

HOW TO STOP A TOXIC RELATIONSHIP PATTERN AND REBUILD YOUR LIFE

Even if it's Been Going on for Years



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Foreword

Have you been stuck in a toxic relationship pattern for a while now?

Maybe you’ve even sought professional help before, but to no avail, and you just feel so tired of it all.

You would like this relationship merry-go-round to stop, but you don’t know how anymore. Or maybe you are still obsessed with the thought of your ex that you can’t get out of your head.

If this is how you feel, then hang on, your search is over, because this information is for you. I have been where you are, so not only I understand where you’re coming from, but if I’m writing this information, it’s because I can help you. I’ve already helped few dozen women just like you.

For those reading this who don’t know me yet, my name is Sylviane Nuccio and I am a Certified Relationship Transformation Coach. I help women just like you to break the cycle of their toxic relationships and rebuild their lives.

But before I show you some of the wonderful testimonials I’ve got from some of my clients, let me tell you briefly how and why I became a relationship coach exclusively for women.

Throughout my life, until I got a wake-up call, all I ever knew was destructive relationships. From the few months boyfriend to my two marriages and lastly my horrific long-term toxic relationship of seven and half years, it was pretty much all the same. That pattern was always following me no matter what and on both sides of the Atlantic Ocean.

But it’s when I got locked outside of my own apartment one night, by my partner, just a couple of days before he pushed me again the kitchen wall, that I had to finally admit to myself that I had a serious problem with relationships and that it wasn’t acceptable to be treated this way anymore.

I felt ashamed to have fallen to such lowest of lows, and I said to myself, no more.

This was the climax of a toxic relationship story which started when I was a teenager.

I remember one day when I was only 20 or 21 years old, my brother who had already noticed back then that I had a problem with relationships said to me; “*there is no way that a pretty and intelligent girl like you wouldn’t meet a great guy someday.*”

Indeed, in all humility, from all external appearances, there would be no reason why I couldn’t attract a decent guy who would love, respect, and treat me well.

However, there was a fundamental detrimental factor that neither my brother nor I knew about back then.

It was something that I couldn’t see, touch, hear or even feel back then. I was just not *consciously aware* of it.

But that something, which I was so ignorant and oblivious about back then, would determine the type of relationships I would find myself into my entire life, no matter who I met, how or where. And that until I came to realize and admit to myself that there was a problem, and later on did something about it.

That relationship pattern was running my life, and I was ready to tackle it.

It wasn’t a straight line forward for me. Not by any means. Because I didn’t know of any relationship coach back then. I had to help myself the hard way. That’s why I knew for a fact that there was a need for help in this area.

But eventually, there was a real breakthrough. If you had known me back then and know me now you wouldn’t be able to tell that I’m the same person. I can’t even recognize myself.

When I look back today, it’s as if I was looking at someone else, because I have totally changed from the inside out.

In order to achieve this, however, I had to go to the source of my relationship issues and use my consciousness to reverse

what was embedded deep down into my unconsciousness, otherwise known as the subconscious mind.

Subsequently, I healed myself, and I was even able to help a couple of women relatives who were going through some relationship issues of their own. And lo and behold, they were experiencing positive results as well.

After few years of general coaching, the desire to help women in bad relationships became very strong because I couldn't help thinking about the lack of help in this department. So I started to gird my coaching practice pretty much exclusively towards women in toxic relationship patterns just like I had been for many years.

My advantage in what I do it's that I know how my clients feel. I know how it feels to be lied to, cheated on, disrespected, manipulated and pushed against walls. I also know how it feels to start fearing for your life on a regular basis.

Pretty much everything my clients have been or are going through, I went through myself. Let's say I've plenty of experience in the toxic relationship department, but also in how to get out of it.

Once we talk one on one (if you so desire), I can share some experiences with you and you can share yours with me and you'll know that you're not alone.

