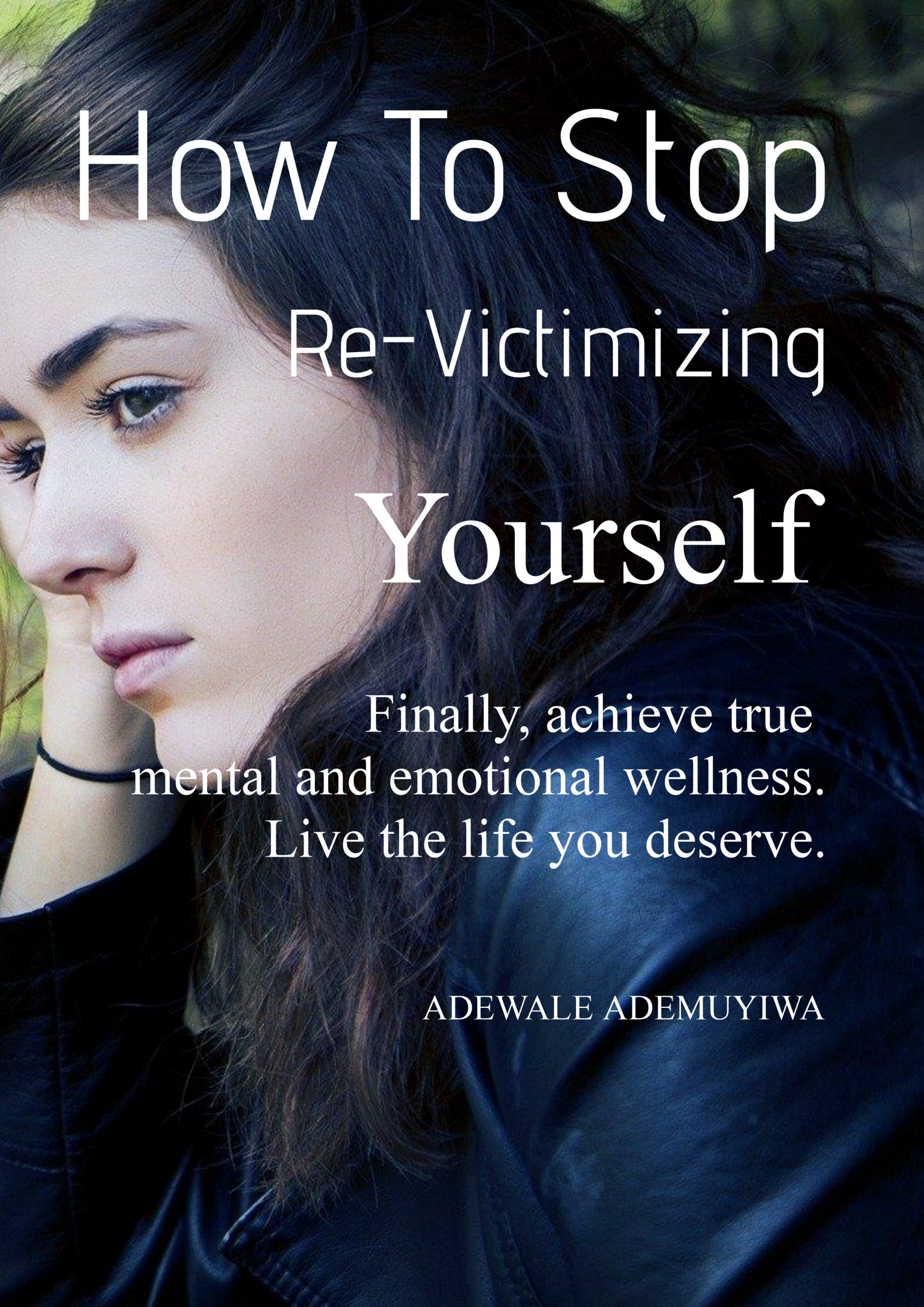




How To Stop Re-Victimizing Yourself

Finally, achieve true
mental and emotional wellness.
Live the life you deserve.

ADEWALE ADEMUYIWA

How To Stop Re-Victimizing Yourself!

Why must you be wary about re-victimizing yourself?

Past experience often determines our future.

And sadly, re-victimizing yourself over and over, even if you don't realize you are doing this will set you up for an emotionally draining future.

