

# 50 ways to make him miss you



**CELINE CLAIRE**

*BOOK 4: Appreciate the Benefits of Being Yourself*



## Introduction

Being yourself doesn't mean that you are selfish and it doesn't imply that you care less about others. It simply means being and liking yourself in addition to living per your heart's desires regardless of other peoples' opinions.

In this e-book, you'll discover the importance of being yourself in a relationship in detail

### **You are unique and possess your own talents**

You shouldn't imitate or compare yourself to other women who you regard as wealthy and of a higher class than you. If your man likes you, he will settle with you, and if he doesn't, he won't dare spend any more time with you. Even if you attempt to imitate other women yet you aren't interested in keeping up with their standards from deep within your heart, you will get tired of pretending and resume to your original self.

Only imitate if you feel like it's best for you and the relationship and not just for the sake of fitting in. Respect yourself and refuse to concern yourself with what others think of you, for most people either don't think or tend to think lesser of you.

Understand that all of us have a life and are gifted with higher mental faculties, which enable us to create our environments. Most importantly, if you don't have something to stand for, you will fall for anything cast upon you. Choose who and what you want to be and cherish that.

### **Be courageous. Stand out!**

Understand that it takes a huge amount of courage once you decide to go against the crowd. Most people will follow the status quo because it's easier and gets them more approval from their peers.

For many people, it's challenging to remain true to themselves and set their own identities. The challenge of always being yourself takes massive

courage and inner strength. If you want to be courageous, always consult the quiet voice within you for directions. Although it may give you advice that is totally illogical, just follow through with its instructions from this voice for they will lead you to greater heights of achievement as compared to following the status quo.

## **Establish healthy boundaries**

Healthy boundaries are set to ensure that you are mentally and emotionally stable. Boundaries can be physical or emotional and can range from being loose to rigid, with healthy boundaries usually falling somewhere in between.

As humans, a complete lack of boundaries may indicate that we lack a strong identity or we are under someone else's control. Healthy boundaries are used to establish one's identity. Specifically, healthy boundaries can assist people to define their individuality and can help people identify what they will and won't hold themselves responsible for.

Whereas boundaries are typically psychological or emotional, they can also be physical. In a relationship, healthy boundaries are a vital component of self-care. Poor boundaries result in anger, resentment, and burnout.

If you are true to yourself, you understand what your limits are and the boundaries that you have created for yourself. If people attempt to cross your boundaries, you'll know. This includes your dear man. To avoid constant fights with your man, tell him about your boundaries and also ask him for his so that you avoid doing what violates both your beliefs.

Setting boundaries in your relationship can help reduce conflicts and unnecessary stress because they leave room for a better personal life.

More generally, the consequences of not setting healthy boundaries usually include stress, financial burdens, wasted time, and relationship distress. In other words, the absence of healthy boundaries can negatively impact all aspects of someone's life.

An example of setting healthy boundaries in your relationship would be if you ask your partner for one night every week alone as opposed to seeing

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