But most of all, what I want you to know it’s that you do not have to live this way for the rest of your life. Whether you’re still in a bad relationship or whether you’re single because you’re afraid of men and don’t trust them anymore, or even if you can’t seem to get your ex out of your head. You deserve better.

I’m happy to say that one of my clients got married in May 2016 and this was “my first marriage,” so to speak. She too had gone through years of nightmarish relationships, but after a couple of months of coaching, she was a changed woman.

Like many women in her case, she didn’t trust men anymore and she thought her case was a lost cause. Well, within a year, she’s met the man that she wanted to marry, and I’m ecstatic to report that they are very happy today.

If you too, would love to break the bad cycle of bad relationships and meet your ideal man to spend the rest of your life with, it’s not too late. It’s never too late.

This is what Rachel, my client who got married in May 2016 said:

“Before Sylviane, I kept getting stuck in unhealthy relationships, always blaming my partners. Back then, I didn’t understand the concept of the problem coming from me. However, Sylviane helped me understand that the relationships that I was in were my own responsibility. I was the one accepting to bring myself down to the type of relationships that I didn’t want and tolerating the destructive

behaviors of my partners. I was able to see how those bad relationships were coming from me, even though I wasn't doing what I was doing consciously. I am glad to report that I was able to move forward into a beautiful relationship that I would have never found before I got relationship counseling with Sylviane.” ~Rachel

What you are Going to Learn in this eBook

You will find this information of value if you are sick and tired of your relationship pattern and past, and ready to discover what can be done for you.

In this quick read, you're going to learn...

- 1) What are the three most burning questions that women who are looking for their ideal partner after 30 are asking themselves?
- 2) What are the three factors that are affecting your relationship pattern today?
- 3) What needs to happen for you to stop your toxic relationship pattern?

But first, let me tell you why this information is different than anything you've heard (or read) before...

- a) It is designed and targeted **exclusively for women**.
- b) It is **NOT** about dating sites, places or even tips.
- c) It is **NOT** a scratching the surface type of relationship information.
- d) It is what I’ve **applied successfully** to myself, some of my friends and relatives and ultimately my paying clients with incredibly positive results.

Why is this information important to YOU?

Because if you really want to change your relationship story and results, you **MUST** do something about it. And unless you do something about it **TODAY** it will stay the same **TOMORROW** and **ALWAYS**.

So, let’s move on, shall we?

The 3 Fundamental Questions You are Asking Yourself Right Now!

The reason why I know you’re asking yourself these three fundamental questions is very simple.

- 1) I have been exactly where you are.
- 2) I’m dealing with a lot of women on a daily basis having these exact same questions.

So what better way to answer these questions in a written form for you here?

The first question many women are asking me is...

1) Why am I not in a good relationship in my life by now?

The second question they are asking is...

2) What can I do to get my ex out of my head?

And the third questions they are asking all the time as well is...

3) What do I need to do to finally meet the right man for me?

We are going to answer these three questions one by one throughout this book.

What led you to your Relationship Pattern Until Now

Why do we want to be in a perfect and ideal relationship? Is it too much to ask?

Of course not. Not only it’s totally normal to want to be in an ideal relationship, but it’s the only type of relationship that’s worth it.

Frankly, you are better off single than in a bad relationship.

But I’m sure you know that already.

Over the years I came to realize that the problem with women, and this includes myself, is that we too often get into a relationship like they’re buying a used car.

Sounds strange? Let me explain what I mean here...

Why do we get a used car rather than a brand new car when we know that a used car is not as reliable, as good, and won’t last as long as a brand new car?

Well, because we *can’t afford* to buy that brand new car, so we *settle* for the used car instead.

Believe it or not, many women have the same thought process with men. Even though it’s usually an unconscious behavior.

Somehow they know that the guy they are getting involved with is below their expectations. Sometimes they even have their guts screaming to them that they’re making a big mistake, but they still go for him anyway.

They *settle* for that not so good and reliable guy, because they believe that they *can’t afford* any better.

They have a false belief that the perfect guy that they really want is unreachable because they are not worthy of him.

