

Confidential, Affordable and Convenient Problem Solving.



Location **Wales, South Glamorgan**
<https://www.freeadsz.co.uk/x-569828-z>

Do you have a problem but don't want to discuss it with friends or family? Don't stress and struggle on your own. Benefit from talking openly and honestly, in confidence, unhindered by the constraints of familiarity or expectation.

Can we unpack the problem together?

Is it a person, situation or circumstance you are struggling with? What has not worked out as hoped or expected? Understanding exactly what is it, that you can't accept is key. Actual acceptance, releases you from struggle, leaving you free to resolve and not compound problems.

Denial of what HAS happened creates mental, emotional and even physical pain. "It shouldn't be like this", is a common example of how we argue with reality and this leads to more resistance, 'he shouldn't have done that, she should have done this'. Trying to unpick your story, when you are in the midst of it can be difficult, confusing, time consuming and exhausting. Are you willing to accept help and guidance, to steer you through?

Acceptance means, you clearly see the facts before you without all the mind-made drama. Accepting what has happened does not mean you cannot do anything about it!

It is a valuable and productive step. It is the opening to intelligent and creative action.

Awareness of your thoughts, feelings and actions, is easier when they are reflected back to you. Learn the truth behind your thinking and let go of your pain, in whatever form it takes.

Release the grip of negativity and reactivity. Stop recycling old conditioned patterns that no longer work. Choose a new way. One that is healthy and nurturing for you and respectful of others.

I offer individual coaching sessions and a variety of programmes, over the phone, via skype or in person

(travel permitting).

can we help you to resolve a problem you are facing? Please contact me on (01497) 236... (for a full profile), email: [contact details] or private message.

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