

# FIND YOU FIND LOVE



Get to the heart of love and  
relationships using EFT

**WENDY FRY**

## **Chapter 3**

### **Beliefs**

### WHAT IS A LIMITING BELIEF?

A limiting belief is a mental block stored in your mind which limits your ability to achieve any goals you may set for yourself. A limiting belief acts as a barrier stopping you from achieving the success you desire and deserve, not only connected with love and relationships but in fact, with many other aspects of your life.

You will unconsciously organise your actions and behaviour depending on your beliefs, your beliefs are guiding principles and maps of how you make sense of the world. Some of your beliefs are not true and are simply thoughts that lead to your learnt behaviour and responses to people and events.

A limiting belief is a repetitive, habitual thought that you may think over and over and over again and it is my intention to guide you to discover what your negative beliefs and blocks to love and relationships might be.

Until you question your limiting beliefs, you may think that they are true and for this reason often your beliefs may come true, your limiting beliefs may act as self fulfilling prophecies even if the thought is undesirable.

Your limiting beliefs create your perception, through self talk and the internal dialogue that you run inside your head. You can talk yourself into doing or not doing something and what you believe influences your behaviour and performance.

You may find yourself staying in the safety of your comfort zone if a belief creates **F E A R** (False Evidence Appearing Real).

Look carefully and you will see that a limiting belief is nothing more than a thought that you believe to be true. The word 'be**LIE**f' itself includes the word LIE and until we explore our beliefs, perceptions and judgments, we will not be aware of what lies we have been telling ourselves about love and relationships that are no longer helpful to us.

As with judgements, limiting beliefs are nothing but patterns of thoughts. Just because your experiences in the past may have been true, it does not necessarily follow that they will continue to be true. You may find yourself building up walls of protection, trying to keep yourself safe from disappointment and heartache when in fact, it is these very walls that confine you and may stop you from having amazing relationships with yourself and others.

The conversations that you have inside your own mind may build on existing limiting beliefs, as you find yourself replaying the limiting beliefs over and over. Limiting beliefs can affect every part of your life, your work, your well being, your relationships and it is the beliefs we form about love in our early years, which impacts our lives in later years.

The limiting beliefs you have formed may be based on old fears, old hurts or old stories that have no relevance in the present moment. You may be blocked within certain areas of your life because of the beliefs that you are running, these beliefs do not just influence how positive or negative a relationship will be, our limiting beliefs impact all areas of our lives. Those beliefs will collapse the moment that you stop feeding the limiting belief and you can achieve this through the use of EFT and The Spotlight Process.

### LIMITING BELIEFS AND LIFETIME ISSUES

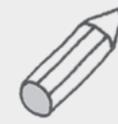
In childhood we form many beliefs, in fact childhood represents a huge percentage of our overall life experience. The experiences we have growing up contribute to our inner dialogue and we may often tell ourselves that we are at fault in some way for whatever went wrong in our early years, even though this assumption was based on false information or a misguided perception.

Limiting core beliefs are the driving force in our lives and reflect our deepest vulnerabilities and pain and it's from the younger part of ourselves that we react from. Often our limiting core beliefs are what distance us from believing we are lovable and open to receiving love. Operating from the negative parts of ourselves, we cannot see the positives and opportunities available to us.

Working through these beliefs will bring more balance to your life and allow you the opportunity for personal transformation. This section supports you in gathering together the negative messages you heard about yourself or others growing up, the abuses, the traumas, and the conflicts. We have all had these kinds of experiences growing up and are affected in different ways. Giving a voice to our feelings and experiences, no matter how old we are now, gives us a new sense of liberation, a sense of empowerment and an opportunity to put the past in the past once and for all.

### DISCOVERING LIMITING BELIEFS, BEHAVIOURS, THOUGHTS AND EMOTIONS

Here is a list of limiting beliefs that you may have formed about yourself, life and love relationships. Life issues related to core beliefs come from the perception of success, love, belonging, self worth, control, security, reality and reason. Core beliefs often grow stronger rather than weaker (as we are filtering for perceived evidence to back up the false belief).



### Practical Exercise (10 minutes)

Work through this list and record which limiting beliefs are true for you.