Those women have the belief that they don’t deserve any better, so they’d better grab what’s available. It’s a belief that lives deep-down their subconscious mind programming. Most women having such belief system are not aware they have it.

So, why are you NOT in your ideal relationship by now?

The answer includes both a good and a bad news.

- The good news is that it’s not your fault.
- The bad news is that it’s still coming from you.

The reason why, is that what you want *consciously* and what you want *subconsciously* can be two totally different things.

Consciously, you want that ideal partner, of course, but the truth of the matter is that you always end up with Mr. Wrong, in the end.

Consciously you want that *brand new top-notch car type of guy* obviously, but no matter what, you always end up with that *dysfunctional used car type guy*.

What you really want and what you’re attracting into your life are two different things. Because in the world of *conscious* vs. *subconscious* minds, the subconscious mind always wins.

Not sometimes. Not often. ALWAYS.

That’s what’s happening to women who attract the exact opposite to the man they really want and dream about.

When this happens to you, it’s not your fault, per say, but it is happening *because* of you, as it were. It’s happening because of deep-down beliefs that you have about yourself.

And the least you are aware of what’s going on in your subconscious (unconscious) mind, the most likely you are going to get unwanted results.

And this is true for everything in life, including relationships.

All I have to do is look at my own case.

I used to call myself “*the queen of toxic relationships.*”

As I said above, I have attracted the wrong guy most of my life starting in my teenage years. And it stayed that way until I was able to recognize that I had a serious problem and fixed it from the inside out.

So, again, why are you not in your ideal relationship today? Why are you in a toxic relationship pattern instead?

Because you have subconscious blocks that are keeping you stuck in this bad relationship maze that you can’t get out of.

This is usually because of something that happened to you when you were a child.

It doesn't have to be abuse or anything necessarily drastic, it could be several little factors that have contributed to the programming of your mind at an age where your subconscious mind was very vulnerable, and absorbing its surroundings like a sponge absorbs water.

The subconscious mind is programmed mainly between zero and 16 years old, with the most sensitive years being between zero and 7 years old.

The subconscious mind, unlike the conscious mind, doesn't judge, evaluate or analyze anything. In other words, the subconscious mind doesn't know the difference between right and wrong. It's just not its job. It's job is to function based on its data (programming).

So, as a child, your subconscious mind is going to be programmed according to its own world, which is your familial, social, emotional, and psychological surroundings.

As a child you learned subconsciously in 3 different ways:

- 1) From what you heard
- 2) From what you observed
- 3) From what you experienced

What you **heard** could be what your parents (or anyone in your immediate surroundings) told you, told to each other, or told themselves on a regular basis. Whatever you heard as truth, whether it was true or not.

What you **observed** could be something that your parents never told you. Never actually said at all. But you observed them doing on a regular basis.

What you **experienced** could be an event, an accident or anything that affected you directly or even indirectly, positively or negatively.

Based on these three areas of the subconscious mind way of learning, your belief DNA, as it were, was formatted for life.

This means that unless you’d become aware of such unconscious beliefs and removed them consciously they’d be there to stay.

Their belief system affects people’s lives in more ways than the average person realize, and the type of relationship pattern that has been yours so far is, for the most part, due to such belief system.

In order to twist your relationship pattern, you need to adopt a whole different belief system, and we will see how this can be done below.

What you can Start doing Today to Get your Ex Out of your Head

As I was coaching women, I’ve noticed very rapidly, that many of them had something in common. A problem that 80% of the women I was speaking to and coaching shared. Something that to this day, in my new Facebook group, yet again women mentioned this problem on the second week of the group’s existence.

This problem was how to get that ex out of their mind.

The first thing that I want to specify without beating around the bush, it’s that it’s not easy to get someone you’re obsessed with out of your mind. But I will add that your success will greatly depend on the will and effort that you are going to put into it.

When you are obsessed with a thought that thought forms like a circuit between neurons which create a pathway that, if compared to it, would be very similar to that of an addict.