You see, each time you re-victimize yourself, your unconscious mind records this event and builds up a body of evidence. This evidence becomes what I call "emotional suicide bombs" that open you to future emotional and mental assaults.

Re-victimizing yourself keeps you bound to the same negative patterns that have brought you unhappiness throughout your life. This is a sure-fire way to guarantee that you will continue to live a life of mediocrity.

We all have unhealed emotional wounds. No one is immune. And sometimes, even when we don't want to be vulnerable, we find ourselves drawn into situations that hurt us again and again.

But that doesn't have to be the case.

In this free guide, I'll teach you the exact process you must follow to stop re-victimizing yourself. So that your past will no longer have the power to control your present or your future. Trust me, it took me years to figure this out and once I did, my life changed forever.

But first...

You can definitely succeed with this!

I want to mention that if you've failed at sustaining good mental health in the past, it's not your fault. There's a lot of information out there, and it can be confusing. Many times, that information overload keeps you from success. It's okay.

If you've been concerned in the past that you just can't succeed with becoming emotionally stable, I want to put those fears to rest. You can do this. You just need the right person to explain it to you.

Personally, I believe the big pharmaceutical corporations want you to think that you need to pack your body full of psychiatric medication to be successful. I'm here to tell you they're wrong. They have their own reasons for wanting you to think that, but it's not true.

If you've ever thought that the government and the banks want you to remain a slave to these tablets, you're probably right. They don't benefit from you getting fully better. Otherwise, who would buy all the medication they've got stacked up.

But don't get me wrong... I am not against medication. Far from it. I actually encourage people to take psych medication when it is needed. The difference with me is that I care about your full recovery and would rather you get all the information to help you sustain permanent mental well-being so you can live the life you deserve.

So that's what this guide is for. I know you have a dream to have a more fulfilling and meaningful life, and I want to show you how to make that happen today.

What you will learn from this PDF guide



Hi, I am Adewale Ademuyiwa, I'm that unconventional psychotherapist you may have heard people talking about.

And My goal for this PDF is to guide you through the following 4 Secrets...

Secrete 1. How to Stop Re-Victimizing Yourself So You Can Achieve True Emotional and Mental Wellness. Meaning You Can Have a Nor-mal, Happy Life No Matter What's Going On Around You.

Secrete 2. How to Easily Gain Control of Your Emotions Without Drugs or Therapy... Even if You Have Emotional Problems as Big as an Elephant

Secrete 3. How to Deal with the Ups and Downs of Everyday Life Without Constantly Crashing and Burning Due to Overwhelm

Secrete 4. How This One Simple Change Can Dramatically Speed Up Your Emotional Recovery After a Breakdown

So, if you are a beginner, totally new to emotional wellness matters, you'll get a crash course on healthy coping habits so you can avoid breaking down emotionally for the rest of your life

If you're more experienced and has been through various types of emotional wellness therapies or self-help books and websites, you'll get an in-depth understanding of the ultimate trap to mental health problems and discover your hidden traits that will help you achieve maximum emotional and mental wellness.

You see, In the past 10 years, I have had the amazing chance to teach hundreds of professionals who wanted to be emotionally stable how to increase their self-esteem and mental toughness so they could easily get through any bad situation or get any job done without getting derailed by negative emotions. And with great satisfaction, I am happy to say that these professionals have been able to accelerate their ability to succeed in every area of their life.

But it wasn't always that way. In fact, many years ago I was just like you...

SECRETE 1: How Stop Re-victimizing Yourself So You Can Achieve True Emotional and Mental Wellness And Have a Normal, Happy Life No Matter What's Going on Around You.

She was a beautiful girl...

A stranger I just met... I looked straight into her eyes... But as I opened my mouth to speak to her...

Only rubbish, jumbled up words came out of my mouth.

Totally mad right?

No!

But I did not do that because I was anxious.

This time around I actually did it on purpose.

So this beautiful girl looked at me slightly queerly, smiled with a nod, then walked away.

And as soon as that happened, I felt a rush of joy...

VICTORY! I shouted silently.

But before you conclude that I have gone crazy, I'll explain why I felt so good about doing this.

You see, today, people see me socializing easily. Standing on stage and running workshops comfortably in front of hundreds of people... So, it is hard to imagine that I could have struggled emotionally.

But I used to suffer badly with my self-esteem, and it was so bad that at a party, I'd be the scared teenager in the corner of the room not knowing what to say to people.