I'm unlovable	I can't do it	I'm flawed/imperfect
I'm unwanted	I'm different	I don't matter
I'm bad	I'm unforgivable	I must be approved of
Something bad will happen	Something must change for me to be ok	I'm powerless
The world is dangerous	I'm helpless	Life is hopeless
People take advantage	I must be perfect	I must be in control
I don't belong	I'm not good enough	I can't trust anyone
I'm a failure	I'm insignificant	I'm shameful
I'm a mistake	I'm helpless	I'm not special enough
I'm invisible	I'm guilty	I'm not interesting
I'm unworthy	I'm undeserving	I'm worthless
I'm incapable	I'm misunderstood	I'm abandoned
I will be betrayed	I'm unproductive	I'm unattractive
I'm Incompetent	I'm a failure	I'm a victim
I'm a burden	I'm dumb	I'm used
I'm alone	I'm bad	I'm guilty
I'm sinful	I'm confused	I'm trapped
I'm unlovable	I'm powerless	I'm inferior
I'm separated from God	I'm un-teachable	I'm vulnerable
I'm stupid	I'm weak	I can't get it right
I'm vulnerable	I'm unsuccessful	I'm ugly
I can't say no	I can't stand up for myself	I don't belong
I should not be here at all	I'm afraid	I'm fat
I'm unattractive	I'm left out	I don't deserve to be loved

### GLOBAL ISSUES

Global issues relate to people who you may have had negative experiences with in your life and who have contributed negatively to your concept and beliefs about yourself.

Mother/Father	Religious Institutions/ Societal influence	Brothers/Sisters
Extended family/step family	Teachers/School/College	Other relationships

### THE GOOD NEWS IS, BELIEFS AREN'T PERMANENT AND CAN BE CHANGED

Beliefs are nothing more than empowering or limiting thoughts. The beliefs we choose to give our attention to, guide our actions, behaviours and circumstances. Our core beliefs were developed at a time when we were children, when we had minimal ability to reason and think rationally for ourselves. The beliefs that were handed down to us were formed by our parents, mentors, teachers, environment and culture.

Core beliefs form the picture we paint of ourselves, a portrait of our own abilities, our worth, flaws, strengths and our relationships with others and with the world. Our beliefs establish the limits of what we think we can, or can't, achieve.

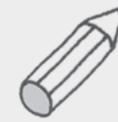
We behave in ways consistent with our beliefs and values. Our beliefs impact on much of what we do, the thoughts we think, our feelings and our physical symptoms. We delete, distort and generalise information by forming an intricate filter of opinions, emotions and memories and we only notice what we think supports the existing belief.

### OUR THOUGHTS, ASSUMPTIONS AND BELIEFS INFLUENCE THE WAY THAT WE FEEL AND WHAT WE CHOOSE TO DO

A limiting belief is a thought, or series of thoughts, that stop us from moving forwards in life. Limiting beliefs could be based on past personal experiences or through witnessing the experiences of others. Limiting beliefs also shape the form of our thought patterns, including irrational thinking. We all, at some point, experience limiting beliefs. Until we examine what it is we believe and change any limiting beliefs to a more empowering belief, we are often stuck in the prison of our own thinking.

Beliefs have the potential to be changed by cultivating awareness; we can choose what it is we want to believe. Challenging a limiting belief with awareness, effective questioning and using The Spotlight Process and EFT, may seriously improve a person's sense of self worth, reduce fear, improve confidence, improve communication (internal and external dialogues) and open up all sorts of new and exciting possibilities.

## WHAT ARE YOUR LIMITING BELIEFS?



**Practical Exercise**  
(10 minutes)

### MEASURING LIMITING BELIEFS USING THE VOC SCALE (VALIDITY OF COGNITION)

To measure the how true a limiting belief may be for you there is a scale called The Validity of Cognition (VoC) Scale which is an individualised measure of beliefs, developed by Francine Shapiro.

Use the VoC Scale to check the percentage of your current self limiting beliefs rating them from a 0 when you have no belief at all and 100 when the belief feels completely true for you.

Read through the list below using the VoC Scale to identify which limiting beliefs are true for you. Fill in the blanks where appropriate and add your own limiting beliefs that have been holding you back from love.

