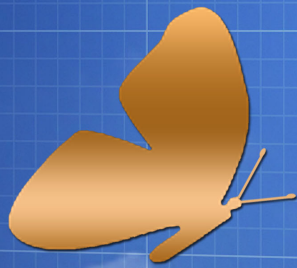


Blueprint for Navigating from Domestic Violence to Empowerment and Freedom



by Ruth Stuetgen

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Hi, Ruth Stuetzgen here from Focus on Balance. I am excited to welcome you to my special gift for you today – ***Blueprint for Navigating from Domestic Violence to Empowerment and Freedom***.

This Blueprint is a Must have 3-Step Empowerment Guide if you are or have been experiencing a domestic violent relationship. Are you ready to step out of such a relationship or have you done so already? Are you re-inventing and rebuilding your life after leaving? Or are you stuck in the void of ‘I’ve left, now what?’ and searching for powerful empowerment strategies?

It’s a Blueprint that I wish I had when I left my domestic violent relationship a couple of years ago. I wished that there were someone (or something) out there to hold my hand, to give me the feeling that I could do it and that everything was going to be ok, and show me how to do it.

What I’m about to share with you today is an excerpt of the Blueprint to Balance.

I’d like to commend you on being here now. I’d like you to Know and accept that you’re in the right place at the right time. Timing could not be more perfect. A Buddhist Proverb says ‘When the Student is ready, the teacher will appear.’ So be ok with being here.

Before we dive in, please ensure that you are in a good place to listen in. I am inviting you now to prepare yourself for this information you will be receiving by centering yourself and giving your subconscious mind permission to receive it and make any changes that you want it to make in your life. You will be in a meditative state for a couple of minutes so PLEASE make sure you are not driving for this part. If you can, stop somewhere safely to do the meditation and then continue on your journey.

GAIA MEDITATION

Take 3 long deep breaths in and out. Close your eyes.

Intend your higher self and any guides needed to be with you now.

Feel yourself relaxed, your body centred and your feet resting on the ground.

Imagine there are golden roots growing from your feet.

See them reaching and expanding down further and further into the warm moist earth.

As you breathe in, warm, liquid gold flows up from the earth through the roots into your feet, your legs, your torso, your heart centre. Feel it supporting, nurturing, and sustaining you. Feel it rise to your neck, head, flowing down your back, arms and hands. Feel love flowing from the earth into every molecule of your body and know your sustenance and strength comes from her. Sit in her golden bliss for a moment.

Take 3 long deep breaths in and out again. Bring your awareness back to the room. Hear the sounds inside the room. Hear the sounds outside the room. Gently wriggle your toes and your fingers. And when you’re ready gently open your eyes.

As I mentioned earlier, this ***Blueprint for Navigating from Domestic Violence to Empowerment and Freedom*** is a Must-Have 3-Step Empower Guide. I will be guiding you through 3 empowerment steps.

Step # 1 is *have I done the right thing?*

Step #2 is *Am I safe, secure, supported and protected?*

And the final empowerment step *and now, what lies ahead?*

Please be aware that this is a guide only and that you are the only one who can responsibly make decisions on the recommendations provided and stand in your own power to make them and face what follows!

So here we go, are you ready?

Empower Step #1
Have I done the right thing?

Absolutely – based on what’s happened in your past, you have made a very powerful decision with the resources that you have. Feel secure that it is the right thing, you have the power to make decisions and unmake them; yes only you, no one else. You will know that you have tried your best to improve the relationship and to stay safe and worthy. If things were so bad and you were not able to turn things around – then you have made the right choice in saying, I have tried and the right thing is to step out of it into happiness and peace. You have empowered yourself in doing so.

Know that you have made the right choice to step out into a new life situation, whether you have done so already or are thinking about it. You are absolutely in the right place at the right time. Acknowledge this, breathe, look forward to a life ahead filled with peace and success for you and your loved ones.

You are stronger than you know. You do like, love and accept yourself. You don’t need to seek approval from anyone but yourself. You have done the best you can with the resources available to you.

Look around you and find that there are people who care, there for you to guide you, to support you, before, during and after. Those people are not just family and friends or your community, be it work/sports clubs. Be open to receive support, let the walls down, lift the veil of silence/secretcy. Sometimes you might receive offer of help and support from the least expected sources! If you don’t have family or friends to support you, there are myriads of support organizations willing and available to catch you – some 24/7. To name just a few – Women’s Services, Legal reps, police, Crisis Lines, Domestic Violence Crisis/Support Services. I was fortunate enough to have family and friends to support me but I also strongly drew upon some of these other resources.

