

On the couch with Dr De-Stress



Dr Mariette Jansen

Anyone can overcome anxiety, feel confident and take control of their life. With the right guidance.

Mariette Jansen - Dr De-Stress - is a life coach and therapist who is an expert in helping people with anxiety and confidence issues. For a personal chat to find out how she can help you, just text DARLING FREE COACHING to 07967717131

Q: I am on sick leave as a result of a situation at work. It all started when I got a new male manager. He made me feel intimidated and put down by him. He was making sexual comments, looking at my breasts, hanging over me when I was at my desk. He did it all in such a way that I wasn't sure if I was overreacting. But it really affected me. When an opportunity for a promotion came up I applied, knowing that I was the perfect candidate. I didn't get the job as he had voted against me. That made me lose my confidence and become an emotional wreck. As a result I am sitting at home, seething with anger and frustration. I want revenge and feel it's only fair that he gets punished. That's all I am thinking of. My friends and partner don't want to hear about it anymore. What do you think? *Debbie (36)*

A: Dear Debbie, what an awful situation. Unfortunately, when you are 'emotionally' assaulted in a sexual

manner it can be very difficult to prove what has happened. However, you are not doing yourself any favours by obsessing about revenge. Angry and negative emotions don't allow you to move forward. Your wish for justice is understandable, but it alienates you from your friends, your partner and yourself. I suggest you become metaphorically a 'split personality'. One half of you will look for professional help to deal with your negative emotions. Instead of obsessing start processing and build up your confidence. Also, seek the support of a specialised law firm that can take over from you and advice and execute what can be done. The other half of you sees this experience as a life lesson, detaches herself and focuses on the future. A new job might mark a new beginning and bring new positive excitement to counteract the negative experience. You might still feel that he won in the end, but if you don't make changes to your mindset, guess who is the loser? Life isn't fair, but instead of fighting it you are better off learning from it.

FEELING STUCK AND LOST?

SUFFERING FROM ANXIETY AND PANIC ATTACKS?

With the right support these issues are often easier to resolve than you think. Talk it through with Dr Mariette Jansen during a FREE coaching call and get strategies for moving forward in your life.

Text **DARLING FREE COACHING** to 07967717131.

Places are limited, so book now.



drde-stress
Mariette Jansen