- **Fear of not being good enough**
- **Fear of not being loved**
- **Fear of rejection**
- **Fear of separation or loss of relationship**
- **Fear of failure**
- **Fear of being controlled by another**
- **Fear of success**
- **I don't deserve.....**
- **I am not worthy of.....**
- **I'm not lovable**
- **I'm too.....**
- **I'm not.....**
- **I won't be able to.....**
- **It's impossible**
- **I can't.....**

- **Something bad will happen if.....**
- **What if it doesn't work out?**
- **What if I get hurt?**
- **What if my partner isn't faithful?**
- **What if I lose.....?**

You may be wondering right now how you can transform your limiting beliefs about love and relationships, so here goes:

Part of the process of changing limiting beliefs is cultivating awareness, so that we can distinguish the difference between:

- **What we'd like to believe**
- **What we think we should believe**
- **What we truly believe**

It is often our limited and negative thinking that holds us back from the things that we seek. Beliefs are often so unconscious that we seldom question them.

#### **WITH EFFECTIVE SELF QUESTIONING, TAKING INTO ACCOUNT:**

- **When the belief was formed**
- **Whose belief it is**
- **If that belief limits us or allows us to grow**
- **If the beliefs we hold are still appropriate for us**

Each of us has a choice and by choosing empowering beliefs about love and relationships, much can be changed in our lives for the better.

In order to change a limiting belief we need to change the internal picture and representation that we have of ourselves, of others and about the world around us, so that over time, our creative subconscious mind recognises new pictures and beliefs as a new reality and filters from a different perspective, instead of looking through dirty windows at the same dirt, we notice things we never saw before or experienced before.

If a limiting belief is based on a lie or is a belief formed by someone else's opinion, then it is time to change the belief. Challenging a limiting belief and working out where it comes from will provide enormous benefits.

Changing our beliefs offers a renewed sense of freedom and there is a willingness to take new risks once we decide to look at the world through new windows.



#### **Insightful Questions**

Read through the following questions and notice your responses. You might be surprised at how unkind the thoughts you have about yourself really are.

- **How many of your thoughts about yourself are critical, blaming, bullying, shaming, ugly, unloving, downright rude and uncaring?**
- **What do you say to yourself on a regular basis that's damaging and unkind?**
- **How often do you project into the future the idea that love and relationships are pointless, that you're not good enough, slim enough, tall enough, worthy enough, attractive enough, smart enough?**
- **Would you talk to a best friend or a child the way you talk to and criticise yourself?**
- **Would you tell that person that they will never amount to anything, that they are useless, unlovable, worthless, stupid, ugly, shameful, inadequate, and pitying?**

Chances are, you would not say these things or others like them to another person and so it's time to stop speaking about yourself in a limiting way. It's time to stop the war against yourself, it's time to stop rejecting yourself, time to stop replaying the past, time to stop beating yourself up and playing small and time to get rid of the voice from the past.

It's time to start loving yourself and giving yourself the time, attention love and care that you deserve. It's time to listen to and meet your own needs by yourself for yourself.

The benefits of changing your limiting beliefs will be worth the commitment that you make to yourself. Your future is in your hands now and if you want to make the rest of your life the best of your life, EFT and The Spotlight Process will lead the way.

For longer standing emotions and limiting beliefs, patience and a willingness to use EFT regularly, will aid your progress towards overcoming more traumatic experiences.

Our main problems and limiting beliefs, come from the perception of our level of success, love, belonging, self worth, control, security, reality and reason. Getting really honest with yourself about the core beliefs that you may be running like a film or story in your mind, is a very important step in change work. Once we realise that a lot of the stories and movies that we play in our minds are outdated and unhelpful, we know what areas to work on transforming them through the use of EFT.



### Practical Exercise – Brainstorm your beliefs (15-20 minutes)

Use this exercise to record of the limiting beliefs that you have formed about yourself, your life and love relationships. This exercise has been adapted from Transform Your Beliefs, Transform Your Life with the kind permission of Kate Marillat.

1. Use your journal or some pieces of paper to work through this exercise
2. From the list below, ask yourself how true each statement is for you. Measure using the VoC Scale the percentage that this belief is true for you out of 100% (100% being totally true for you and 0% being completely untrue)
3. Write down on separate pages in your journal or on pieces of paper each belief in the centre
4. List all the reactions, thought, feelings, memories and associations connected with this belief
5. Add any additional beliefs that you have that are limiting if they are not shown on the list provided
6. Use EFT to work through you limiting beliefs and connected emotions until the VoC Scale drops right down to 0