Go online and Google support services for women or similar, or type in exactly what you need at the time. If your searching skills are not particularly good like mine, don’t be afraid to ask someone to help you. Or just find one service if you don’t want anyone to know at this stage, then ask them about other available support services once you have explained your situation. You can join private chat rooms if you want to remain anonymous in the beginning. If you are on LinkedIn on Facebook for example search for support services or groups on there –some are open and some are closed/private groups – you need to be accepted into the group by the moderator first before you are allowed to contribute. The advantage of being in a closed group is that it is a safer space for you and everyone’s contributions are moderated first before being published to the group or not. More often than not, professionals dealing with certain areas of expertise contribute as well, so you could ask specific questions.

Above all, Know that, even if you cannot see it now, your past experiences, before leaving and the perhaps tough times after leaving WILL make you stronger. Be brave, have the courage to endure the changes that you need to make to come out on top. Ride the waves of vulnerability and change. Keep your head above

water – paddle as hard as you can to do so, even though you might want to sink under and give up. Sometimes you might have to just tread water for a while to rest but you will reach the shores of success!

Empower Step # 2
Am I safe, secure, supported and protected?

Before you leave your challenging relationship or partnership or after you have done so already – you must ask yourself this question. It is imperative that you do this! Am I safe and Protected? Do I feel safe, secure, supported and protected? If the answer to this question is yes, then GREAT! Because your process of empowerment and moving forward will flow with much more ease. You will feel lighter and more confident as you're not constantly looking over your shoulder or worried about things getting out of hand. This can be very disempowering for your self-confidence. Ensure that you feel safe and are safe at all times and (without becoming paranoid) be aware of what's going on around you in your life and surroundings. Be vigilant.

If your answer to this question – Am I safe, secure, supported and protected? If no, immediately put steps into place to be able to say Yes to this question. Do whatever it takes to be safe. Find that strength, grab it from deep within, and draw on resources. If it means to go into 'hiding', do so. Be aware, be vigilant. However, try not to get caught up in the hype, in the drama. Tell yourself to JUST STOP IT! Have a glass of water to take your mind off the heat. Be Strong, you are strong! Sometimes it's a case of 'You can't see the forest for the trees.' Will you to take a step back and see if it is really that bad, if there is a way out. Create synergies. Draw on experts like police, lawyers, and counselors to protect you. Consider the possibility of intervention orders – speak to your lawyers, the police, and support workers about this. In fact, if at any stage, you feel you are in danger, do not hesitate to call the police! Do not feel guilty about it at all. No matter where you are or what time of the day it is. Create a safety net with friends, family and your community. Drop that wall; lift the veil, and STOP suffering in silence! Make it your goal to speak out about your need to be safe. Not everyone will be able to guess what is going on, read your face, or listen between the lines. Not everyone is going to know that you need protection. Make a decision now to lift your mechanism to suffer in silence, to not let the world in on your secret suffering. Millions of women around the world have that mechanism in place. There is no need to do it publicly. All you need is one person to help. That person can set the ball rolling for you, the ball to safety and freedom

It is of the utmost importance that you feel safe, physically, mentally, emotionally safe, otherwise you may lack the strength and conviction to move forward in your life.

Remember this – **SAFE** stands for
See and be aware of what goes on around you
Ask for help from your family, friends, community
Freedom is a basic right for you
Experts are always available to help you

Empower Step #3 And now, what lies ahead?

You have done it. You have made the decision to leave your relationship, to end the suffering. You are about to step over that threshold. Or, you have done it already and are ready, ready to move ahead, to re-build your life.

So, you ask – 'I'm ready, now what do I do?' or you ask 'I have done it, now what?'

The road of uncertainty, the road to your blissfully empowered, successful, amazing life, created entirely by you, with no one to answer to but you. What if you could create that, imagine a life blissfully empowered, successful, peaceful, happy, amazing, rich, content. You can do it! It may be strewn with a few thorns but who cares. You can choose to kick those thorns out of your way and forge ahead to an amazing life. Millions of women have done it, I have done it, I am still doing it, the thorns pop up occasionally but with a big vision, you can see them ahead of time and with the right skills, synergies, guides, you can avoid them or step on them lightly and as quickly as you step on them, remove them adeptly and move on!

