



THE POWER (A WOMAN'S POWER)

When I was a teenager, young, naive and lacking experience, I used to always say boys will be boys. Some men are just not good. They treat you like dirt. They disrespect you, cheat on you and lie to you, sleep with you and dump you. But then I grew into a woman and realised that although, we cannot stop a man from cheating on us, lying to us or changing their mind about a relationship, WE CAN WALK AWAY, STOP TALKING TO HIM OR HAVING SEX WITH HIM etc.

At the initial stage of a relationship, when not much is invested, both parties showcase their best self. It is always the case that a man does not know you that well at this stage. So therefore, he tiptoes around you even in cases where you were friends before. It is completely different when you are in a relationship.

It seems a lot of women are unaware of their power. Please answer the following questions:

If he mistreats you, what will you do?

If he wants to have sex with you and you are not ready, what will you do?

If he does not make you happy, what will you do?

If he only wants to see you when he is free, what will you do?

If he refuses to commit to the relationship, what will you do?

If he assaults you, what will you do?

If he cheats on you, what will you do?

I will tell you what you will do "YOU WILL SAY I AM BETTER THAN THIS. IF YOU CANNOT RESPECT ME, I CANNOT RESPECT YOU. I RESPECT MYSELF SO I WILL NOT TOLERATE ILL TREATMENT."

You dictate the tune of ANY relationship you are in. You cannot force a man to love you or treat you right. But let me tell you something ladies, self-respect is by force. If you don't like the way he treats you, talks to you, or he cheats on you, it is up to you to put a stop to it by demanding that the situation changes or you tell him you can no longer be with him. There are different options for problems. You don't always have to leave. Options such as counselling, taking a break or family intervention may sometimes help you. Lack of self-respect for yourself as a woman can make a man that respects and admire you switch and treat you like dirt. There are countless number of good men out there. He is not the only man. You can't hang on to a rude, selfish, and arrogant man because you think *"I might not meet someone else"* *"It's better than being alone"* *"I hate being single"*

Get it together! Don't let your mind destroy your love life. When you think like that. A man can sense it. He can sense the fear, the desperation, the insecurity and lack of confidence. Honey! It's not attractive. Adopt a new strategy. It's called abundance mentality.

ABUNDANCE MENTALITY =

I WILL MEET SOMEONE ELSE

I CAN DO BETTER

I WILL LEAVE AND MOVE ON AND WAIT FOR THE RIGHT PERSON

I AM WORTHY OF A GOOD MAN.

SCARCITY MENTALITY=

I WILL BE ALONE FOREVER

I CANT MEET ANYONE ELSE

IT'S BETTER THAN NOTHING

I WILL PRETEND TO BE HAPPY EVEN THOUGH I'M MISERABLE

IF I DON'T HAVE A MAN, PEOPLE WILL JUDGE ME.

No matter your situation, and no matter what you are going through, always remember *"I have the power!!"*

Miss Date Doctor xxx