Be aware that some core beliefs come from our conditioning whilst growing up. There is no blame here on our caregivers, we were very young when we formed our core beliefs and at the time, these beliefs seemed to be appropriate for us. Core beliefs may be formed based on the following conditions:

- **Fear associated with rejection/not being lovable, worthy or approved of**
- **Fear associated with not meeting expectations, being good enough, adequate, recognised**

- **Fear associated with criticism, judgement, being made wrong, being told off, being compared**
- **Fear associated with people giving you attention, unwanted attention, smothering, feeling singled out, harassed, embarrassed**

Core beliefs can be likened to a table. At the top of the table is the limiting core belief. This is held up by the table legs which are formed from family conditioning, societal conditioning, emotional events, upset and trauma. Your core beliefs may also have many other beliefs underlying them supporting the core belief.

If you feel that you'd like to learn more about the science behind beliefs take a look at Transform Your Beliefs, Transform Your Life by Karl Dawson and Kate Marillat.

Remember, there is never any blame. Whatever you discover that shaped your beliefs (if you felt unloved, unimportant, ignored or rejected by a parent or significant other) it doesn't mean they didn't love you, it was purely the meaning and belief you placed on an event or series of events and experiences with the knowledge that you had at the time.

We forget as adults that many of the beliefs we formed in childhood are outdated, destructive and are often completely wrong. Working through and having an awareness of the memories that you would like transformed is the start to the road of finding you and finding love.

Joking aside, I would like to remind you of some old, outdated, beliefs that you may have moved on from already:

- Father Christmas
- The Tooth Fairy
- Monsters under the bed
- Fairy tales and other stories

As a child, you may have read (or had read to you) various fairy tales and stories. We know, as adults, that the likelihood of meeting a knight on a white charger in shining armour, or being kissed in our sleep by a handsome prince, might not be all that realistic. Though many women I have worked with, still hold onto the thought of having a fairytale relationship where there is only love, tenderness and togetherness, where life is blissful 100% of the time. Where there is never a cross word, tears or upset.

You can use EFT to explore and release any disappointments, sadness, regrets, hopes and dreams about the love and relationships that you have wished for and never experienced.

EFT need not be all serious and intense, it can be used with humour and it might even be interesting to explore the beliefs formed in childhood about these fairy tales and the princes and kings that we hoped to meet. We all have dreams and it's ok to have them, we just need to wake up from the fairy tale and reflect on what beliefs are appropriate for our lives right now.



### Insightful Questions

#### EFFECTIVE BELIEFS QUESTIONING

Use the following open questions to uncover specifically your love and relationship beliefs. Record the answers in your journal as you go along.

- **What limiting negative beliefs do you have about love?**
- **What limiting negative beliefs do you have about relationships?**
- **What limiting beliefs do you have about yourself?**  
(i.e. I'm not good enough)
- **What love and relationship beliefs are influencing your life negatively right now?**
- **Where do these beliefs come from?**
- **How did you come to believe what you do?**
- **Are these beliefs your own or ones that were passed down to you?**
- **What does having those beliefs mean to you/say about you?**
- **What triggers these beliefs?**
- **What does this belief accomplish?**
- **Are the beliefs appropriate for you today, or ones that you picked up years ago and forgot to update?**
- **What are the beliefs you hold about yourself in terms of love and relationships?**
- **What is the negative impact of having these beliefs?**
- **Is there any benefit or reason for keeping these beliefs?**
- **What alternative beliefs could you choose?**

- **If you changed those beliefs, what would you be able to do that you can't do now?**
- **What happens when you change those limiting beliefs?**
- **What will you gain from letting go of these limiting beliefs?**
- **What positive and empowering beliefs would you like to have about yourself, love and relationships instead of the above?**

#### UNDERSTANDING BELIEFS AND PAST CONDITIONING

At this point in your life you may have many different beliefs about love and relationships running. When I say running, I mean running like movies running through your mind or running like taped conversations playing over in your head or an endless series of thoughts, feelings and emotions moving through you.

When you think of the love and relationship movies you have been playing in your mind can they be compared a romance with a happy ending or is yours more of a heartbreak hotel scenario?

These movies often represent a constant flow of negatives (the voice of our inner critic/voice of doom, like a parasite that eats away at us from the inside and a voice we start to believe in and feelings that we think are real). We replay over and over the same movies and the same story, until story becomes engrained. That movie or inner story then becomes a default behaviour that we respond to when presented with a situation that is like one we have experienced before and triggers off what we believe to be true. Most of what we react to has very little to do with a new experience and everything to do with past experiences (old movies)



### Insightful Questions

Here are some general beliefs about love and relationships that you might be familiar with and may well form part of your own story or movie. Which statements do you identify with?

