



**THE 3 REASONS
YOU DON'T FEEL
GOOD ENOUGH &
HOW TO HEAL IT**

carina talla



WHY LISTEN TO ME?

My name is Carina Talla, I am a Healing Coach, Inner Child Expert and the founder of the How To Heal Method™. I help people just like you who are struggling with not feeling good enough.

I UNDERSTAND YOUR

PAIN because I was you, I have been exactly where you are, not feeling good enough and comparing myself to others, wishing I could be anyone but me. I lived in a constant state of anxiety, depression, and in cycles of feeling hopeless because I didn't know a way out.

I felt lonely no matter who I was around because I was so disconnected from myself. The toxic relationships around me reflected my low self worth and the damaged relationship that I had with me first. No matter what I did or how much I tried to fill the empty void inside of me with food, shopping, scrolling, drugs, drama and addictions, I still felt empty, I never felt enough. I felt hollow and numb.

I began to realise I had been carrying the belief of not being good enough since my childhood. As I dug deeper, I realised even more that I had been programmed with this belief system my whole life. First from my family, childhood trauma and abuse, then from peers and bullies at school, the teachers who labelled me as troubled with no future hope.

NOT FEELING GOOD

ENOUGH continued as I got older. It came from my explosive relationships, cheating partners and bosses at work. The doctors that labelled me mentally unwell and unfixable. The chronic illness that shut down my body at twenty years old and many mental break downs that left me at rock bottom and more hopeless than ever.

The pressure of reaching societal expectations that I could never meet and milestones that I always felt behind on. I felt broken and like a failure, like everyone else had their lives together but me. It came from the confusion of the toxic culture i grew up in. Being the odd one out and the black sheep in my family. The pain of not having support, a stable community or anyone that i could relate too.

It came from the magazines with photoshopped faces and bodies. The constant change of beauty, fashion and social media trends that are designed to make sure you never feel good enough so that you keep consuming more to fill the void. The trap kept me hooked on endless scrolling of comparison that fed my wounds of unworthiness even more.

I pulled and picked at my body, listed everything I wanted to change, I shamed myself for everything I could of done or should be doing. I couldn't quiet my mind from the noise and racing thoughts.

No matter what I achieved I was never happy with the result. I criticised and punished myself for years without realising that my self sabotaging behaviours were coming from not feeling good enough, and underneath that, was the core belief of being unloveable, and that is the deepest pain that any human can feel. Then it all hit me, i realised that since the beginning of my life, I had been told that I am not enough, can you relate?

“Then it all hit me, i realised that since the beginning of my life i had been told that i am not good enough, can you relate? ”

THE URGENCY TO

CHANGE MY LIFE began to race through my mind and surge through my body as i awakened to the truth. The truth that the pain of not feeling good enough was ruining my life and would ruin my future. I remember crying out *"I can't live like this anymore"* there was no more time left to waste. I urgently need to change otherwise my life is only going to keep getting worst.

I don't want to get to the end of my life and regret living everyday being at war with myself. To only have existed but never actually having lived. I wanted to be free but i didn't know how to change, until healing entered my life, and then everything changed. I finally found the way to a new life.

The path out of the pain you are suffering with right now is my How To Heal Method™. The exact method I used to heal myself from not feeling good enough. I have transformed my life to be unrecognisable today and i am living proof that it is possible to heal. If I did it, you can too.



“I can’t live like this anymore. I urgently need to change otherwise my life is going to get worst.”



**“You can trust me
because i have been
where you are and i
know what it takes
to break free from the
pain you are in.”**

WHY TRUST ME?