So what this means is that the brain pattern that you create in your mind when you are obsessed with someone, not being able to disconnect from them, is the same pattern as addiction.

In other words, you are addicted to that person, and that’s why it’s not easy to break the cycle, even though you know you should.

This said, however, it’s possible. I’ve done it and many women have done it as well, so you can do it too.

The first exercise that you need to practice on a daily basis is to break that thought pattern by thinking about something else.

Change your thought pattern by creating an intention.

When you think of something that you don’t want to think about, you are thinking by default, as it were, when you create an intention, you are taking action. You are no longer passive but active.

I have found that doing an activity that I love or practicing a hobby of mine or even cleaning the house were excellent exercises to empty my mind.

What do you like to do? Do you have a hobby? Do you like painting? Gardening? Cooking? Sport? Doing something with your hands and body is a great remedy to empty your head.

The more you are going to practice this type of exercise the more you are going to help your neurons to create a different circuit, a different pathway in your brain.

The more you are going to practice this, the more frequent and the longer the time periods where you’re not thinking of him will be.

Another important thing to remember is that one of the main reasons why you’re thinking of your ex so much it’s because you are idolizing him big time. So what you need to do is rationalize the whole thing.

You may be missing what you’d want him to be, or who he used to be, but you’re not missing who he *really* is. If he were that great, well, he’d be with you, right?

Another exercise that you need to practice is focus. Learn to focus more on yourself in the healthy sense of the term. Get centered.

The reason you’re thinking so much about him it’s because part of your energy is still with him. You need to re-center that energy toward you. You need to focus on you.

A good method to achieve this is doing some deep breathing and light meditation exercises that will help you focus on the moment and on you.

The more you learn to focus on the moment and re-center that energy of yours, the less your thoughts will be out of control. The less your thoughts are out of control the less you’ll be thinking of your ex.

Just a note here, getting your ex out of you mind is also part of my relationship coaching program.

The third question that I get the most from women is what do I need to do to meet the right man for me?

I will be answering this question in a following chapter, but what I can tell you right now, it’s that unless you go through the previous steps mentioned above no such thing will most likely happen.

But if you do your diligent work, and if you’re really serious about the whole thing, it can be done. I can promise you that!

So, keep on reading and let’s see how.

The 3 Factors that Lead to Toxic Relationship Patterns

The reasons why you’ve been in a toxic relationship pattern which has been preventing you from having the relationship of your dreams can be found in these three factors.

- 1) You endured some type of negative experiences through words, observations, and experiences somewhere between zero and 16 years old.

- 2) As a result of that, your self-esteem was damaged in some way by unhealthy beliefs about yourself, other people and other areas of life.
- 3) You are reproducing the behaviors that you’ve learned (mostly subconsciously), as a child, whether you learned them directly or indirectly.

Here are just a handful of examples, but there are many more shades of grey in the spectrum of possibilities.

- ✓ You were an unwanted child and your parents made that known to you in several different ways.
- ✓ You were abused emotionally, psychologically, or physically as a child, most likely by a male figure (but it could be female in some cases).
- ✓ You were the victim of bullying by your peers at school.
- ✓ One of your parents died or left home when you were a child.
- ✓ Your parents had a bad marriage, etc.

It could be any specific reason that pertains to you and to you only.

In my case, it all started with being the victim of bullying from age 4 to age 16 in school, and because of it, later on, I became the perfect prey to a pedophile relative that molested me when I was 14.

These two traumatic situations created the perfect recipe for attracting toxic relationships into my life as an adult. And it did.

To summed it up...

It’s the subconscious programming that was created during your first and half decade that has created your reality about your relationship situation.

This NEVER fails, because it’s one of the laws of the universe in which we live.

The subconscious mind works like a magnet as it were, and based on the data which it’s been programmed with it will attract all the circumstances and people that will validate such programming.

Your subconscious mind is not trying to hurt you. On the contrary. Your subconscious mind is meant to protect you.