- **"Men/women are all the same"**
- **"Men/woman can't be trusted"**
- **"Men/women are selfish and only think about themselves"**

- “Men/women will only let you down”
- “You’re better off on your own”
- “Love hurts”
- “Nothing lasts forever”
- “Relationships are a waste of time”
- “Nothing good ever happens to me”

What additional statements do you find yourself repeating time and time again based on your experiences (movies?)

*Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it – Rumi*

## WHAT’S BLOCKING YOU FROM LOVE?

It is crucial to ask yourself whether there is any benefit in keeping hold of limiting beliefs about love and relationships. It might seem like an odd question to ask. However, we often hold onto something that may limit us as it has a ‘pay off’ or secondary gain, a benefit of some sort. We may do this unconsciously without even realising it. More often than not, the things we say we don’t want and don’t like are things familiar to us. The feeling of familiarity and staying in our comfort zones can be appealing, even if we say we don’t like it.



### Power Questions

Think about the problem or limiting belief that you would like to change. Use the VoC Scale to measure the percentage of each belief and how true it is for you 0% being untrue and 100% being totally true for you.

You may wish to also start tapping round your tapping points as you ask yourself the following statements:

- **Do I deserve to get over this problem?**
- **Is it good for me to get over this problem?**
- **Is it safe for me to get over this problem?**
- **Is it safe for others if I get over this problem?**

- **Is it possible for me to overcome this problem?**
- **Can I choose to allow myself to get over this problem?**
- **Am I willing to do what it takes to get over this problem?**
- **What are the negative aspects of you no longer having this problem?**
- **What would you lose if you didn’t have this problem?**
- **What are the positive aspects of you not having this problem?**
- **What needs to happen to end this situation?**
- **What resources do you have or need to end this situation?**

These additional phrases can be used to tap along to either by choosing the statement that you are most drawn to or working through the statements one by one.

- **I deserve to get over this problem**
- **It is safe for me/others to get over this problem**
- **I am willing to do what it takes to get over this problem**
- **I will allow myself to get over this problem**
- **I am ready to get over this problem**
- **It is good for me to get over this problem**
- **It is possible for me to overcome this problem**
- **I benefit from getting over this problem**
- **Others benefit from me getting over this problem**
- **I have what it takes to get over this problem**
- **I choose to get over this problem**
- **I want to get over this problem**

Byron Katie uses a very similar questioning process in her book ‘Loving What Is’, you might also like to explore her work as part of your ongoing personal journey of transformation.

*You can only grow if you are willing to feel awkward and uncomfortable when you try something new – Brian Tracey*

## LEARNING ABOUT LOVE

At some point in your life, you would have learnt specific beliefs as they were passed down to you by family members or caregivers, or you would have formed your own love and relationship beliefs based on your own perceptions and experiences growing up and throughout your life. All fears come from the ‘little you’, the ‘inner child’ as it’s sometimes referred to.

As children, we are like sponges soaking up information through all our senses, believing everything we are told by our parents and caregivers. We place meanings as we interpret events and experiences and everything we learn is stored in the subconscious mind. We form beliefs about the world around us and about other people, including love and relationships.

Bruce Lipton, cell biologist explains the concept of this in his book *Spontaneous Evolution: Our Positive Future and a Way to Get There from Here*. I have paraphrased his account which details how the subconscious mind downloads information from the environment.

Before the age of six, while we are in what's called a 'hypnagogic' state literally hypnotised by all the information coming at us. Some of the beliefs, perceptions and inferences we form are untrue, our analytical self conscious mind doesn't fully exist and does not have the filters or discriminations that we develop after the age of six. We form beliefs based on what we 'assume' rather than what is fact. This often causes us problems later on in life, especially in the love and relationship area of our lives.

As adults, we hold onto those childhood beliefs, often without questioning where they came from, if they are/were true and if it is appropriate for us to hold onto them now. It's the beliefs we form about love and relationships at that age, which can become a patterns of behaviour that we default to for the rest of our lives. Our subconscious beliefs keep running until we explore what we believe and how that is showing up in our lives.