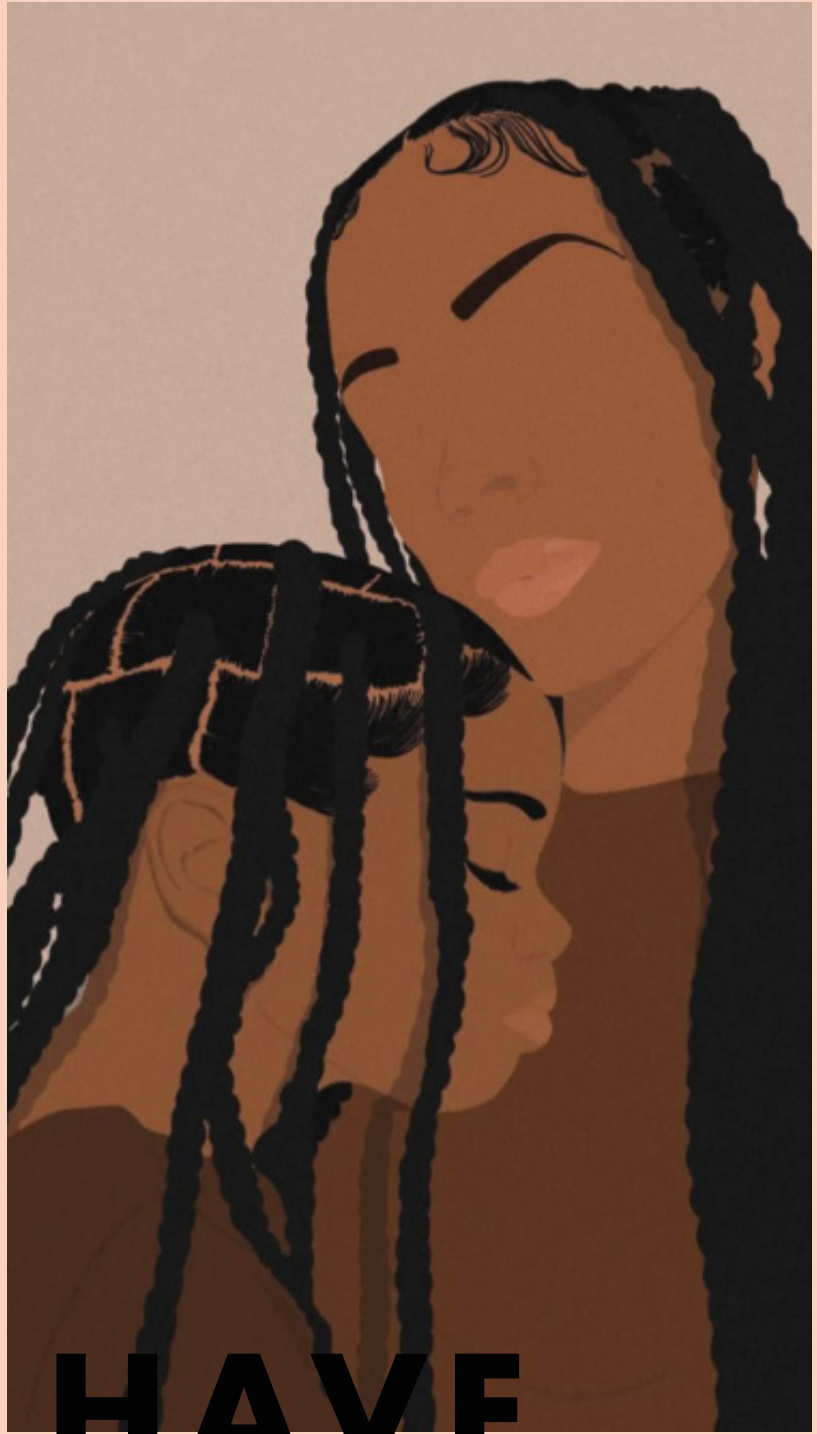
0 1. I am a well trusted industry expert and have helped transform thousands of lives across the world with my How To Heal Method™. With my expertise in the field, inspirational life story, and 10 year healing journey, I know what works and what doesn't. That is why I created my tried and tested, results driven, How To Heal Method™.

0 2. You can trust me because I have been where you are, I understand how you are feeling right now and I know what it takes to break free from the pain you are in. There is no person better to help you than someone who has already taken the journey that you need to go down to heal your life, that person to help you is me.

0 3. The old methods of therapy are dated and don't work. My How To Heal Method™ is the quickest way to start healing and seeing results. Do you want to be stuck in therapy for the next 10 years of your life without making any progress? Or, transform your life in just 12 weeks with my life changing How To Heal Method™? You decide.

REASON 01
YOU DON'T FEEL
GOOD ENOUGH...

01



**YOU HAVE
A WOUNDED
INNER CHILD**

01.

YOU HAVE A WOUNDED INNER CHILD

THE TRUTH IS... there is a little child within you that feels not good enough, unloved, scared, lonely and unworthy. Your life is being controlled by your wounded inner child, meaning the unhealed trauma from your childhood of not feeling good enough keeps being relived in the present moment as an adult through your self sabotaging behaviours, destructive habits, limiting beliefs, negative thoughts and toxic relationships. The inner child within you carries all your experiences and trauma that you went through from the age of 0 - 18 years old that is still impacting how you feel today.

Childhood trauma is not only what happened to you, but, also what didn't, such as not receiving emotional support, praise, validation or affection. It is the pain of feeling different, like you don't belong and that no one understands you or how you feel. It is being compared to others by family members and only being deemed as worthy for what you achieve or expectations that you meet.

If you have had childhood trauma or experiences that left you feeling not good enough or thinking that something is wrong with you when you were growing up, this has negatively impacted your self esteem and how you see yourself today which has caused feelings of unworthiness as an adult. Until you heal your inner child you will continue to live from your pain and be stuck in the past.