I can remember one day just walking on the street wishing someone would talk to me...But I had this big obstacle of not knowing how to talk so even if someone said hi to me, I would just say hello then the conversation would dry up.

Then I would have this soul-destroying conversation at the back of my mind that would go something like... " Maybe he's thinking I'm not good enough, maybe she's thinking I'm too shy, too anxious or too boring."

It was depressing.

But luckily for me, that's when I attended a mental health lecture that changed everything.

The lecturer shared the idea that the reason we suffer from emotional problems is because...

WE GET ADDICTED TO POSITIVE COPING STRATEGIES... AND SADLY, THIS CAUSES MANY PEOPLE TO KEEP RE-VICTIMIZING THEMSELVES OVER AND OVER WITHOUT REALIZING IT.

And that's when I had my epiphany...

I realized this was the root of my self-esteem problems.

I had gotten addicted to the positive coping strategy of protecting myself from people's judgments. And yes, protecting myself is helpful and positive, but that does not mean it's the healthy thing to do. Because the better I got at protecting myself around people, the more anxious I became. It was a self-destructive cycle and that was how I was re-victimizing myself to the fear that held me captive for so long.

It became clear to me that because a coping strategy I employ

At that moment, I knew I needed to tackle this addiction.

And that's exactly what I did...

And within a few months, my fear of failure and my fear of negative judgement had reduced enough to try out that crazy experiment on that beautiful girl I told you about earlier.

That was a key moment in my life when I realized that my emotions no longer held me, prisoner. It was when I stopped making my life decisions based on what my emotions allowed me to do.

Now over the last 17 years, I have used this concept to develop a system I Call The Take-Back Control System.

And I have been able to use the system to help over 1170 people to...

- Develop the mental capacity to resist emotional breakdowns.
- Gain clarity, calmness and self-control under high-pressure work environments.

- And grow more confident in their abilities to succeed with their goals and dreams.

And, now in this guide, I am going to show exactly how to use this system too...

SECRETE 2: How to Easily Gain Control of Your Emotions Without Drugs or Therapy... Even if You Have Emotional Problems as Big as an Elephant

Pete was a manager who had been off work for 2 years, because of stress and depression. He wanted to try to get back to work but kept getting knocked down. It was distressing to think about who used to manage managers in his previous role. Now he could barely manage himself.

He had tried to be a good person all his life, but still, many people and many events in his life would go against him. Pete was convinced he was depressed because life was against him.

However, at therapy with me, Pete discovered that had been Re-victimizing himself unintentionally all through his life, and this was the reason why he got so overly stressed and depressed all the time.

You see Pete had a lot of negative childhood experiences. His dad was a soldier, and his mum was a gambler... So, Pete grew up fast into a highly responsible, hard-working, empathetic and resourceful because he had to become both dad and mum for his younger brothers.

Sadly, Pete's positive traits, which caused him to be successful, were also causing him to re-victimize himself.

So for example, whilst being highly responsible helped Pete climb the ropes of his organization they also caused him to develop a lot of enemies amongst his superiors who constantly ganged up against him.

And whilst being empathetic and resourceful helped him to gain a lot of popularity and respect of members of his organization, this also caused him to become overloaded by other people's problems.

Essentially the same strategies enabled Pete to go through his difficult childhood, were now the strategies that were causing him to overwork himself leading to depression and anxiety-related problems.

As such, Pete needed to balance out heavy-handed reliance on his strengths and coping strategies in order to overcome his mental health problems. He stopped relying so much on responsibility, empathy, hard-working and other positive traits.

As soon as Peter began to implement this new strategy consistently, he soon began to feel less stressed, his ability to maintain happiness returned, he felt able to stay sharper for longer with increased energy and vitality. His self-confidence returned. And he was able to go back into work confidently and happily.

(Practical steps) Do this to stop re-victimizing yourself and avoid becoming the emotional suicide bomber wrecking your own life

To stop re-victimizing yourself, you've got to avoid a trap I call the strength vs weakness myth trap.

Over my 22 plus years working as a mental health practitioner, I have witnessed this trap become the NO 1. reason why 99% of the people I come across breakdown mentally.

You see, society wants you to believe that your weaknesses are the sources of your emotional problems.

This is not true.

