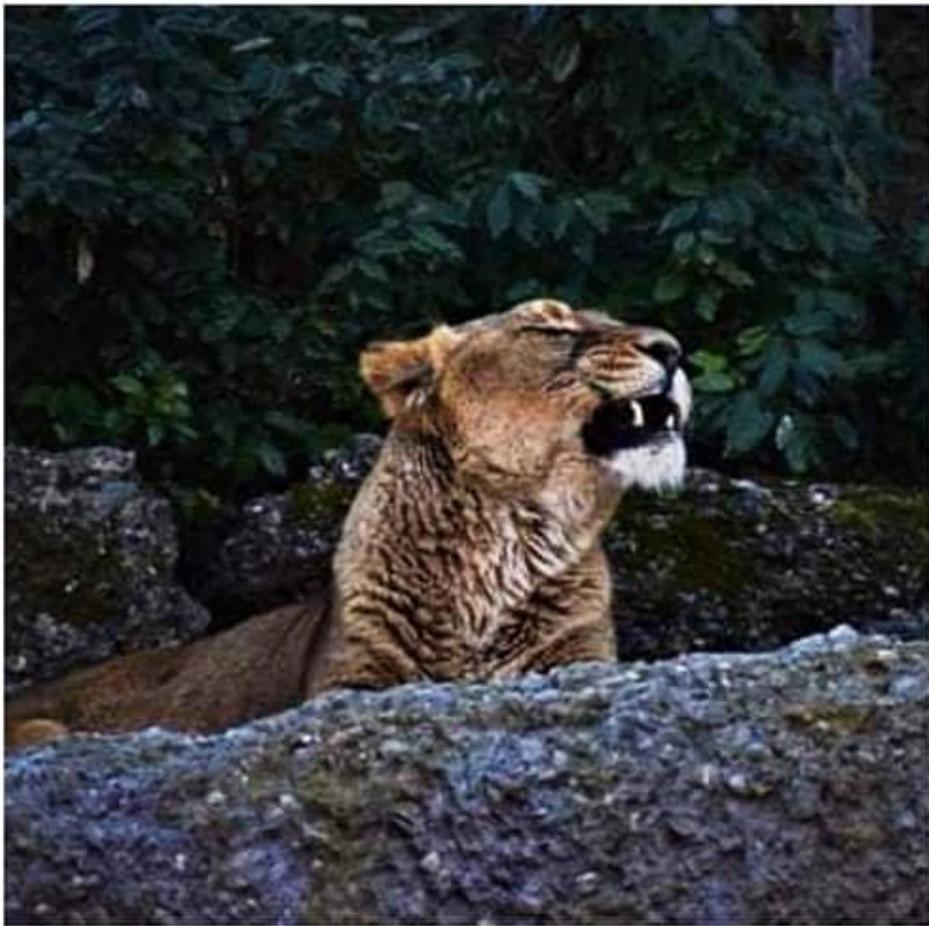


FIND YOUR ROAR
FEMININE ASSERTIVENESS



SAMANTHA WILSON

FIND YOUR ROAR

Feminine Assertiveness

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The events, places, and conversations in this memoir have been recreated from memory. The chronology of some events has been compressed. When necessary, the names and identifying characteristics of individuals and places have been changed to maintain anonymity.

This memoir is a truthful recollection of actual events in the author's life. Some conversations have been recreated and/or supplemented. The names and details of some individuals have been changed to respect their privacy.

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Author's Note

Be The Woman Who Never Backed Down From Life

"I was once afraid of people saying, "Who does she think she is?" Now I have the courage to stand up and say "This is who I am" – Oprah Winfrey

This thing called life can be tough, huh? Sometimes, no matter how hard you try, life just keeps coming back at you in the guise of people, situations, obstacles, and trials.

You want to be happy. You want to live in ease. You want to get along with people and live without drama and conflict. Mostly, you want to live in peace. Yet life doesn't seem to roll that way.

So why does life, in general, seem to have it in for you? I have a feeling that if life could give you an answer, life would say, "You're gonna be happy but, first, I'll make you strong. Come on! You can do it! Be the woman who never backed down!"

