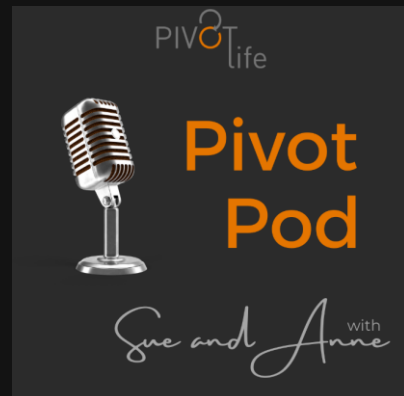


Episode # 28

Pivot Point Story: Anita Bentata

Anita experienced many trauma's that could have shut down and stopped her life energy, she found a way that enabled her to reset, regenerate and energise her life and find the strength and courage to show her girls a different way.



Top Tips

Simple steps to action

1. Give yourself a pat on the back for recognising you are at a pivot point. Appreciate the difficult thoughts or feelings you are experiencing because they have a beautiful purpose. They are letting you know that something is out of alignment. If you didn't feel terrible, then you would keep enduring something that is not unacceptable.

So appreciate where you are at because it is helping create a momentum for change.

2. Recognise change might bring up confusing thoughts, feelings or awareness about situations, but confusion is a wonderful thing because confusion loosens our grip on a certainty that is not serving us, and loosen the grip on how we label things and our choices.

When we can start to question what is going on, and recognise that it is natural to feel confused at times and that we want to feel confused at times, so we can question, sift and sort, reflect, what parts do I want to keep and what parts don't I want to keep, as it allows us to have more readiness to look for and explore something new.

Confusion is a transitional space, necessary to move from the 'old' unquestioned 'way it is' into the 'new' evolved way. If we don't get confused we don't question the way life is and we stay fixated on an assumption that this is all there is or there is no better way. When the reality is there is always a progression - that is evolution.

If we can label our confusion as, 'this is my system going outside of my habit of the way I think about things and is showing a readiness to take in new information.

Confusion is only terrible when we don't recognise the generative element of it and we keep telling ourselves, 'I am confused, I am overwhelmed, this is terrible, this is bad'. If we label it that way it becomes self fulfilling that it is terrible and it is bad. Confusion is a transitional point to either re-loop, or step into something new.

Appreciate and celebrate the state of confusion, as it loosens any rigid 'this is how life is' approach and allows you to receive new information and sort what is useful to keep and what to let go of.

Episode # 28

Pivot Point Story: Anita Bentata

Page 2



Top Tips

3: If you don't feel clear on what to do or how to do the next step, reach out to someone. We are social creatures, we can't do everything on our own. We are there to support each other. We each have different people through our life who play a significant part. It is healthy to move between independence to inter-dependence. Being fixed in self reliance is not healthy. Being flexibly responsive is healthy and exposes us to new ideas, new skills and ways to build our 'emotional muscle' to experiment and expand.

4. Be willing to experiment. Don't take someone's word what will work for you. Let your feelings and your experience guide and inform what feels good for you. Don't let your head tell you what should be good or right, because the mind can get confused about 'should's', 'ifs', 'buts' 'this is the right person to listen to' and can go in a maze, but our body is very clear, it either feels good or it doesn't feel good. Be willing to experiment and check in with your body to guide and tell you, so you are not bestowing the power on someone else about what is working.

Simple steps to action

Consider who you would reach out to who demonstrates the skills you want to embody or do some enquiry to find who that might be. Interview people to find a good fit. Ask specific questions. Be prepared to find out more. Don't just ask, 'Do you work with trauma?' (because many professionals perceive they can and have appropriate studies to work with trauma); instead ask, 'have you completed any specific studies about trauma? how long were they? what is your belief about how to work with trauma? have you worked with your own trauma? etc. (I studied for 4 years on trauma and abuse and had to go in to long term therapy as part of my qualification. This was not a weekend or 3 month superficial course)

Be willing to experiment and find out how you feel. Be mindful to follow if your feelings and energy feel lighter, stronger, happier, clearer, rather than relying on your mind to give you feedback because the mind can go in too many directions and have opposing beliefs.

Insta: <https://www.instagram.com/anitabentata>

Twitter: <https://www.twitter.com/anitabentata>

Facebook link: <https://www.facebook.com/thewolfinasuit>

<https://www.facebook.com/targetingabetterwayinrelationships>

Facebook group: <https://facebook.com/groups/BigHeartedWomenCommunity>

YouTube: <https://www.youtube.com/user/anidrb>

Linkedin link: <https://au.linkedin.com/in/anita-bentata>

Website: <https://www.anitabentata.com>