Your weaknesses only exist because you have been relying way too much on certain strengths, positive traits and positive habits. These positive things have become embedded into your lifestyle, and this is what's kicking you out of balance, causing you to become mentally unstable.

As such, to stop re-victimizing all you've got to do is to figure out what those strengths, positive traits or positive coping habits are and reduce reliance on them. Doing this alone will give you 80% protection from ever breaking down again.

To help you in pinpointing strengths and positive strategies sabotaging you click below to read about 36 such positive traits that promote mental health problems here...

Once done reading that, make sure to return here to discover how to gain the remaining 20% protection from more emotional breakdowns, you will need to follow the steps in Section 3 and 4 to achieve that.

Here's the link

[36 crazy good habits that \(surprisingly\) crank up your anxiety and depression.](#)

Next...

SECRETE 3: How to Deal with the Ups and Downs of Everyday Life Without Constantly Crashing and Burning Due to Overwhelm

Tara was an intelligent accountant in a job she loved. Was able to afford the things she wanted. Had a nice house and a nice car. But was constantly on edge, highly stressed, anxious and overwhelmed.

Now in her late 20's Tara believed that she was an emotionally weak person intrinsically and that was why could not handle stress.

Therapy with me highlighted to Tara that she had been re-victimizing herself all through her life. That was why she was constantly on edge and stressed. You see, Tara was heavily bullied and beaten throughout her childhood to teenage years for being intelligent, and for having red hair and freckles. And she learned to plan her trips in detail to avoid getting attacked again.

Sadly, although Tara was not being bullied now, she was still using protective mechanisms to pre-empt any possible things that could go wrong and steal good things in her life.

For example, at work, she would check every single email a minimum of 20 times before sending it and at home, she analyze every single decision deeply and for a long time before she made it.

To become less anxious and less drained, Tara had to reduce the amount of time she planned and checked before acting on things. She had to reduce reliance on all the other positive things she did to protect herself as well.

The result was that Tara began to have more time and energy to live her life the way she really wanted. She was able to develop an improved ability to feel calm, grounded and able to function at a high level even when problems arose.

(Practical steps) Do this to keep your energy and vitality for life alive so you have the motivation and mental capacity to thrive.

To keep your energy and vitality for life alive you've got to avoid living a lifestyle that constantly depletes you. Maintaining productivity whilst avoiding breaking down is a delicate balance.

This practical step shows you how to develop a lifestyle that prevents your mind and body from stopping you from progressing in life?

I'll explain...

Imagine your body is a cup, and this cup depicts the amount of stress you are carrying.

And Imaging that your body getting too much stress hormones like cortisol could be likened to having a cup that is filled past its threshold. When your body is overwhelmed by stress like this, all your body's cells start to suffer, and cells die faster. This is why people grow older when under too much stress.

I want you to now compare your experience with Tara's. Sure, your story will be different.

But imagine how your cup could have already been filled up from all the self-protective measures you have had to employ just to survive.

And now after years of use, imagine how these strengths and positive coping habits would have become intimately woven into your lifestyle. Meaning that any additional

pressure from your job or relationships could easily push you over your stress threshold every single time. Leading you to feel overwhelmed, feel exhausted, anxious and stressed.

Could this be how you are re-victimizing yourself... And why you struggle to bounce back from difficulties easily nowadays? In other words, all those thoughts you had about yourself being abnormal and emotionally weak by nature is completely wrong. Those abnormalities and weaknesses you saw were just the side effects of the learnt positive behaviours you were leaning on.

So, could reducing reliance on your strengths, positive traits and habits also make you emotionally stronger and mentally stable... Could this help you develop that improved ability to feel calm, grounded and able to function at a high level even in the face of more life difficulties?

Ponder on this...

SECRETE 4: How This One Simple Change Can Dramatically Speed Up Your Emotional Recovery After a Breakdown

Glenn had been struggling with anxiety for the last six months and had tried everything to get better.

He was despondent that nothing was working. He hoped that all he needed to do was attend a couple of therapy sessions and he would be better. But each day he woke up to discover that his feelings of anxiety were still there. He believed that his was now a broken man for the rest of his life.

Glenn's anxiety got worse, and he could not see a future where he was back to his confident self, able to bring in good money for his wife new baby who were entirely dependent on him.