Because that's what life asks of you. To not back down from living. To be brave and courageous. To find your inner strength and peace in the face of chaos around you. To live your best life in the face of adversity. To dream big and worry less. To believe in yourself even when no one else does. To live with

integrity in your morals and values even when those around you may have none. To go after the life you want and make it happen.

The people, situations, obstacles, and trials? That's life's way of showing you where you need to toughen up. When you need to be brave and face your fears. When you need to protect yourself, your dreams, and wishes. Where you feel weak and vulnerable so that you can become resilient and strong.

Be the woman who never backed down. Show life that you are a feminine force to be reckoned with because that's all that life is really asking of you.

Samantha Wilson
27th October 2020

Chapter 1

I Am Woman. Hear Me Roar

Society and the roles that females play have evolved and changed beyond recognition in the last 100 years. Our female ancestors would never have been able to imagine having the freedom to assert their right to live how they choose, protect their boundaries, or use their voice to speak their truth.

Gone are the days when a female was treated as the property of a man. Firstly, her father, until she married and became the property of her husband, both of whom made decisions in every aspect of her life.

If a female challenged the status quo or tried to live a different way, she would have been frowned upon or cast in the role of a trouble-maker. So, she was forced to conform, and obey the rules that society set down to suppress females.

The suppression of females throughout the ages due to gender inequality took away a female's right to assert herself on every level. With the rise of feminism in the last 60 years, gender equality has now become the norm in most parts of the world.

Which is why feminine assertiveness is a relatively new concept.

Yet the feminine collective is still affected by deeply ingrained beliefs and conditioning on a female's right to assert herself, hold her boundaries, and live how she chooses.

Most adults today were children when they were taught the basic values of society which included the roles that each gender should play. This was during a time when the status quo was rapidly changing and evolving in respect of what was and wasn't acceptable feminine behaviour. This means that out-dated societal rules still linger on in the collective and individual psyche which affects both females and males. The older the person, the more likely they are to hold values that suppress females.

Many females struggle to assert themselves for this reason. They may resort to passive and/or aggressive behaviours in their interactions with the world around them. They may hold deep-seated anger within as a direct result of their lack of assertiveness from continuation of out-dated societal rules that suppressed them.

In my own quest to develop my assertiveness skills, I struggled to find an example to follow. So, I looked to the natural world. To the wild, so to speak and came across the perfect example. The lioness within the jungle.

Fierce, proud, and resilient — yet a gentle and nurturing mother — she is one of the most assertive creatures in the animal kingdom. She has strong boundaries, owns her space, and uses her roar to keep others away when they are threatening her and her pride's boundaries. Her roar is her assertiveness yet she remains calm, in control, and only uses her roar when necessary.

In the animal kingdom, if she didn't use this natural gift, she would be under constant threat. She would face death if she did not assert herself or need to continually fight and risk her life.

Either way, she would not be in her power. By using her roar, she keeps others away from her personal boundaries. She remains in her power and only uses aggression, by attack, when necessary.

While we don't live by the rules of the jungle where weakness is likely to lead to death, this is a fantastic example of feminine assertiveness.

So why do I see this as feminine assertiveness rather than assertiveness in general?

Well, I also looked to the king of the jungle, the lion in all his mighty glory. As

males, lions tend to engage in competition with one another, as they fight for territory and the attention of females. This leads to aggression between the males in the jungle.

It is the female lioness who remains calm and control, steady in her power and the space that she owns. Forget kings and queens, she is the boss of the jungle. Even the lions leave the lionesses alone.

Which is why feminine assertiveness is a much better behaviour for all humans to engage in and, hopefully, the females of the pride of humanity will lead the way forward.

To be assertive from a feminine perspective is to learn how to stand up for what you believe while staying in your feminine power. It's not about being aggressive, although females who are assertive are often labelled as being aggressive due to out-dated societal values.

Many people perceive aggressive behaviour as physical violence or shouting matches but aggressive behaviour can take many forms, including more subtle means such as manipulation and mind games.

Most aggressive behaviours are used to gain control of another person or situation, through overt (aggressive) or covert (passive-aggressive) actions. Either way, the person is trying to gain control or take from another person.