But it can only protect you according to its own data, just like a computer can only perform according to its programming as well.

Whatever default programming has been created when you were a child has shaped the *blueprint* of your relationship reality today.

This blueprint is here to stay unless you take action to remove or transform it. This is true for every single human being on the planet and it goes way beyond just the relationship field.

In other words, at the base, we are responsible for what happens to us, whether we are aware of it or not, whether we like it or not or, and whether we believe it or not.

Never before in the history of mankind have we come to understand as much as we do now about how our brain works, and how both our brain and our mind feed on each other to create our reality.

I’m happy to report that I’ve been able to help quite a few women until now to heal their relationship issues from the inside out based on such knowledge.

Let’s see what just a handful of them have to say about their relationship transformation...

Sylviane helped me to finally understand why I kept attracting the wrong man over and over in my life.

Soon after I contacted Sylviane I had such a clear picture in my mind that I started to be totally repulsed by the very same type guys I used to fall for.

This alone was worth my while, but when I first met a man that I would have never met before, I knew I made the right choice in getting help with my relationship issues. ~Alice

All my life I have been attracting total jerks that were lying to me and taking advantage of me financially.

After consulting with Sylviane I was able to realize where the problem came from and learn to love myself in a way that I wasn't able to before. Soon enough I met the perfect guy for me, and I still can't believe it.

~Catherine

My relationship issues go back when I was in my late teens and that pattern never left me. Of course, I was clueless as to what was happening in my relationship life. To my amazement when I learned that I could actually fix my relationship problems on my end I started to see how I had messed up all these years, unconsciously. But this wasn't a guilt trip for me, it was an awakening, knowing that I had the power to change it.

While I'm in no rush to settle right now, I am happy to report that I've met some great guys that I would have never crossed path with before. Thank you so much, Sylviane, for all your help. ~Carol

I have never been happy in a relationship since my early marriage when I was only 17 years old. After my divorce, I went through two relationships. While not as bad as my marriage, I was far from being happy. I never felt loved or appreciated.

When I discovered Sylviane relationship coaching service, I felt that I had nothing to lose and I wanted to try it.

I'm so happy I did. Within a few weeks, I was feeling very different about myself and I knew that I would never settle for the type of men I used to settle for before. I'm not in a relationship right now, because I want to continue my growth under the guidance of Sylviane and I have to say that I feel better and better every morning when I wake up.

~Suzie

What you need to do to Rebuild your Life and Meet the Right Man for You

In a nutshell, to be able to stop your toxic relationship pattern and meet the right man for you... to meet a man that is going to respect, love and value you above and beyond your present expectations, you need to learn how to truly love yourself and transform your subconscious programming.



Now, your question might be, how do I do that?

Well, I won't lie to you, it's not something that you would most likely be able to fully accomplish on your own.

But what you need to do, is go to the source of the problem, recognize it, remove it, and replace it with something totally new that wasn’t there before.

You need to find out exactly what event(s) from your past created your “default” programming the way it did and how it relates to your present relationship situation.

That’s what I help my clients to achieve.

Then, based on what we find we can remove any faulty beliefs and replace them with new healthier ones.

This is called, **reprogramming the subconscious mind**.

Once your subconscious mind is fully reprogrammed it starts getting you different results.

That’s when women start noticing some drastic changes in themselves and in their life. How they feel, how they view things, how they react to things, how people react to them, and what type of men they attract.

One important thing that you need to understand is that the purpose of your subconscious mind is to *keep you safe*. However, remember that the subconscious mind is not logical, and it will always look for situations, circumstances, and people that will match its programming – no matter what that programming may be.

For instance, if a controlling man, a cheating man, or even an abusive man is what your subconscious mind understands to be “*safe*” that’s what it will help you manifest into your life while you’re totally unaware of what’s really going on.

Now, your job is to make your subconscious mind understand that it’s been *wrong* this whole time, and what used to be true is no longer true.