Now In therapy, I suggested to Glenn that his attempts to get well quickly was his biggest hindrance. This was causing him to re-victimize himself over and over. Leading to frustration

That was when I suggested that he needed to give himself anything from 2 to 6 years to recover. Initially, Glenn got deflated by this suggestion, but then accepted the reality and stopped trying to force himself to get better.

And three months later, Glenn's anxiety problems were no longer in existence. He still felt a normal degree of anxiety like everyone else. But the edginess was gone... The butterflies in the stomach feelings were gone... The frequent kick in the gut sensations was gone... And the constant fizzing of worry in his head was gone.

This was all hugely due to the fact that he had gotten out of his own way. This gave him the focus he needed to do the work he needed to do to overcome anxiety.

(Practical steps) Do this to speed up emotional healing so you can get back to living and not just surviving

To speed up your emotional healing process, you've got to avoid something I call "emotional sabotage" at all costs.

I'll explain...

There's a common rule with all emotional problems. As you get more emotional, regain energy and motivation you will naturally become less rational. As an example, have you noticed how when you're angry, you lose your ability to think clearly? And how this makes it more likely to do things that are completely out of character.

In the midst of the anger, you felt totally justified in your behaviour but once you had calmed down, you realize embarrassingly that it was you who was completely in the wrong.

A similar pattern happens for all emotions.

At the lowest point of depression, you become more likely to think that suicide makes sense. At the highest points of anxiety, you believe 100% that your negative predictions are going to come to pass. In the heat of a panic attack, you believe that you are definitely having a heart attack. And even with mania, you become so happy that you believe you are the Queen of England.

Hence the big problem here is that once your rationality has been sabotaged, it becomes almost impossible to control your emotions.

But what does this all have to do with being able to recover faster from emotional problems?

You see, whenever you get frustrated, anxious or upset with yourself for struggling emotionally, what is really happening is that you are really just piling more negative emotions on negative emotions. Meaning that you lose even more of your rational abilities to think clearly through your experiences in order to make the best decisions and take the best actions to help get you back to recovery.

This was what happened to Glen. When the more he was frustrated about his lack of progress, the less progress he made. And vice versa, the less frustrated he got about his lack of progress, the more progress he made.

What's the lesson here?

Avoid getting frustrated, anxious and depressed about your emotional problems... And this will help you achieve emotional and mental wellness faster.

Finally...

Use This Troubleshooting Checklist to Ensure That You Are No Longer Re-Victimizing Yourself

The wounds inflicted by others and our past traumas may have healed, but the scars remain.

Sometimes, we try to cover these up with makeup and clothes, or through our behaviour. But no matter how hard we try, these scars will always be there, ready to surface as something that supports us or as something that harms us.

Today in the free guide, I have given you keys to get back in the driving seat of your emotional life. This way, you can ensure that all your past scars will never ever derail you in life again.

But to make sure that this will be your story going forward, regularly check that...

1. You are no longer leaning too much on any strength, positive trait or positive coping habits.
2. You are keeping an eye on your stress cup. Making sure to regularly balance your protective mechanisms to reduce stress and gain the mental capacity to thrive under pressure.
3. You are no longer, sabotaging yourself emotionally by being frustrated by your pace of recovery and growth.

Do these three things consistently, and you can give yourself the best chance at achieving the fulfilling life you deserve.

Now you've got three choices...

Choice 1... You can completely ignore the guidelines I have shared in this free guide and spend the next 10, 20, 30 buried under piles of emotional rubbish.

Choice 2... You can take what you have learnt in this guide and try your best to implement it into your lifestyle. And this works too. You just be patient as you through many mistakes from trial and error that could be quite distressing.

Or,

Choice 3... You can book a free 30-minute call with me where I help you design an iron-clad plan that is tailored specially to you and your specific difficulties using this system.

This way you will know the exact steps to take to achieve emotional and mental wellness as I will help you take out all the trial and error.

"Why is this 30-minute call free?" you might ask...

Well, this is how I get my paying clients for my membership, groups and one to one coaching programs. As such you may love the plan, I give so much that you decide to work with me one on one. Or you take the plan I give you and go the DIY route. The choice is yours, no pressure at all.

So, if you would like me to create this winning Emotional & Mental Wellness Plan for you, just email me at **support@stresstherapist.net** making sure to put the phrase "Emotional & Mental Wellness Plan" in the subject line so that I can pick your email out from the thousands of emails I get daily.

I really do hope you have found this guide, enjoyable, practical and empowering.