Some of you may remember reading a children's story book called *Charlotte's Web* by EB White, a classic line from this book is 'what a tangled web we weave'. In love and relationships, we weave a complicated web of stories about how love and relationships 'should or shouldn't be' based on our beliefs.

Our pre set expectations about love and relationships are based on beliefs, perceptions, judgements and also our need for love, approval and acceptance from others. We often hand over the responsibility of being loved to another person (acting as a child would) and that in itself can put huge pressure on relationships.

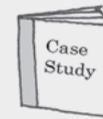
Not only do we lose a sense of our identity, we also give up on taking responsibility for ourselves to fulfil our own needs. It often becomes an obsession to get our needs met by others and when they are not met, the issue can feel as crucial as life or death!

As children growing up, it is natural for us to look towards our caregivers and parents to cater to our every whim, to seek for and be rewarded with love, approval, acceptance and nurturing, though as adults it becomes our personal responsibility to give

those things to ourselves, It's no longer appropriate to look outside of ourselves for these things or to demand them in a relationship.

It is no longer appropriate as an adult to act from the 'little me' (your younger self/ inner child) where you may be coming across as a needy baby or demanding child. In fact it complicates matters if we are constantly clingy, needy and wanting to be 'filled up' with love, approval, acceptance or attention from another.

When we truly grow up and take full responsibility to heal old wounds and take care of our own needs, our lives can change dramatically. We have the capacity to totally transform them. Life becomes all that we imagined and more.



### Case Study – Andy

*I worked with Andy, a young man in his twenties who was newly married and unhappy in his relationship because his wife Sally didn't look after him or his home as well as his mum did when he was growing up. He formed the belief in childhood, seeing his mum care for him, his dad and brother, that 'wives should do all the cooking, cleaning, shopping and childminding'.*

*When we reflected on how different his mother's life was compared to his Sally's, he gained many insights. Firstly, Andy's mum was from a different era, was a full-time housewife, while his dad was the breadwinner. Andy's mum had the time she needed to cook, clean and nurture two young boys.*

*In comparison, Sally worked full time and was also helping Andy to run his business. Sally ran the home and was also busy looking after two young children. The relationship was hostile and challenging with both Andy and Sally feeling stressed, feeling unheard and unappreciated.*

*Andy came to see me because he was scared that his relationship would end and he would not be able to see his children who he adored, if his angry outbursts towards his family continued.*

*It was only after we explored Andy's past using The Spotlight Process that he realised his beliefs were outdated for this era, he realised that he had formed certain conditions about what he thought a wife should do and be. He became aware that he had formed a view based on the dynamics he saw around him growing up and he gained the insight that he expected Sally to look after him as his mother had.*

*Andy realised too that he felt unloved when his wife wasn't giving him what his mother had provided to him as a small boy.*

*After some self reflection and comparison between his life and that of his parents, he was aware that the belief was outdated and not transferable to his current situation and no longer appropriate for his marriage to develop and grow.*

*Andy used EFT in support sessions that we had together and also in between sessions when he felt stressed, angry and irritable.*

*Andy also made some practical changes after discussing with his wife what she needed help with. Andy hired a cleaner to help Sally at home, he asked his mother if she could look after his children once a month over a weekend to give the couple some 'adult time' and their relationship improved immensely just because he examined his beliefs using The Spotlight Process and worked through his own personal limitations from the past, outdated beliefs from childhood and the unexpressed overwhelming emotions he had been holding onto using EFT.*

*Last time I heard from Andy, he and Sally were looking to move home, the couple were communicating more effectively, they were 'back in love' and his anger was no longer a problem in the relationship. Andy's business is even more successful, as he is less stressed and is able to focus on his future and what he wants to achieve for himself and his family. Andy has also gone back to swimming through the week after work as a way of de-stressing and separating his work time and family time. In every area of Andy's life there has been improvement by simply applying and using The Spotlight Process and EFT.*

*As you read through the book, there will be key points in the questioning that I use and the information I share with you that will help you to examine your own beliefs, perceptions and judgements which will aid you to uncover the blocks that might be preventing you from finding love and enjoying happy and harmonious relationships.*

*When you have lost something in your life, stop thinking it was a loss for you...it's a gift you have been given so you can get to the right path to where you are meant to go, not where you think you should have gone - Suze Orman*

## Chapter 4

### The Past

