



# Top Therapist Tips

#maketherapycool

# Welcome

On the pages that follow you will find some quotes and tips from Gabrielle. These little nuggets of wisdom offer practical advice and activities to help you lead your best life.

Enjoy!



We've all been there. Stuck in a romantic relationship with someone that we just know isn't good for us but we just keep putting up with it and resenting them for being the way they are.

Why?

A lot of it's to do with self-confidence. Perhaps we think we don't deserve better and this is the best we can get. And the weird thing is that until we do the work on ourselves, the same type of romantic partner keeps showing up. It really does look like this is the best we can get. There's an effect that has us only be attracted to those that reinforce our inner beliefs about ourselves.

So, if we feel we are unworthy we are attracted to those that make us feel that way. If we feel we're a clown, we're attracted to clowns and it seems the whole world is full of clowns.

And the way out of that? Take responsibility and do the work and transform your beliefs about yourself. That's what we work on in our women's courses. Encouraging women to be their best selves through the support of other like-minded women.

And it works!

**"I pray you stop  
overthinking, replaying  
failed situations, feeding  
self-doubt and seeing  
the good in everyone but  
yourself. You deserve  
better."**

UNKNOWN

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If there is any prescription for confidence and self-worth, this is it!

So today just notice when you start over-analysing situations or people, beating yourself up with things you wish you had (or hadn't) said or done, doubting yourself and refusing to take credit for your own goodness and accomplishments.

You really do deserve better.

And why not try listing in your journal every night all the good things that you managed to accomplish during the day - no matter how small? If you take it on for a month you'll be amazed at the automatic boost in confidence it will give you.

"We suffer more in  
imagination than in  
reality."

SENECA

Have you ever had the experience of worrying yourself to death about something only to find you were worrying about nothing?

Our bodies can't tell the difference between the imagined and the real. Just think of that last horror movie or romcom you saw - if we're engaged in the action, our bodies respond as if the events on the screen are real - right down to the pounding heart, sweaty palms and strange sensations in the gut.

We call that fun.

But it's not fun when we start to imagine bad things are going to happen based on no evidence other than our fears. Putting our bodies through all those stress hormones on a continual basis can lead to chronic stress which is really bad for our health.

Suffering in this way is really not recommended! So use your power of imagination wisely.

"A dog that chases two rabbits catches neither."

RUSSIAN PROVERB

Having the confidence to make a choice between options can sometimes be a challenge.

There are all sorts of reasons why we find it hard to choose. Things like fear of failure, not wanting to commit to a specific path because we want to keep our options open - 'just in case', and people pleasing - where we want to please all of the people all of the time.

The truth is that whilst you are not choosing what you want, you are working against yourself. Your focus is scattered and your energy is drained by constantly wondering 'which one? which one?'

Choosing powerfully means being in touch with our own values and purpose - and some work may be needed to really discover what those are.

But it's worth it because those things give us the confidence to start living our own life and chasing the one rabbit we really care about.

"Don't tell me what they said about me. Tell me why they were so comfortable saying it around you."

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We tend to think that tittle-tattle is harmless, just a bit of fun that can't really do any damage.

Wrong.

The problem is not just what is said but also the intention behind it. There's something really nasty about undermining others behind their back to make yourself feel better. And there's a special place in hell for those who take delight in reporting back stuff that others have said with that disingenuous "Oooh I just thought you ought to know what ...is saying about you."

People who indulge in this kind of stuff do not belong in your social sphere. As a woman who's going somewhere you don't need to run this kind of interference - so ditch the bitches.

And don't be one yourself.

"She woke up every morning with the option of being anyone she wished. How beautiful it was that she always chose herself."

TYLER KENT WHITE

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Being yourself is the most beautiful thing you can be.

So choose that today.



It will all make sense  
eventually.

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I believe in right timing.

As I look back at my own life, it's amazing how things have turned out for the best, despite my best efforts to stick my oar in.

When it's all a bit crazy and you feel overwhelmed and 'Why me?' is reverberating around your head, it works to step back, breathe, and let it all be.

I know this is easier said than done when you're in the thick of it, but put your faith in knowing that it always turns out for the best. Always. It seems to be a law of the Universe.

Remember, **all-is-well**. And always has been. Take 5ml of this three times a day and everything will get healed. Just keep taking the medicine.

## **Bitch (n.)**

A woman who won't  
bang her head  
against the wall  
obsessing over  
someone else's  
opinion

SHERRY ARGOV

People can get very upset when we don't buy into their drama, especially when their opinions are focused on us and our shortcomings.

Weirdly, some people find it offensive when we refuse to listen to the nonsense and simply move on to what makes us peaceful and happy.

Yet sometimes, if their noise gets loud enough, we can start feeling guilty about refusing to get sucked in, like we're being a bad friend/daughter/sister/colleague. Like we somehow have a duty to knock ourselves out with their stuff.

Don't be fooled. No one every got happier taking on someone else's sh\*t!

**"You wouldn't worry so  
much about what others  
think of you if you  
realised how seldom they  
do."**

ELEANOR ROOSEVELT

@breakthroughwithgabrielle

Humans, on the whole, are mainly obsessed with themselves.

So whilst we're fretting about what they thought of our last utterance, they've moved on to what to have for dinner.

And actually they probably didn't listen in the first place. Most people are too distracted listening to the voice in their own head.

And what do you think their little voice is saying? It's very likely fretting about what you think of them!

Mad.

In fact, it's rather amazing that we humans manage to communicate at all.

"I am not a one in a million kind of girl. I am a once in a lifetime kind of woman."

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Of course we all love it when someone tells us we're 'one in a million' - it's that whole thing about feeling special in someone else's opinion at least.

But how much better to realise that we're actually unique - a once in a lifetime phenomena. A never to be repeated, one and only distinct individual. And with that comes the freedom to be ourselves and play by our own rules.

But of course most of us don't really connect with that idea - it's way outside our comfort zone.

But now and then, in a quiet moment, why not try it on for size and see what becomes possible for you.

Go on, I dare you.

"The most beautiful people we know are those who have known defeat, known suffering, known struggle, know loss and have found their way out of the depths.

Beautiful people do not just happen."

ELIZABETH KUBLER ROSS

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What if true beauty comes from the courage to face heartache and pain? Not getting resigned, resentful and bitter that life isn't perfect and that sometimes you have to deal with dark things.

What if taking responsibility for your life, facing your fears and your demons, and keeping going through thick and thin with a commitment to love and a great life is a mark of genius?

Beauty and genius. I believe these are qualities of people who take themselves on with therapy. Beautiful people do NOT just happen - they work at it on the inside.



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