Being assertive is not about being aggressive. Instead, when you learn how to assert yourself, you also respect the rights of others to assert their right to their own values, beliefs, opinions, needs, and feelings. You honour your space and the space of people around you.

Passive behaviour is when you put other people's needs before your own in a verbal or non-verbal way. Females who resort to passive behaviour often fail to take their needs and feelings into account or hold their own values, beliefs, and opinions. They don't own their space and often allow people to infringe on their boundaries.

In a nutshell, aggressive behaviour is used to try to exert power to control other people. Passive behaviour gives away power and/or control to other people. Assertive behaviour is being in your personal power, remaining in control of yourself, and allowing other people to do the same.

Being assertive is about being fair, creating win-win situations without compromising your beliefs, values, needs, and desires.

You can find your roar while being fair and act in a controlled way without giving away your power.

When you become assertive, you are claiming your power to be your own authority in your life while understanding that others also have this right.

When you develop your assertiveness skills and assert your right to be you, you become your own best friend, you are on YOUR side, and life becomes a lot easier to handle.

Being assertive and asserting your right to be you means that you, and only you, are in charge of how you view yourself. You hold your worth, confidence, and self-esteem in your hands.

You view yourself through your own lens rather than the lens of other people's opinions which means that you no longer need to people please or force your opinions on others. You teach people how to respect you rather than wait for people to approve of you. You honour the rights of other people to act in a similar way.

You develop the skills to navigate life with less stress, less conflict, and more ease.

So, if there is a person or situation that oversteps your boundaries — be it a friendship, relationship, job, something that happens in the community, or the world at large — my advice to you is to step into your power and gain the respect that you deserve.

Stand your ground and develop your own roar. Use your roar only when needed, with respect, when your boundaries are truly threatened, and show that you are a female force to be reckoned with.

Once you have found your roar and see the positive change in your life, take time to imagine what would happen if every female spoke her truth and roared as one for the good of the pride that is humankind. It would truly be a spectacular sight to behold and could bring much-needed change to the world.

Chapter 2

I Won't Compromise Myself. I'm All I've Got

"Don't Compromise Yourself. You're All You've Got." – Jan Joplin

During a conversation with a friend about a particular situation in my life, they asked me the question, "Are you being the best version of Samantha that you can be?" The answer? The answer was no. My friend had given me a gentle reminder about living in integrity.

I believe in integrity. Even if I sometimes stray from the path. Let's be honest, being in your integrity doesn't sound so sexy. There are plenty of other behaviours you may wish to adopt. Yet, the truth is – your integrity is all you've got.

Your integrity is the moral compass that gives you the mental backbone that walks you through life in alignment with who you truly are at your very core. It's what you stand for. What you're against. What you will and will not accept in your life.

What you believe in. How you treat others and, in turn, how you allow others to treat you.

Without integrity, you may stand for nothing and fall for everything. You could fall prey to the negative behaviours of others or act in negative ways. You are less likely to live authentically or you may live for others and compromise yourself. You lose your connection to your authentic self and, if you lose yourself, you lose it all.

With integrity, you follow your own moral compass, and become the best version of yourself. You treat yourself and, in turn, the people around you with respect. You know how to take care of and protect yourself. You believe in fairness, no matter the actions of the people around you.

You go to sleep at night with a clear conscience because you know that you have acted in alignment with your true self. Living in integrity means that you live life right.

I was grateful for the reminder to live in integrity and be the best version of myself that I can be. To stand in my values whatever life throws at me.

I won't compromise myself – I'm all I've got.

Assertive Behaviour

The Oxford Dictionary's definition of the verb TO ASSERT is ***to state an opinion, claim a right, or establish authority***. If you assert yourself, you behave in a way that expresses your personal power which earns you the respect of others.

You assert yourself through your words and actions to direct your life in terms of your ability to create your reality. You use your words and actions to protect yourself in terms of your personal space by holding your boundaries.

Your ability to assert yourself and direct your life is linked to your action-based behaviour, i.e. are you passive, aggressive, or assertive.

On a superficial level, being assertive is defending your right to be treated fairly, usually through verbal communication, but also in non-verbal ways such as your body language.

