



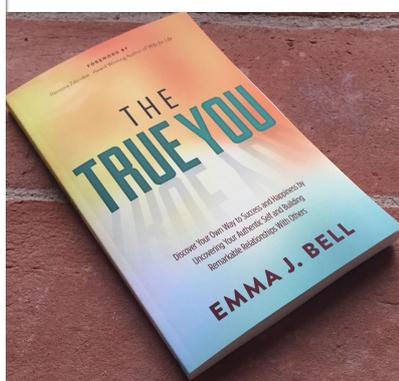
The Global Resilience

P R O J E C T

— In Search Of Powerful Strategies To Overcome Adversity —

The One Thing I Learned From Cortney Donelson About How To THRIVE In 2019

Learn how to Shift from **Surviving to Thriving** by downloading your **FREE** copy of my book, 'The True You' at <https://emmajbell.com>



AMAZON REVIEWS

"This is a fantastic book....I thoroughly recommend this to anyone interested in

"Be Clear About Your Needs and Boundaries"

I used to be a 'people pleaser'. My default answer was always 'yes', even when I wanted

with others.”

— ● —

“This is a beautifully written book that will positively touch every area of your life and will help with every relationship within it.”

— ● —

“This is a genuinely thought-provoking read. It prompts you to consider what your potential is, how you are holding yourself (and often others around you) back, and what you can do to move forward purposefully.”

to say ‘no’ or felt under pressure. When I was getting married to my first husband, my mother was upset about us not marrying in the town where she lived. As we were paying for the wedding, we wanted it to be in a location with easy access for most of our friends. Mum gave me the ‘cold shoulder’ and the only way to broker peace (or so I thought at the time) was to allow her to design my wedding dress and the bridesmaids’ dresses. It’s what she needed to ‘feel involved’, she said. The end result was that we all looked like extras on the film set of ‘Pride and Prejudice’. I’m not sure the empire cut is flattering on anyone and it certainly wasn’t doing my figure any favours! My poor bridesmaids looked pasty and miserable in their washed-out yellow chiffon gowns. If ever there was a time to ask for what I needed, it was then. I almost cried as I looked at the final result in the mirror before embarking on the journey to the church. *“That’s one ugly bride”*, I thought.

I now appreciate it wasn’t my mother’s fault. I

had failed to ask for what I needed, which was to feel beautiful on my wedding day.

Needs and boundaries go hand-in-hand. If I don’t feel okay, it’s up to me to let that person know they’ve gone beyond where I’m comfortable. I haven’t always



been good at it but now I don't blame others for taking me for granted if I haven't told them that what they're asking for is not something I'm prepared to give.

I learned a lot about this topic from Cortney Donelson, one of our 50 Thrivers.

Cortney was sitting with a friend at the kitchen counter in her home when her husband, Marc got home from his run. He casually said to her, 'hey, there's something I'd like to talk to you about later.' She didn't realise that her life was about to turn upside-down.

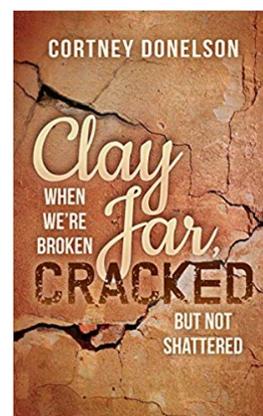
When Marc was dressing after his shower, Cortney came in to their bedroom. He told Cortney that he'd had an 'emotional affair' with a colleague the previous year and that he was sorry. Cortney was distraught. But that was only the beginning of what Cortney described as a '9-day reveal process'.

Ultimately, Marc admitted to having several affairs. He said he'd been addicted to pornography even before they were engaged.

Cortney says it felt like she was a car stuck in a ditch; every time she thought she was getting up over the ridge, she was knocked back down again. It took three days for her to cry. On that third day she left Marc and the kids having lunch in the kitchen and retreated to their bedroom, closing every single door between herself and her family. She lay down on the bathroom floor feeling her cheek on the cold tile and sobbed uncontrollably.

Why didn't she leave? She thought about it and she realised she had a choice. She decided that she would set clear boundaries in their relationship – and tell him precisely what she needed to feel safe. If Marc wasn't prepared to meet her needs, or if he didn't respect her boundaries, she could leave at that stage.

"I listed all the things I needed in order to feel safe, even in my own home, to feel emotionally safe, safe in the relationship, for my

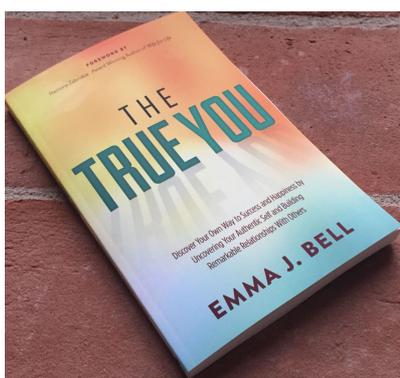


children to be safe. In the beginning a lot of that included transparency from him, I needed his passwords. I wanted his phone on the counter when he was home. I needed to be able to check his phone whenever I wanted. There were a lot of things that I told him I needed in order to start repairing this, and to maybe get back the trust I had lost in him.”

Cortney has realised that her need for perfection prevented Marc from confiding in her sooner and perpetuated his need to live a ‘double life’. She has had to put boundaries in place to support her shift toward accepting herself and others unconditionally.

I’ve become much more effective at two vital skills since hearing Cortney’s story. The first is how to deal with feelings of guilt if I say ‘no’, and the second is to manage feelings of disappointment if I’m told ‘no’. I’ve experienced both very recently. With feelings of guilt I like to ‘check in’ to see if it’s just an old ‘pattern’ running because of my default ‘yes’ setting over the years – or whether I’ve given my own needs more weight than the other person’s so that the solution is out of balance and selfish. With feelings of disappointment, I try to take time and space to understand the other person’s needs with compassion. No longer do I respond until I am calmer and more open-minded. I have found that any negative emotion usually melts away. That said, if I think there’s value in having a conversation to avoid the relationship being ‘infected’, then I will gently raise the issue.

How can you set healthy boundaries in 2019? What needs are you expecting others to telepathically detect?



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