I'll share with you some strategies that you can put into place to reach that sweet spot in your life. You deserve it! We all have that sweet spot, we must just be willing to search for it, go for it and create it.

So let's dig into those strategies.

First of all – learn to accept yourself. Love yourself. Forgive yourself. Don't beat yourself up by feeling guilty about what you have done. I have learnt how to do this by (I know this might sound out of this world!) saying to myself 'I love you so much, Ruth!' In the mirror, as often as I think about it. First thing in the morning, before I can even see myself properly, with scrunched up eyes, messy hair and the jolly lot! Not a pretty sight, but it's only me! I have learned this from Louise Hay. At first it does feel corny, but it becomes second nature, especially when you think how often we say it to others without thinking – children, loved ones, parents, friends

Here is a strategy to forgive yourself – Simply say I forgive you, and your name e.g. I would say, I forgive you, Ruth. Or another powerful one – 'I'm sorry, please forgive me, I love you, thank you.' Say this several times a day; write it on sticky notes and place in spots where you can see this often – bathroom mirror, desk, kitchen sink, bedside table, car dashboard – subliminal is just as powerful as out loud.

Although you may not be ready to hear this at this stage, also learn to forgive others, especially those who you feel have caused you much heartache and may have led you to this point in your life, your partner, husband, and ex-partner/husband. You do not have to do this directly to the person. It helps even if you do it with yourself. So, 'I forgive you, name' Perhaps even, 'I'm sorry...etc' As much as we tend to blame the other person for our misery, that person may be thinking exactly the same about you! So asking for forgiveness for what he or

she thinks about what you had done, will clear you energetically and allow you to move forward in your life.

Learn to let go of the past, sever the ties that connect you with your misery. Sometimes this is hard to do and may take longer for some. It is an individual journey.

Do some serious goal setting! Plan – ask yourself ‘What do I want’ Where do I want to be in 6 months, 12 months, 2 years, 5 years, 10 years?
Set achievable believable outrageous goals! Keep the end in mind, put mini steps in place to achieve them. Otherwise you might feel overwhelmed and not do any of them.

Learn to be still, meditate or just be still for a few minutes or longer if you want to. Follow your intuition, your gut, and your instinct. When you are still, you will be guided by the powers to be – whatever that may be for you, God, The Universe, AngelsMeditation is a very powerful and healthy strategy - scientifically proven

Trust – your path, your life, your guidance, and your decisions.

Look after your emotional, physical, mental health – make sure that you are well enough to be able to have the energy for others like your children if you have any. You could do this by doing sports, yoga, dance, meeting friends, doing social stuff, being in nature, partnering with medical professionals, coaches, mentors.

Educate yourself. Knowledge is Power and that power leads to you being a STAR in your life. There are zillions of ways to do this. Read personal development books – I can recommend you several. I devoured them during those times of upheaval and still devour them now. I read books like ‘The Secret’, The Magic, ‘The Big Leap’. I believe that is what kept me going. Watch good movies, videos or audios on self-improvement. Learn about the Law of Attraction, metaphysics, the power of positive thinking – Check out ‘The Secret’ which talks about the Law of Attraction’. Practice your faith – if it is going to church or the temple or praying, then do that – it will guide you and support you and keep you from falling apart.

Think positive – don’t dwell on the negative – use affirmations to stay positive in your life – I can provide you with some powerful ones or you can make up your own. ‘I am strong, powerful and the master of my life’ ‘I am in control’.

Talk to someone – in person, on paper, social media, recording. Start a journal to get the thoughts out of your head and out of your system. This will immediately make you feel better. Talking about it to someone may even make it seem less daunting or dramatic or impossible. Start a gratitude journal, think of the good things you have going for already instead of dwelling on all the bad things. Gratitude is a positive attitude – be grateful for having come this far. For being alive, healthy, vibrant, fit.... Above all, do what you feel is right for you in your

individual situation and what you feel most comfortable with. These strategies are simple, easy to follow and integrate into your life on a daily basis. Choose one or two that resonate with you and do them on a regular basis if daily is too much for you.

