



THE INTRODUCTION Co.

*Where love finds you*

## Overcoming Low Self Esteem

Low self esteem is probably the worst state of mind that anyone can be in, especially when looking for love.

Below you can read about a member of The Introduction Co who overcame Low Self Esteem simply by working with Lesley.

### John was down in the dumps.....

John came to me a few months ago feeling really down in the dumps after being on his own a long while. He exuded so much negativity and a real sort of sadness that I felt quite drained and developed a headache after he left and even had to go to bed early as I didn't feel well. I knew I had to make him see that he was giving out "keep away/I'm fed up/I'm miserable/nobody loves me" signals. So we discussed it on the phone the next day and he began to realise that his current attitude was counter productive. We talked about how he could gradually make his world and himself feel better and this is what we came up with.

For a change he went to a trendy unisex hairdressing salon instead of his age old barber and actually enjoyed chatting to his new female hairdresser ( in fact he ended up booking an appointment for an aromatherapy back massage- the first in his 45 years) He went to Marks and Spencer's (very safe) and asked one of the very approachable assistants for some help with a whole new look. She loved it as she knew just what sort of style he should be going for. Because he had pampered himself a bit, he began to lift his head up and put his shoulders back as if to say "I feel like I'm beginning to be worth it now" and he said he kept catching himself smile. This process took a couple of weeks and he kept ringing me with progress reports. After 3 weeks John came back and was unrecognisable, he looked like he had grown six inches taller and was beaming from ear to ear. He was literally looking like a new man.



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The reason he had been so down about himself before was that for 20 years he had heard his ex wife telling him he would never amount to anything, he was lazy, inconsiderate, a joke, never did anything right etc.etc. She had almost destroyed him. Not any more though, John is now unstoppable, has joined a gym and actually said he was feeling really positive about the future. What a turn round!

The thing is when we are in a negative relationship we start to believe all the negative stuff we are hearing and this is so destructive as it eats away at us and prevents us from being our happy selves. What we do is exhibit those negative feelings without even knowing we are doing it, it becomes a vicious circle, a way of life and who wants to date a negative person?

So when John came back to see me looking like a different man altogether I soon had him meeting some lovely ladies. Who wouldn't want to be with him now? His second introduction proved to be just what he was looking for and I am heartily sick of getting e-mails from him on a Monday morning telling me how amazingly in love he is and how he has spent a magical weekend (again)!

*If this story is touching a nerve with you and you need a bit of help to get out there again, give me a ring for more information. Remember everything is confidential so you won't need to worry about a thing. Call me now.*

**01653 669430**

*Lesley*