

FACE YOUR EX™

Confidence Audio -A 5-Minute Reset Before You See Your Ex. By Dr. Grace Anderson



FACE YOUR EX™
Confidence Audio 🎧

5-MINUTE EMPOWERING AUDIO RESET

Listen Right Before You See or Speak to Your Ex and Step In Calm, Confident and in Full Control.

- 🏛️ COURT DATES
- 👨‍👩‍👧 CHILD HANDOVERS
- 🚶‍♂️ ACCIDENTAL RUN-INS

🎧 CALM YOUR MIND. STEADY YOUR HEART.
Be the Powerful Woman You Are.

BE CALM. BE STRONG. BE UNBOTHERED.
You've Got This! ❤️

By Dr. Grace Anderson
BREAKUP & DIVORCE RECOVERY EXPERT | ACCREDITED MASTER COACH

FACE YOUR EX™

Confidence Audio -A 5-Minute Reset Before You See Your Ex. By Dr. Grace Anderson

[Soft instrumental music begins]

Hello, my dear,

In just a few moments, you may be seeing someone who once had a powerful influence over your emotions.

Perhaps you're on your way to a court hearing.

Perhaps you're collecting or handing over your children.

Perhaps you've unexpectedly seen him somewhere you never imagined.

Whatever has brought you to this moment...

I want you to remember one very important truth.

Today is different.

You are not the same woman you were months or years ago.

You have survived.

You have healed.

You have grown.

And today, you are walking in with something far more powerful than fear.

You are walking in with dignity.

Take a slow breath in...

Hold it...

Now breathe out gently.

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Again...

Breathe in calm...

Breathe out tension.

One more time...

Fill your lungs completely...

And slowly let everything unnecessary leave your body.

Notice your shoulders relaxing.

Notice your jaw softening.

Notice your heartbeat beginning to settle.

Your body is remembering that you are safe in this moment.

Now quietly say to yourself...

I am safe.

Again...

I am safe.

His presence cannot define me.

His opinions cannot diminish me.

His words cannot control me.

His expressions cannot steal my peace.

The chapter where he controlled my emotions has ended.

Today...

I choose how I feel.

Imagine yourself standing tall.

Your shoulders are relaxed.

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Your breathing is steady.

Your head is held high.

You are walking with quiet confidence.

Not because life has been easy...

But because you have become stronger.

You no longer need to prove anything.

You no longer need his approval.

You no longer need to explain yourself.

Peace speaks for itself.

If he looks at you...

You remain calm.

If he ignores you...

You remain calm.

If he tries to provoke you...

You remain calm.

If he appears confident...

You remain calm.

Because your confidence no longer depends on his behaviour.

It comes from within.

His actions belong to him.

Your peace belongs to you.

Now picture an invisible shield surrounding you.

It is made of confidence...

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Wisdom...

Self-respect...

And peace.

Nothing harmful can pass through this shield.

Unkind looks bounce away.

Critical words lose their power.

Old memories drift past like clouds.

You notice them...

But you do not become them.

You stay grounded.

You stay centred.

You stay present.

Remind yourself...

I have already survived harder days than this.

This meeting will come...

And it will pass.

It is only one moment in my life.

It does not define my future.

It does not define my worth.

I am writing a new story now.

As you walk into that room...

Walk slowly.

Breathe steadily.

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Stand tall.

Look ahead.

If your eyes meet his...

You do not need to look away in fear.

You also do not need to stare.

Simply acknowledge his presence as you would any other person.

Calm.

Respectful.

Composed.

Your confidence speaks louder than words.

If he says something designed to upset you...

Pause before responding.

One breath.

Then another.

Choose your words carefully.

Or choose silence.

Silence is often a sign of strength, not weakness.

You are no longer reacting.

You are responding with wisdom.

Every calm decision you make is another step in your healing.

Now repeat these words with me.

I am calm.

I am confident.

I am emotionally free.

I am stronger than fear.

I trust myself.

I choose peace over conflict.

I choose dignity over drama.

I choose wisdom over reaction.

My future is brighter than my past.

Nothing today can steal the woman I have become.

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Take one final deep breath.

Feel your feet firmly on the ground.

Feel your heart becoming steady.

Notice the quiet strength growing within you.

Carry that strength with you now.

Walk in knowing that your greatest victory is not winning an argument.

It is keeping your peace.

You are no longer defined by yesterday.

You are creating tomorrow.

Go in with confidence.

Go in with grace.

Go in with courage.

You've got this.

And no matter what happens today...

Remember who you are.

You are strong.

You are worthy.

You are resilient.

You are free.

Now walk forward with your head held high.

Your next chapter has already begun.

[Music gently fades out]

Your Invitation to Work With Me.

If you need Coaching as a Woman, a Divorcee or a Mother, I will be very happy to help.

Visit my website – <https://drgraceanderson.com> and book a Free Discovery Call With me. My specialism is coaching women who have had a Breakup or Divorce to full recovery, so they can rebuild their lives positively.

You may also check out my books here:
<https://graceandersonsbooksandjournals.com>.

The following books will be relevant to you. You can buy them on Amazon.com and Amazon.co.uk.

- [AFTER THE STORM: A WOMAN'S COMPASSIONATE GUIDE TO HEALING, CONFIDENCE AND JOY, AFTER DIVORCE OR HEARTBREAK](#) - By Dr Grace Anderson.
- [THE CO-PARENTING COMMUNICATION TOOLKIT: HOW TO RAISE EMOTIONALLY HEALTHY CHILDREN AFTER DIVORCE.](#)

My Video Courses are on my website: <https://amazingsuccessacademy.com>.

You may like one of these Courses:

- **HOW TO GET OVER YOUR EX FAST AFTER A BREAKUP OR DIVORCE - BY DR GRACE ANDERSON.**
- **OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONS AND THRIVE – BY DR GRACE ANDERSON.**

I wish you happiness! Thank you.

Dr Grace Anderson.

Accredited Master Coach & NLP Practitioner, Author.

<https://drgraceanderson.com>.

