



EMPOWERING WOMEN TO RECLAIM THEIR STRENGTH AFTER
EXPERIENCING DOMESTIC ABUSE

Improving Your Self-Esteem After an Abusive Relationship

This guide is carefully designed to offer simple, practical tools to help you regain your self-esteem, strength, confidence, and power. I want to support you in feeling better about yourself because when we feel good, the way we see the world transforms, and so does our ability to show up each day and face life's challenges with resilience and positivity.

Empowerment That Lasts

Empowerment isn't just about immediate relief; it's about building a toolkit that supports a sustainable, uplifting path forward. This journey is about cultivating lasting self-esteem and self-confidence for the long term.

Firstly, what is Self-Esteem?

Self-esteem refers to your sense of self-worth, or how much you appreciate and value yourself. It shapes how you feel about yourself, influences your actions, and affects your attitude towards life and others.

Two Types of Self-Esteem:

1. **High Self-Esteem:** People with high self-esteem feel confident, capable, and worthy of respect.
2. **Low Self-Esteem:** Individuals with low self-esteem often doubt themselves, feel inadequate, and experience self-criticism.

During and after an abusive relationship, self-esteem can take a hit, but this guide is here to help you rebuild it.

Connect with Yourself Again

Connect with your body.

When you wake up in the morning, look in the mirror and say to yourself, 'Hello, beautiful.' You look fabulous today.' This will help you to connect to your beautiful, positive energy.

When showering, connect with your body – acknowledge your body and feel grateful for the different parts of it and what they enable you to do. Speak to your body with love and kindness.

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When you get out of the shower, take time to gently pat yourself dry, put some moisturiser on and connect with the beautiful smell.

Connect with your clothes.

Be mindful of what you choose to wear each day – clothes are powerful!

When choosing your clothes, if you don't like what you've got on, then put it in the charity pile. Otherwise, you'll be repeating the same negative cycle of not liking your clothes every time you try them on.

You deserve to feel good in what you're wearing, and if you're wearing something you like, then you'll present yourself differently and feel more confident.

Don't save anything 'for a special occasion' or 'for best' – you deserve to look and feel your best every single day.

Show up for yourself and feel good about doing so – you deserve it!

Daily Affirmations: A Simple, Empowering Practice

Affirmations are positive statements that help you challenge self-doubt and overcome negativity.

Benefits of Repeating Affirmations Daily:

- Boost self-esteem
- Cultivate a positive mindset
- Build self-belief
- Reduce stress and worry
- Encourage a healthy sense of self-worth
- Strengthen your overall mental well-being

Examples of Empowering Affirmations:

- *"I am worthy of love and respect."*
- *"I trust myself to make the right decisions."*
- *"I am capable of achieving my goals."*
- *"I am confident in who I am and the choices I make."*
- *"I have the power to create the life I want."*

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- "I deserve success and happiness."

Your Exercise for Self-Love

Write down **three affirmations that you want to start believing about yourself** on a post-it note or pieces of paper.

Place these notes where you can see them daily, like on a mirror, by the kettle or on your desk.

Repeat them with conviction first thing in the morning and at night, at least 3 times on each occasion, every day.

Bonus points for anyone who can stand in the 'Wonder Woman' pose while doing this – it does empower you.

It may feel uncomfortable saying these at first; however, consistency is key! The more you repeat these affirmations, the more they become a part of your mindset, helping you believe in your worth and strength. Over the course of a few weeks, you will begin to notice a significant difference.

Tip: Affirmations work best in the present tense, focusing on what you *want to achieve* rather than what you want to avoid.

Remember This

No one can impact your sense of self unless you allow them to. Strengthening your mindset makes you resilient and unstoppable.

Take one step at a time, with you as the priority. When you feel good about yourself, you're better equipped to face the challenges ahead.

Healing is a journey, and it's perfectly normal to experience setbacks. Be patient and kind to yourself along the way; you are stronger than you realise.

Healing takes time, and that's perfectly okay.

Sending you love, Michelle xx

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