On a deeper level, being assertive is to assert your right to be you in terms of your values, beliefs, opinions, needs, and feelings. To be free to live life as you

choose.

On a physical level, being assertive is to defend and maintain your personal boundaries by creating space around you.

On an emotional/mental level, being assertive is to defend and maintain your personal boundaries to be free from manipulation and the opinions of other people.

So, why do so many females struggle to assert themselves?

The suppression of females throughout the ages due to gender inequality took away a female's right to assert herself on every level. With the rise of feminism in the last 60 years, gender equality has become the norm in most parts of the world.

Yet the feminine collective is still affected by deeply ingrained beliefs and conditioning on a female's right to assert herself, hold her boundaries, and live how she chooses. Especially as out-dated rules regarding females and their conduct still run throughout society.

Many females struggle to assert themselves for this reason. Instead, they develop passive and/or aggressive behaviours to compensate, sometimes swinging between the two behaviours.

Passive Behaviour

Passive behaviour is when you put other people's needs before your own in a verbal or non-verbal way.

If you consistently adopt a passive approach, you are more likely to be taken advantage of by other people, either consciously or subconsciously.

If you adopt a passive approach, you are denying your own needs and wishes which will lead to resentment and/or anger building up inside of you, as your needs and desires are not being met.

If you are passive by nature, you may find that you have one-sided relationships. By developing your assertive skills, you will have the tools to assert your needs and desires to correct any relationship imbalances.

There are times in life where occasional passive behaviour can be helpful. Problems arise if you consistently adopt a passive approach to life and the behaviours of others, i.e. If you don't stand up for yourself or assert your right to be you to please other people.

The following is a list of passive behaviour traits

- Putting the preferences of others first
- Soft spoken
- Hesitant speech with the emphasis on looking for approval
- Broken speech patterns
- Discomfort in body language
- Overpowering self-criticism
- Avoiding eye contact when interacting with others
- Self-deprecating, i.e. putting yourself down to others
- Belittling your own views
- Internalised anger and resentment

The above traits are signs of the effects of passive interaction with other people. Passive behaviour tends to arise to please other people.

Aggressive Behaviour

Many people perceive aggressive behaviour as physical violence or shouting matches. Aggressive behaviour can take many forms, including more subtle means such as manipulation and mind games. Passive-aggressive behaviour is included under this section for this reason.

Aggressive and passive-aggressive behaviour is often used to exert power or control over another person.

Most aggressive behaviours are used to gain control of another person or situation, through overt (aggressive) or covert (passive-aggressive) actions. Either way, if you act in an aggressive way, you are trying to gain control or take from other people.

People who want to gain control of others do so because they often feel out of control or they have a perceived need they want the other person to meet.

Which is why not every person will use aggressive behaviour all the time. You could act aggressively when you are at the end of your tether from adopting passive behaviour traits. Your aggressive behaviour may be an attempt to regain control.

While aggressive behaviour may seem to give you power, you may be trying to take away the power of another person instead of stepping into your own power. Aggressive behaviour erodes trust and respect between people for this reason.

Only by learning to assert yourself can you be in your power AND respect other people.

It is worth remembering that aggressive behaviour is often picked up in childhood from other people if a person hasn't been taught how to be assertive.

Aggressive people are more likely to

- Focus on themselves and their wants and needs without considering the other person
- Focus on how "things" affect them
- Be unwilling to accept responsibility for their actions
- Believe their opinions are fact
- Make aggressive enquiries and demands
- Undermine other people and their opinions
- Give manipulative advice to their own advantage
- Speak rapidly and/or loudly to intimidate or emphasis blame
- Talk aggressively and listen defensively
- Make intense eye contact to intimidate
- Use emotional manipulation

Remember, a person can also demonstrate aggressive behaviour in extreme situations or when they have reached the end of their tether. Also, many people demonstrate aggressive behaviour traits because they haven't been taught how to be assertive.

Whether a female adopts passive and/or aggressive behaviours instead of being assertive, their actions lead to one emotion. Anger. Passive behaviour internalises anger. Aggressive behaviour externalises anger.

