they once depended so vitally. As a parent you must trust that you have done enough to equip your offspring with the knowledge and self-assurance that they are strong and confident enough to stay safe. They'll continue to grow mentally and emotionally, albeit no longer physically.

For the child you once were...

The song 'Safe in my Arms' by Plumb, speaks to me for my children, but also for the little girl I once was. This particular song is a fantastic example of the healing bond music can create. You might like to look it up? Your young girl still lives within you. I wonder if you ever take a moment to reassure her that she's safe with you? My clients certainly learn to do this whilst working with me. Once you create the awareness of your younger self (your inner child), you are never truly alone again. It can be an effective way to find your courage and your power in your adult life.

Besides, your unending devotion to giving of yourself to others, it's vital to remember to give love and care to yourself too.

So 'hold your young self' and feel yourself held. Only you know what this young girl, who has been trapped within time, really needed to hear back then, but possibly didn't hear.

Let her feel your unconditional love through music and song. You might perhaps like to create your own playlist of music and songs?

See it as an opportunity to allow dialogue between you and your inner child. What does she need to hear from you today to feel safe and secure?

The little things...

It's time now to clean up your emotions and de-clutter all negative associations you might be holding onto...

I got to thinking one day, about how we attach emotion to all the little things around us every day. Alongside the emotions you connect to music, you may be attaching emotionally to all manner of objects in the home, at the office or even in the car, or in the places you visit?

Chapter 2 - Coping with Emotional Isolation

For me personally, I hadn't fully taken on board how much negative emotion I had attached to a simple bottle of perfume. It had been a gift to me a couple of years earlier, but the way it had been given was hurtful. I had anchored a sad feeling to the perfume and every time I used it, for a few moments, I felt sad again. I never really took the time to acknowledge this to myself, and it was only when the perfume finished that I realised I was glad it was gone. I took a moment to go over the memory that this bottle of perfume stirred and I understood how those moments of sadness were entwined in the somewhat ironic, hurtful words I had absorbed when it was bought for me.

If you are feeling a bit down at the moment, perhaps take a good look around you in your environment? Allow yourself to notice those little things like jewellery, ornaments, certain clothes, toiletries, and even food in your cupboard, which, perhaps, you are attaching negative feelings to. Walk around your home environment and pick up different items – ask yourself

“What does this remind me of?” And then, “How do I feel?”

If it's negative, go pack them away, give them away or toss them out.

If you want to feel happier and lighter within yourself, it makes sense to clear out all the negative energy of your environment.

And instead, choose to notice all the good things which link to happy times and those times when you felt loved. When you feel down, look at those things, handle them and you will absorb a more positive energy, which means you will think and feel differently – and feel better!

Closing thoughts

The experience and knowledge I have shared with you, in this and my other books, combine my first-hand experience and my many years in professional practice helping women, and some men, of all ages to heal from many different aspects of anxiety and trauma, so that they too may live an empowered and fulfilled and happy life.

You are not alone. I'm here for you and I know you can do it!

Desiderata tells us that with all its broken dreams, shams and drudgery, it is still a beautiful world, and to strive to be happy. I hope my book/s encourages you to grow hope in your life, and to find your happiness and your courage to empower yourself, in order to get out of and heal from your past - and from any tricky situation you might find yourself in.

Read on to book two – *Without Excuse or Apology*. Next, I'll share with you the strategies I share with my clients to guide them to feel authentically at ease within themselves, 'Without Excuse or Apology' will help you continue to build your self-confidence and your communication skills so that you feel even more equipped to empower yourself in your life today - as a woman so confident, worthy and free that you thrive in your life without excuse or apology.

From Anxious to Empowered

To discover how you can come fully under my wing and get my support so that you too can create life-changing transformations, just as my other clients have achieved, book a call with me at www.empoweredmomentum.com. Find me on social media – Facebook, Instagram and LinkedIn.

I'm here for you.

Warmly as ever,

with my Lisa-love x



Inspiration and advice for a calm and happy life

If you feel held back by anxiety and taunted by those unhealed wounds in your past... and you seek empowered positive change in your life, this book offers you hope and a pathway forward.

With her own compelling back story, Lisa helps you to uncover the confidence and strength within you, and inspire you to grow beyond anxiety so that you feel enough as you are today, and live an empowered life feeling free, secure, and at peace within yourself.

You deserve a life where you thrive outside of the shadows – where self-doubt fades, and confidence flourishes...

Lisa says *“Under my safe and trusted wing, we’ll re-write your story – from struggle to strength, from anxiety to empowerment. Because the life you want – free from fear and filled with possibility – wants you too.”*

“You saved my life!” – Gabriella

“The first person to offer me hope, and results.” – Diane



Lisa provides psycho-dynamic mentoring to busy professionals. As a thought leader & described as ‘ground-breaking’ and life-changing. Lisa aims to educate and empower women to believe in themselves enough to recognise their value and feel heard. She’s been recognised as Women’s Psychotherapist of the Year by South England Prestige Awards 2024/25 & her media features include *Forbes*, *Psychologies*, and *Woman & Home* magazines, and the ‘50 Amazing Women Over 50’ awards for her contribution to ‘Shaping the Future’ in mental health & wellbeing.

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