



ARE YOU FEELING LET DOWN & ANGRY?

Discover why we feel hurt and how we
can overcome feelings of bitterness.

Created by Linda St Mart

Personal Development & Business Coach

www.pause2win.com

yes

"WHEN WE EXPERIENCE A SEVERE
SETBACK, FEELING ANGRY IS NORMAL"

Many of us are suffering from shocking changes, whether it's being made redundant or losing business clients.

A feeling of bitterness may be raging within you, triggered by believing that life is deeply unfair.

Feeling 'let down' is a horrible result of all the hard work you've put in.





DO YOU WANT TO TAKE OFF AND FLY AWAY?

Feeling bitter is completely natural and totally understandable.

Bitterness (defined as anger and disappointment at being treated unfairly) can spiral into self-pity and frustration directed at others.

And this is when bitterness can slowly poison our thoughts, leaving us deeply unhappy and even feeling betrayed by those who let us down.

How can we regain our inner peace and banish bitterness?



WHAT LIES BENEATH BITTERNESS IS FEELING BETRAYED

We've made huge sacrifices and deep down we believe the people we rely on (who we trust to act with integrity and treat us fairly) have chosen to behave in a way which is uncaring.

Losing a job, customers or an entire business undermines our security and the happy future we hoped for.

Our bitterness is really a toxic blend of social and personal expectations which now appear unachievable.

BITTERNESS AROSE BECAUSE EVENTS UNFOLDED THAT WE BELIEVE SHOULD NOT HAVE HAPPENED AND WE HAVE NO CONTROL OVER

Bitterness can creep into our heart too easily, triggered by anything that leaves us feeling we've been treated unfairly.

It's important to remember that nothing is ever set in stone, no matter how much we plan.

And when things go wrong, we're usually not the only ones who are suffering.

Therefore, being made redundant or losing a business are things that are truly awful, but not suffered only by you.

Not feeling alone is the beginning of letting go of anger.



BITTERNESS IS ALSO DILUTED BY FOCUSING ON WHAT MAKES US FEEL AT PEACE

It can be as simple as meditating.

Or how about a burning cleansing ritual for a symbolic end to feelings of bitterness?

1. Write down on pieces of paper, sentences which reflect how you feel. For example, ' I feel angry' and 'I feel let down'.
2. In a metal bowl or bucket, burn each paper safely and as you do say, ' I am choosing to let go, I am choosing to let go'.
3. Sit by the fire and think about all the times you have overcome setbacks .You'll rejuvenate your self- belief, knowing you'll get through these temporary dark days, like you did in the past.



THANK YOU

And if you liked this, there are plenty more articles to explore within my personal development resource library.

A library packed with articles especially designed to help women overcome and deal with whatever life throws at them.

Linda St Mart xx

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LINDA ST MART
COACHING FOR WOMEN IN BUSINESS