Nice Girls Don't Get Angry

These five little words uttered to generation after generation of females by their parents, partners, other females, and society, have repressed females the world over, causing females to lose their natural and essential gift of assertiveness.

For me, anger itself is not a negative but very natural emotion which occurs when a person's boundaries are overstepped.

In essence, your personal boundaries are what keep you safe. Imagine yourself as a house with a garden at the front. Your house would have "boundaries." The boundaries could be a wall, fence, front/back doors, and windows.

In an ideal world, we would all live in harmony. We would respect each other's boundaries without the need for garden walls or fences.

Alas, the reality of the world we live in today is far removed from this. Healthy personal boundaries are important for your physical, mental, and emotional health.

So, when your personal boundaries are overstepped, you would naturally feel angry. Just as you would feel angry if someone broke into your home and stole your possessions. You would feel fearful, threatened, scared, and angry!

During times of gender inequality, females were expected to conform and deny their natural right to be angry when their personal boundaries were overstepped. This often happened through physical, mental, or emotional abuse.

Females were forced to "swallow their anger" or "bite their tongue" which means the damage inflicted upon them dwelled deep inside.

The true is that these out-dated societal rules are still in the psyche of the human collective to this day.

Some females hold onto this anger as they try to conform to what society dictates. For most, this anger can only be internalised for so long. Eventually, this anger will spew out like a volcano, normally aimed at someone who doesn't deserve it at that point in time. Once calm again, the person feels guilt and shame, making promises to themselves, "I won't get angry again."

Either way, by swallowing their anger or having it explode uncontrollably, all self-power is lost. The cycle begins and is repeated, again and again. Anger turns into a negative emotion when it should be a natural survival instinct. By becoming a negative emotion, anger prevents you from treating others with respect.

I explain rather than express anger by asserting my right to hold my boundaries. As I mentioned before, I think of this as the lioness within the jungle. Fierce, proud, and resilient — yet a gentle and nurturing mother — she is one of the most assertive creatures in the animal kingdom. She has strong boundaries and uses her roar to keep others away when they are threatening her and her pride's boundaries. Her roar is her assertiveness yet she remains calm, in control, and only uses her roar when necessary.

In the animal kingdom, if she didn't use this natural gift, she would be under constant threat. She would face death from not showing her anger or must continually fight and risk her life.

Either way, she would not be in her power. By using her roar, she keeps others away from her personal boundaries. She remains in her power and only uses aggression, by attack, when necessary.

While we don't live by the rules of the jungle where weakness is likely to lead to death, this is a fantastic example of feminine assertiveness.

Assertiveness. Taking The Middle Ground

People who exhibit and use passive and/or aggressive behaviours are attempting to survive in a world in which they feel unsafe, as I will explain a little later. Only by finding the middle ground by adopting and using assertive behaviours can a person truly thrive.

If you are unable to assert yourself, you may adopt passive and/or aggressive behaviours to compensate or even swing between the two.

For example

Aggressive people attack or ignore others' opinions in favour of their own.

Passive people don't state their opinions at all.

Assertive people state their opinions, while still being respectful of others.

Being assertive is to take the middle ground by respecting not only yourself but other people.

So, let's look at some of the characteristics of assertive behaviour.

An assertive person can

- Stand up for themselves, both verbally and non-verbally
- Share feelings, opinions, and experiences with others
- Make requests and ask for favours
- Refuse others' requests if they are too demanding
- Question rules or traditions that don't make sense or don't seem fair
- Address problems or things that bother them
- Be firm so that their rights are respected
- Say No when they need to
- Start, change, or end conversations
- Express positive emotions
- Express negative emotions
- Able to deal with conflict in a calm way
- Get what they want when they are entitled

After reading through the examples of assertive behaviour, you may be able to understand why feminine assertiveness is relatively new, and why females may need to break the status quo, individually and collectively.

Breaking The Status Quo Of Your Habits

If you are aware that you are adopting passive and/or aggressive traits, you will need to break the status quo to adopt an assertive approach to life. You will need to change the status quo in your interactions with others and this can be difficult.

You will be changing the habits of a lifetime and you may experience resistance from the people around you.

