

From Breakup to Breakthrough

My boyfriend just broke up with me after eight months. I thought this one was going to last. He said some of the same things my last boyfriend did about what a mess I am and that I ruined our relationship. He could be a selfish jerk sometimes, but maybe I am sabotaging what I want the most, which is a family. I'm so scared I'll never figure this out. How can I fix myself and have a good, lasting relationship?

Dear Unbroken,

Being human is a complicated adventure. As young children, every one of us absorbs false convictions and develops self-protection strategies. These patterns then replay themselves unconsciously throughout our adult lives, causing pain, struggle and perceived limitations that have no basis in the truth of who we are.

Untangling the knot of your erroneous beliefs is the most worthwhile thing you can commit to. And it must be a commitment. It will require taking full responsibility for yourself, which can seem terrifying at first, but ultimately this is the only path to true freedom.

To help you in navigate these new territories of self-understanding, I recommend you work consistently with a mentor or practitioner you respect and trust. Together, you can unveil those sabotaging behaviors and their roots, giving you the power to change and create new pathways to the life you desire and deserve.

We all want to be loved and accepted for who we are. And yet our tendency, especially in romantic relationships, is to try to remake ourselves into what we imagine others *want* us to be. The truth is, nothing is more attractive than a person who genuinely loves, accepts, respects and appreciates herself — imperfections included. Such people are then able to offer the same longed-for acceptance to others.

Podcaster Sarah Blondin says, "The great love at your center is the truth of the universe. It is kind. It is loving. And it is constantly working to remind us of this." Your breakup is the breakthrough your pure, perfect, lovable soul is ready for. You are being reminded of the love you *already are*. God's got you. Namaste. ❀



STEF SWINK, RScP, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.