



Mistreatment Boundaries

13: Mistreatment, Boundaries, and the dreaded call from the ex - QA

Synopsis:

Johnny answers a Q about why other people treat you that way. How can boundaries help? Is it best to just ignore someone who left you for another woman?

Q: Hi Lara & Johnny, I have a two part question-

- 1. I was in a relationship for 6 years with a man I truly loved but he didn't always treat me well. How do I figure out what I'm doing wrong to "cause" or "allow" this mistreatment? I feel as if I am a very loving, accepting person so it is hard for me to understand what it is that I'm doing to allow this.**
- 2. My birthday is next week. I know I will hear from my ex. He has hurt me very much but I still loved him enough to marry him. He left me for another woman when I asked him for more of a commitment. Is it best to just ignore his calls and texts, even if he wishes me happy birthday?**

A: I want to make it clear that you didn't CAUSE the mistreatment of your ex. He is who he is and you mustn't blame yourself for his unkindness. However, you CAN take responsibility for allowing it by ignoring any red flags or yellow alerts. How to take loving responsibility? Just SAY it, "I am responsible for missing or ignoring the red flags and yellow alerts in that relationship." That's it! You don't have to beat yourself up or blame yourself or anything like that. Just by SAYING it, you are beginning to shift your energy and take your power back. There's a saying, "We teach people how to treat us by what we tolerate".

We either teach people to treat us with dignity and respect, or we don't. This means we are partly responsible for the mistreatment that we get at the hands of someone else. We shape others' behaviour when we teach them what they can get away with and what they cannot.

So that being said, how to change? You're DOING IT RIGHT NOW. You're reaching out for new love learning, for support. When you continue to do that, and invest more time, energy and money in yourself than ever before in your life, you'll value yourself more and will begin to see the shifts in how people treat you because you will be treating yourself better. You treat yourself as well as you want to be treated by your soulmate... NOW. You commit to yourself first and foremost.

That's what this podcast and all our teachings is about. It all starts with you, that relationship with yourself. So, if he does call or text, Now...it's hard to be too specific without knowing more about your situation, but it sounds like you would benefit from some boundaries, and you telling him very clearly to NOT communicate with you ever again. This is self-respecting behaviour. It may be hard to face, but although you loved him enough to marry him, if he left you for another woman when that subject was broached then it seems he simply wasn't the right guy for you. And he probably never was. You stand up for yourself. Boundaries are a girl's best friend!!! Make some clear, non-negotiable boundaries to help you have the space to attract real love in your life - starting with loving and valuing yourself- and you get about the business of living your best life NOW.



Hope that was helpful. For transcript or to leave a comment please go to singletosoulmate.com/13

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