If you adopt a more passive approach to life, remember that only you can decide what is and isn't appropriate for you. You can adapt and change your approach to the people around you.

If you adopt a more aggressive approach to life, remember that you can only control yourself and your responses to life, not control the people around you.

You may find that the people around you may be resistant to change which means that the changes must come from within.

By adopting a self-awareness approach, you will pick up on people or situations where you need to change your approach.

For example, if you have always been available to help others, yet realise you cannot continue without suffering yourself and start to say no, the people around you may find the change difficult to accept, at first. You may feel guilty or be made to feel guilty.

On the other hand, if you find yourself in conflict with other people on a frequent basis, ask yourself if you are acting in an aggressive manner by overstepping people's physical and non-physical boundaries, whether through overt or covert aggression.

Changing the status quo in your life is usually the most difficult aspect of asserting your right to be you. Always be kind to yourself and understand that it will take time.

Chapter 3

My Journey To Find My Roar

I woke before dawn. In the pitch black of winter. I fought my way out of the tangle of blankets, bolted upright and tried to steady my breath. The fear and anxiety that were my constant companions lost their grip as memories of my nightmare slowly receded.

As I lay back and snuggled under the covers to watch the sunrise through my bedroom window, I pondered over the day ahead with a sense of dread in the pit of my stomach. I'm a winter solstice babe. I was born on the shortest day of the year and my eighth birthday had arrived. I'd survived another year around the sun.

Eight years is such a brief time to be alive yet I'd seen and experienced far too much for one so young.

My birthday fell on a school day that year so I rose and dressed with the sun. After breakfast and birthday gifts, I set off for school with a knot in my stomach, desperately trying to come up with an excuse for the events of the day ahead.

You see, my class at school had a tradition of a singalong to celebrate every pupil's birthday. The teacher would call you up to stand on top of a chair at the front of the class while everyone sang happy birthday just before lunch break. I

know, a little girl should look forward to such an experience but, for me, it was my idea of hell.

So, I found myself in class that morning, counting down the minutes to lunch break, feeling sick to my stomach. Perhaps she'll forget, I thought to myself. No such luck. My cheeks began to turn red and my legs started to shake, as I watched her pull a chair out from under a desk and place it in front of the blackboard. "Come on, Sammy. It's your special day!" she said with a big, beaming smile. I felt my breath catch at the back of my throat and my hands began to sweat. I wanted the ground to swallow me whole.

By the time I'd made it to the front of the class, it's fair to say my cheeks were a shade of scarlet red. I managed to stand on top of the chair, but my eyes were already smarting, and I could feel a sob at the back of my throat.

It was all too much. I burst into tears and fled from the room before my classmates reached the second line. Worse still, I couldn't even begin to explain to my teacher why I'd had such a reaction that was completely out of character.

I was a confident little girl in most ways, despite my childhood experiences. Yet there was something about being the centre of attention, with all eyes on me, that absolutely scared me witless.

I would encounter the same problem, again and again, throughout my childhood and adolescent years. I have vivid memories of being chosen to speak at a school assembly aged 15 and, I swear, I wanted to die. I got through it this time but make no mistake. Every person in my school heard the tremor in my voice, watched my hands shake, and my face turn the colour of puce. Mortified. I was absolutely mortified.

I had no problems in a group setting. I was a bit of a chatterbox, you see. I could be a little bossy, shall we say. I guess I was too young at this stage to try to understand why this happened to me, especially as the experience was completely at odds with my character.

My school days were over when I made the decision to become a lawyer and began the extensive studying and training to make my dream a reality. I qualified on my 25th birthday and soon found my first Court appearance booked in my diary.

As a young lawyer ready to cut their teeth, it was only a short hearing in the Judge's Chambers, yet I felt excited as the big day arrived. I'm certain I put on my best black suit and bounced along to the Court building. Finally, all the years of hard work had paid off.

As I waited outside the Judge's Chamber, I wasn't banking on the first stirrings of fear in the pit of my stomach, nor the slight tremors in my hands and legs. I guess the heat coming off my cheeks was another sign that all wasn't well. I took a deep breath, walked through the door, and got on with it.