But if you don’t know how to do this correctly on your own, or if you’re not consistent with the minimum required amount of time, your subconscious mind will go back to what it knows best.

Even your brain is actually going to try to convince you to quit. Convincing you that this is not working. In other words, both your brain and mind will try to pull you back to square one.

This is what we call **the resistance phase**.

This is when your consciousness is going one way, but your brain and the subconscious part of your mind will want you to go back where it’s comfortable.

What’s comfortable for the brain it’s what it knows. Not to be confused with what is best for you. Between what it knows and what’s best for you, the brain backed up by the subconscious mind will *always* choose what’s comfortable. It’s vital that you remember this.

For the brain even something that's harmful, as long as it's what it knows, it's safe and comfortable. On the other hand, even if something is about to change the course of your life for the better, but it's unknown territory for your brain, it will try (along with your subconscious programming) to convince you to quit.

This is totally normal and to be expected, but to tell you the truth it could be very tough to handle on your own. And it usually is.

Habits need to be broken for good because if not, they tend to come back. This said, even the worst of subconscious habits can be eliminated.

But when you're going through the resistance phase with no support, no guidance and no encouragement to keep you going on the road to success, you will most likely give up because, at this precise time, you need to be able to resist a force that's going to be much stronger than you.

If you'd asked anyone if they do the things they do every day on their own accord, most people would say, of course! But the truth is that for the most part, we don't.

What we do, the time we get up, how we brush our teeth, at what time of the day we get hungry, how we drive and how we react to anything during the course of a day is dictated by the brain and the overwhelming force behind it called the subconscious mind.

This is why unless we take control of them *consciously*, they will always win the battle.

That’s why some things are just too tough to handle successfully alone. And frankly, some things are pretty much impossible (even though I do not like the term) to handle on our own.

For instance, the reason why we go to the doctor or to the dentist, it’s because we can’t handle what they do for us on our own.

The reason why people consult with a coach it’s because they can’t fix the issues at hand on their own either.

It’s as simple as that.

Sometimes, we just need professional and expert help, and we can only be thankful that such help is available to us.

If you are sick and tired of living your life in bad relationships that are running your life and slowly destroying your very soul, isn’t it as important as if you had some type of health issue and needed to see a doctor or a specialist for it?

In some cases, it’s even more important.

- ✓ If you really need help with your relationship story.
- ✓ If you want to learn how to get your ex out of your head.

- ✓ If you realize that this will be life changing for you.
- ✓ If you are committed to change your toxic relationship pattern for good and start living again.
- ✓ If being able to attract your ideal man is important to you and the quality of your life.
- ✓ If you are willing to put the efforts along with the professional support that will be provided to you to get you the results that you want...

There is help for you.

That’s what I am proud to say I help women accomplish, and that’s what has become my life’s purpose.

So, to recap...

The reason you’ve been in a toxic relationship story until now, it’s because of some deep-down beliefs that were taught to you even before you were fully aware of the world around you. In some cases, such beliefs even start in the wound.

All of this became part of what is called the *subconscious programming* of your mind which created the *blueprint* of your life, and in this specific case, your relationship life pattern.

In order to deprogram those unhealthy beliefs, you need to go to the source of the issue(s) and undo them, as it were, in order

to replace them with healthy beliefs that will serve you favorably in your new relationship life.

3 Fundamental Truths to Remember

1) You do not attract men based on the woman that you are today. You attract the type of men that your subconscious programming dictates.

This means that even if you feel that you’ve grown emotionally and mentally and that you’ve learned over the years, or if you are an accomplished woman professionally, it doesn’t mean that you will stop attracting the wrong guy.

I had a client who is a lawyer. There is no doubt that she’s smart, intelligent, educated and accomplished professionally, yet when it came to her relationship life she would end up with the worst kind of people that you would think a woman with a career wouldn’t attract.

This happened because she wasn’t attracting men based on the woman that she had become, but based on her subconscious beliefs about herself. Based on the harmful things that she had learned as a child.