Take those dreaded practical steps that no-one wants to take – talking to the police, let them know if you have left an unstable/unsafe relationship. Let them know where you are – they should not divulge this information if you are in danger. Let your lawyer know what is going on. Create an action plan – a safety plan. If there are children and property involved, start the settlement process immediately. That can be a big strain on your emotions and health and finances. The quicker it is sorted the better – for all concerned, so that you can carry on with your life.

Contact any services such as Child Support, Centrelink Family Benefits (different countries may have different names for these agencies), Schools, and sports clubs. Make sure your children know what's going on if you have any, (as much as they should according to their ages. If your children are in danger, consider taking them out of the school; be vigilant, at least for a little while. If you feel unsafe/insecure always have someone (or try to) with you when you have dealings with ex-partners. Keep a diary of things that happen with such dealings whether in person or on the phone. When you are emotional you tend to forget things that are said, or events that happened. After a while, those things will become fuzzy.

Promise yourself, promise me, promise whoever is important in your life, someone you can trust, who can hold you accountable and remind you of your promise, energetically promise your children if you don't want to involve them too much. Promise right now, this very moment, that you will do whatever it takes to empower yourself to move forward, to put at least one action step in place. STOP YOUR MISERY RIGHT NOW, JFDI!

Want to know more about JFDI? – I promise you it is a very powerful strategy that many of my clients use, one that I can guide you on.

In fact, I'm going to get you to make this promise right here and now. I'll run you through it first with my example. I, Ruth Stuetzgen, hereby declare and promise that I will do whatever it takes to empower myself to move forward in my life. I promise to put at least one action step into place immediately today, to move towards emotional freedom and empowerment in my life. I declare this on April 2nd, 2014. And so it is.

So I'll get you to repeat after me in a moment, make sure you say your name and not mine and put the date that you are saying it and not the one I say: Ready?

I, Say your name, hereby declare and promise that I will do whatever it takes to empower myself to move forward in my life. I promise to put at least one action step into place immediately today to move towards emotional freedom and empowerment in my life. I declare this on April 2nd, 2014. And so it is!

Sit with this for a moment, feel it... That's it, that's how easy it is!

Before we finish I'll leave you with this quote –

One day as I walked along, feeling like nothing was new, I looked behind me and saw all that I had been through. The path where I'd been was marked by tears and sighs. It saddened me to see them. I wanted to shield my eyes but when I took a closer look I was surprised to find wisdom, strength and hope, and friends of every kind. Today my heart thanks you, all those who stayed near, with hugs and understanding. You helped me keep my path clear.
This was written by Tania Lord.

Now, I hope you have enjoyed Every Woman's Blueprint to Navigating Your Challenging Changes, the Must Have 3-Step Guide.

Women all over the world experience challenging domestic violent relationships. Some are ready to step into their personal power and embrace their own WOW-Factor. Some are rebuilding their life after leaving. Others are stuck in the void of "I've left, now what?"

Are you one of these women? If you are, I hope you find immense courage and many tips from Blueprint for Navigating from Domestic Violence to Empowerment and Freedom.

If you are not one of those women, but listened to this anyway, I thank you very much. You may be the catalyst, so please pass it on to someone you know who may need this at this moment or in the future.

It is my wish that as an empowerment coach, speaker and mentor, my powerful strategies will help those women to move forward with confidence and calmness to allow them to make healthy decisions for themselves and for their families. My personal expertise lies in 'Domestic Violence and how to rebuild your Life after Leaving'

One last thing before I let you go – I would love you to share your successes with me via the following methods.

Feel free to email me at focusonbalance@gmail.com

Or

You can join the private conversation at my LinkedIn Group – Be Free from DV

Or

Connect and share your successes and not so successes, on <https://facebook.com/focusonempowerment>
www.ruthstuetgen.com.au

If you would like to work with me as your empowerment coach or mentor or if you would like to engage me as a keynote speaker at your event, please send me an email with your telephone contact details, focusonbalance@gmail.com

I look forward to hearing from you soon! I encourage you to listen to this *Blueprint for Navigating from Domestic Violence to Empowerment and Freedom* more than once. You are bound to get incredibly valuable insights each time.

Thank you again for taking the time to listen in. I have enjoyed sharing this excerpt from my ***Blueprint to Balance*** with you. Here's to your emotionally free, peaceful and empowered Life!

This is Ruth Stuetgen from Focus on Balance.

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