I remember that the Judge kindly smiled at me while I mumbled my way through my lines. I guess I wasn't the first lawyer to experience a little stage fright. At the end, I was out of there like a shot.

After the hearing, I sat in my car in the parking lot with my head resting on the steering wheel, cursing under my breath. I couldn't believe it. I'd spent years training to be a lawyer and I was certain that I wanted to work as a litigator. Which meant going to Court most days.

Over the next couple of years, I struggled through the Court hearings. I felt sick for days beforehand yet soon found that my strength lay in the written word. My big breakthrough came because of a change in the English legal system. The advent of telephone hearings. All I had to do was talk.

Oh my. What a game-changer. I was absolutely on fire as I tied my opponent in knots with my tongue alone. After putting down the phone at the end of the hearing, for the first time, it was clear that I had the verbal assertiveness skills to do the job. Indeed, it's fair to say that I have the gift of the gab. My non-verbal assertiveness skills were the problem. I wasn't owning my space. I had to tackle the remaining issue head-on instead of struggling to get by.

By this time, I had already begun to unravel the after-effects of my childhood. I was a victim of sexual abuse living in a home with an alcoholic father where domestic abuse was a regular occurrence. My experiences left me with the feeling of wanting to be invisible to keep myself safe.

Worse still, I was forced to cover up the abuse by my family. An act that would affect me for the first forty years of my life.

I guess I had my light bulb moment. Whether I was stood on a chair in front of

the class, on stage during assembly, or in the Courtroom, any situation where I felt all eyes were on me triggered my fears around safety, and my body acted accordingly. This affected my ability to verbally communicate.

For this reason, I wasn't holding my right to exist in the space I occupy. My experiences had practically forced me out of my own body to give me a feeling of safety.

As my confidence in my verbal skills increased, I overcame my fear of the spotlight, and went on to become one of the best litigators in the firms that I worked for. I owned the floor of the Courtroom because I had to work so hard to overcome my fears.

I mastered the art of being verbally and non-verbally assertive in my professional life. I found my roar and was able to use it effectively. For everyone else, that is. I struggled to assert myself and my needs in my personal life. I was codependent in most relationships, as I developed a saviour complex, running around trying to rescue everybody else. I would swing between passive and aggressive behaviour, all fuelled by anger.

It's fair to say that my life and my relationships were incredibly chaotic at this time.

So, I became a workaholic to avoid fully dealing with the emotional wounds of my childhood. This brought up many challenges, as I completely ignored my needs in terms of my health, well-being, and happiness. I went on to suffer from acute burnout symptoms and a devastating case of apathy for life itself.

I had no time for relationships and my social life was non-existence. Worst of all, I was angry. I was angry to the very core of my being. Anger tends to act like a poison to our system that spills out onto other people from time to time.

I finally reached rock bottom when I knocked a cyclist off a bike on my way home from work because I was so burnt out. Put it this way. By this stage of my journey, I was ruined. I was a hot mess.

Yet my ruin was to be a gift. I completely changed my life in a heartbeat, as I gave up my legal career and homeland of the UK to begin again in Andalucia, Spain.

Over the following eight years, I went on a journey to learn how to own my space and reclaim my power to assert my right to be me.

I healed the wounds of my childhood to open up to a heart-centred way of living based on kindness, compassion, and empathy that allowed me to be fair in my dealings with the world.

I rewrote my life story based upon my truth instead of the lie I was forced to live and found courage in the vulnerability of sharing my experiences with others.

To say to the world “This is my truth. This is who I am. This is how I feel. These are my needs.”

I dealt with my deep-seated anger from my childhood experiences.

I unravelled my codependency issues, created new ways of being, and learnt how to effectively communicate.

I found my roar to speak my truth and went on to use my voice for the benefit of others.

I became a feminine force to be reckoned with. The Queen of my own life. I absolutely own it all. The good, the bad, and the ugly.

In this book, I share stories of my journey, and the knowledge I gained to help you to develop your feminine assertiveness skills to find your roar.

Continue reading by ordering a full copy of my [Find Your Roar: Feminine Assertiveness e-book](#).