Look around you at other women, and you’ll noticed that their relationship life doesn’t always match with who they are as a

person now. I could give you tons of examples. Some of them are public figures.

1) You do not attract the man that you want consciously. You attract the man that matches your inner feelings and vibrations which are directed by a power stronger than you.

Your subconscious programming and how your brain has been wired because of it, are directing your inner feelings and vibrations and who resonates with them. And ultimately who you end up with.

As human beings, we are part of the universe in which we live, and as per the universal laws we attract matching vibrations.

When we feel bad or depressed, for example, we emanate low vibrations, and low vibrations attract negative results in the form of bad experiences, unfortunate circumstances and people we wouldn't want to meet.

When people don't understand this process they call this "bad luck."

2) No matter in what type of bad relationships you have been in before and what type of toxic relationship pattern has been following you all these years, it is possible to crack the code.

You can delete your default programming and rewrite your relationship story for good.

That's what many women have already done successfully, and that's what I help my clients to do.

The only two main requirements that are necessary for this to happen it's that you really want it and that you'd be committed to doing what needs to be done.

If you don't truly want help, you will always be making some excuses, such as I don't really need it, I don't have the time, I don't have the resources, I'll manage somehow, etc. In such case, obviously, you wouldn't be committed to your results either.

If you want help though, you're in luck, because when I needed help with my toxic relationship pattern myself, I didn't know where to turn. And if I told you the amount of money that I've spent on different coaches you would probably be shocked.

That's why I know that if you really want professional help from a coach for your relationship challenges, you're at the right place, because what you have found here is someone who has been there and done that.

Someone who has helped other women achieve what YOU want to achieve in the best and fastest way possible with all the support that they needed.

Someone who has taken the tedious road, and only wished she had found this type of help when she needed it. But because of it, she can now help you avoid all the pitfalls she encountered herself to help you get faster results.

The Benefits of Getting Help with your Relationship Situation

If you do decide to get help, and by the way, I have a free offer for you below, some wonderful things will be happening for you, I'm sure. Here are some of them...

1. You are going to be truly HEARD for the first time.

Have you ever talked to a so-called friend or even a family member and felt that you were not being heard?

If it's happened to you, don't worry, it happens to all of us. One thing that I've noticed a long time ago, but even more so since I had to develop my listening skills when I became a coach, it's that most people aren't the best listeners.

Being able to really listen is a skill.

So, maybe when what you have to say is not the most important thing, it's really not too much of a big deal, but

when your mind and heart are in turmoil it’s tough to feel that you’re alone with no one to truly hear you.

A client told me once at the end of our first coaching session, *“I feel that someone has heard me for the first time, and this alone took a huge weight off of my shoulders.”*

She told me later that day in an email that she felt as she had gone through one month of therapy in just that one hour over the phone with me. This because she could finally speak her heart out and have someone to listen to her for the first time.

Having someone who listens to you when you’re speaking about your relationship traumas, dilemmas, and other challenges will make you feel better instantly.

2. You are going to DISCOVER things you were never exposed to before

If you are not very familiar with the world of personal development, self-awareness and coaching altogether, you are bound to discover things about yourself and the world around you that you are not aware of right now.

Not too long ago, I was making the comment in a divorced women group that I support, that we can create our future. And someone who has apparently never been introduced to personal-development said this to me:

“Not to be a naysayer but we really cannot create our future. If that were the case I would never have ended up where I am right now. No one has that kind of control.”

Obviously, what this woman doesn’t know it’s that we always create our future, but when we create it by “default” so to speak, we obviously won’t like the results we’re getting, for the most part.

We create by default when we’re not able to recognize our beliefs and mind programming issues, and that’s totally different from creating based on the fact that we intentionally control our mind and beliefs.

This woman has created her relationship situation by default and thus she’s not guilty of what happened to her, per say. As I explained above, most people aren’t aware of this at all. Even though there are more and more people aware of this today then there were 30 or even 20 years ago.

