From PAIN to GAIN



Everything you have and are …You needed, created and settled for.

Who am I?

My name is Liza,

My mission as Certified Clinical Hypnotherapist and Stress Management Consultant, with over 20 years of experience and having gone through massive transformation of my own is to help individuals who feel overwhelmed, anxious and under-valued go from Pain to Gain, by eradicating self-doubt and heal past trauma through my 3E Method.

- Personal growth and development is a transformational process, in which improvements are made in your physical, emotional, intellectual, spiritual, and/or social state.

- The healing process is often triggered by an important life event that inspires you to…
- Evoke what was (your history), Embrace what is (your reality) and Evolve to what is to be (your desired future) – because You Matter.

- The result is a more satisfying and meaningful life, which is evident in your relationships, self-image and self-confidence, as well as your worldview.

P - Powerless

- To be powerless is being without ability, influence or power.
- Powerlessness is commonly mistaken for helplessness or hopelessness. This can be difficult to overcome, because they strip you from your ability to feel in control of the moment or of your destiny.
- There are only two things to consider: what you can control, and what you cannot.

I feel in Power

- Stop giving your power to others only to please them or to fit in.
- Stop worrying - Get out of your mind game and get unstuck in feeling or being victim like.
- Establish your core self (what gives you a sense power or feeling powerful) as a goal, your path will unfold and you will evolve.

A - Anxiety

- Anxiety is a feeling of being overwhelmed apprehensive, worry, distress, or fear. For many people, an anxiety attack builds slowly and may worsen as a stressful event approaches.

- Everyone feels anxious now and then when feeling self-doubt and lack confidence arises despite many accomplishments.

I feel Calm

- Keep in mind your body is activating its fight-or-flight response, the system that's going to keep you safe and alive.
- Focus (fact check) being calmer and take 3 easy breaths.
- Name 3 things you see - 3 sounds you hear - Move 3 parts of your body.

Whenever you feel your brain going 100 miles per hour, this mental trick can help center your mind.

I - Insecurity

- Emotional insecurity refers to the instability of a person's emotional state.

- Traumatic events or perceived inferiority in a relationship may prompt it. In short, insecurity sets in when something threatens your ego or well-being caused by childhood or recent experiences of trauma, failure or rejection.

I feel Confident

- Validate, face and express your feelings. Stop hiding feelings or try to mask them with something else.
- Focus on things that you have and are going well in your life vs. what's lacking
- Set healthier boundaries. Strive to provide yourself with meaningful, positive experiences and

N – Negative Thoughts

- Negative thinking refers to a pattern of thinking negatively about yourself and your surroundings.

- This is something we all engage in, when those feelings become repetitive and pervasive, is how problems arises and can destroy your mental health, leaving you depressed and anxious.

I feel Good and Positive

- Cultivate an attitude of Gratitude – gratefulness reduces the stress hormone cortisol by 23%.
- Identify all the changes you'd like to bring into your life – and why. When aligned with your core values, then "the thought of it will trigger a positive gut feeling.
- Surround your self with more loving and positive people.

G - Growth

- Making active decision to begin your own journey of personal growth and development.

- Personal growth and development is a transformational process, in which improvements are made in your physical, emotional, intellectual, spiritual, social, and/or financial state.

I feel Open

- Breaking habits, trying something new, taking a risk, and making new connections
- Being an observant and yearning to learning… making a statement to the universe that you're happy with your life as it is.
- Having goals, plans, and desire to keep on developing.

A - Acceptance

- The act or state of accepting yourself fully for the person you are – just as you are:

- True self acceptance comes from all the things you like about yourself and the things you don't with the understanding and recognizing your abilities and limitations.

I feel Worthy

- Discover who you are.
- Stop Beating Yourself Up – or have the need to constantly seeking perfection
- Practice Positive Self Talk –

"I accept and appreciate myself for who I am, fully and completely."

- Let go of judgment and instead practice perceiving things as they actually are.

I - Inspired

- When you feel moved - a situation which clearly stirs something inside, which arouses emotions.

- Simply when you are stimulated, aroused, uplifted, exhilarated, stirred up, enthused, exalted, or elated, you feel inspired. A feeling stirring within.

I feel Joy

- Take better care of yourself. Making yourself a priority is important.
- Get out into the world and connect with others who uplift your mind and spirit
- Be open to new perspectives and adventures
- Nourish your gifts, imagination
- Read, Write, Sing, and Play often

N- Nurturing

- Nurturing is to tend to your needs and supply yourself with nourishment - care for your feelings.

- The act of taking care of, feeding, and protecting someone or something, or fostering or overseeing the development of something. When you nurture, you help it to grow.

I feel Nurtured

- Communicate with kindness and honesty.
- Be more accepting, compassionate and forgiving with yourself.
- Find ways to bring playfulness and joy into your life.
- Stand Up for yourself and know that You Matter

Remember…

- To Heal Within… you are only ONE thought away to transforming from PAIN to GAIN - You Matter

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