I have to say that before I discovered personal-development myself, looking back, I feel that I lacked awareness and that I’ve started to awaken from a long sleep when I entered this world of self-awareness.

What I love most about this it’s that once you’ve learned some of those magnificent truths, you can never unlearn them. You will never go back to square one. There is going to be a *before* and *after* what you are going to discover.

It’s one thing to know that you seem to have a destructive relationship pattern, but it’s quite another to start to truly understand why and how you can stop it.

3. You are going to get positive RESULTS

You most definitely are going to get amazing results.

Coaching is a little bit like delivering a baby.

When a woman is about to give birth, she is the one who is going to have to deliver that baby, she is the one who is going to feel the pain, and she’s the one who is going to go through all the emotions that go along with having a baby.

But without a doctor or nurse to help her, it would be basically impossible for that woman to give birth on her own.

Thankfully, a woman doesn’t have to give birth on her own. Doctors and nurses are there to help her.

Well, when someone is coaching you, yes, you are the one who will have to go through the process, just like that pregnant woman is the one who has to give birth. But just like her, you are going to get a positive outcome because of the professional help that you’re getting.

If you follow the advice, take the actions and keep working on your inner game as guided, the results are inevitable. That’s why you were able to see those successful testimonials above.

Just like a nurse is a facilitator of babies’ delivery, a coach is a facilitator of life growth and change.

The nurse is not the one “*having that baby*,” the pregnant woman is, but it would be close to impossible for that woman to have her baby on her own.

It’s the same thing in regards to coaching. As a coach, I’m not the one with your specific relationship pains, but I can certainly help you to heal from them.

My Offer to You for Having Read this Book

At least one or twice a week I receive an email or a message on my Facebook page asking me: “*how much do you charge for your service?*”

This is a question I would never answer just like that because of several reasons.

- ✓ I don’t know who that person is or what she needs.
- ✓ I don’t know if she’s got the type of relationship issues I can help her with.
- ✓ I most definitely need to speak with her before I decide if I can work with her.

That’s why I never answer such question just like that as if I was selling shoes.

Coaching doesn’t work like that at all. Coaching changes lives, it’s not a simple commodity we just buy if we can afford it.

So, as we are getting to the end of this book, which I sincerely hope was an eye opener to you, I wanted to make you an offer, which I am making ONLY through this eBook download.

I am offering you a 45 minute “*Uncover your Relationship Challenges*” workshop.

In order to participate in this, all you have to do is click on the blue box below and schedule an appointment to speak with me over the phone.

You will be given 2 or 3 different dates and times to choose from, and once you’ve done that you’ll be sent to a short survey with a few questions that you’ll need to answer for me.

Please, be sure to answer each question as fully and clearly as possible because this is for me to get to know about your specific situation ahead of time, so I can better prepare for our call.

So click below, and let’s have fun discovering your relationship challenges and see how we can tackle them.

No matter what happens, I can promise you that you’ll learn something of value. I can guarantee you that!

FREE WORKSHOP

Uncover Your Relationship Challenges

“Spend 45 minutes with me over the phone to pinpoint your specific relationship challenges.”

**[Click Here to Schedule Your Private
FREE Session](#)**

About the Author



Sylviane Nuccio is a leading authority on personal development and personal coaching. She’s the author of *How to Attract the Man of Your Dream, and How to Transform Your Life in 14 Days: A Step by Step Guide to Change You Mindset forever.*

She also writes articles for her own blog and reputed sites such as the Huffington Post which promoted her article titled: *Why do Women Stay in Destructive Relationships.*

As a Certified Transformation Relationship Coach for Women she’s helped dozens of women so far, but her goal is to help thousands.

She lives in both the United States and France.

She’s been featured on *Huffington Post, International Living Magazine, Writers in Charge, Chamber of Commerce* and *FluentU* among others.

You can join her [Healing from Toxic Relationship Facebook Group Here](#)

You can visit her [Coaching Women 35+ Page Here](#)

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