Childhood trauma is not just the obvious traumas such as emotional or physical abuse, neglect, witnessing domestic violence, illness, poverty, loss of a parent and life threatening circumstances. It is also bullying, learning difficulties, parents arguing or divorcing, caring for a unstable parent, witnessing addiction, frequently moving house and schools, racial inequality, and lack of emotional support.

MY CLIENT before she understood that her beliefs of not being good enough came from her childhood and learnt how to heal her wounded inner child, was on the edge of a divorce and loosing her senior position in her career that she had worked so hard for. She couldn't understand why when anything good came into her life she would self sabotage and try to ruin it.

She could no longer cope with loosing control of her behaviour and becoming overwhelmed with her emotions every time she got triggered. This led her to then try push away anything good in her life. Her life was crumbling around her as she reached rock bottom and had lost all hope.

As i explored deeper with my client to uncover the core issue driving this behaviour, we found that when she was a child she had the trauma of a workaholic father who never gave her any love, praise or affection, an alcoholic mother who would frequently be emotionally abusive towards her when she had been drinking, and she got bullied at school for being different and struggling with dyslexia, all while receiving no support.

As a child she internalised the way her parents and the bullies treated her that it was because something was wrong with her, that she wasn't loveable or good enough. This internalised belief stayed with her, so whenever anything good came into her life, her wounded inner child would cause her to self sabotage because she did not believe that she was deserving of anything good.

**“Heal your inner child
and you heal your life”**

When we worked on healing her inner child and processing the trauma from the past, my client made incredible progress. She learnt how to be her own loving parent that she needed and how to love herself for the first time. She had the tools to calm her emotions and soothe her triggers. Heal your inner child and you heal your life. The marriage was saved, she received a promotion and a pay rise in her job, and created the dream life that she always deep down wished for because she healed her inner child and felt worthy to receive it.



THE FACT IS... you need to know how to heal your inner child and become the loving parent that you always needed otherwise you will always have the empty feeling inside of not being good enough no matter what you do.



REASON 02
YOU DON'T FEEL
GOOD ENOUGH...

02



**YOU HAVE
NEGATIVE
LIMITING
BELIEFS**

02.

YOU HAVE NEGATIVE LIMITING BELIEFS

THE TRUTH IS... the childhood trauma that you have experienced of believing that you are not good enough means you have developed negative limiting beliefs systems about yourself, others, and the world in your subconscious mind. This has resulted in your low self worth, low self esteem and low self confidence. Beliefs control your reality and influence your thoughts, to change your reality you have to start changing your beliefs and your thoughts. A new life requires new thinking.

The limiting beliefs that have been programmed into your subconscious mind through societal conditioning and your childhood experiences control 95% of your daily cognitive function.

This means that your daily thoughts, emotions, behaviours and habits as an adult today are all being driven from the core belief that you are not enough that you picked up during childhood.

You attract into your life from your subconscious belief systems and create your reality from what you believe to be true. To change your life you need to start changing your negative beliefs.

On top of that, the human mind thinks on average 60,000 thoughts a day. This means that everyday you are thinking 60,000 thoughts that are all being driven from not feeling good enough which contribute to anxiety, low mood, depression and lack of self love. Starting to realise why your struggling so much in your life right now?

MY CLIENT had been struggling to find a healthy relationship despite saying she wanted to meet a partner and settle down. Yet all the men she kept attracting into her life were the same as her emotionally unavailable and commitment phobe ex, who out of the blue ended their relationship and left her feeling heart broken and abandoned.

She became so frustrated at why the same pattern kept repeating itself of attracting men with similar traits that left her feeling disappointed. She faced her fear of being alone forever, questioning if it was because something was wrong with her or if she was destined to be alone.

As we explored her childhood to uncover the root cause of what was going on, she opened up that her father was emotionally abusive to her mother growing up and it often led to physical fights in front of her. Her father then abandoned her when she was just eight years old. My client had never witnessed a healthy relationship, but also only had negative limiting belief systems about men that kept causing her to attract men that were similar to her father and matched her negative beliefs.

The beliefs she had were; men are bad, they abandon me like my father did, I can't rely on men, men are emotionally unavailable and if I am alone away from men I can't be hurt. It was ground breaking for her to uncover these limiting beliefs and made her relationships all make sense.

“When you change your beliefs you change everything”

We worked on reframing her limiting beliefs around men and relationships, changed the negative thought patterns and reprogrammed new empowering belief systems into her subconscious mind. When you change your beliefs you change everything. My client from a place of self worth of now believing she was worthy of a healthy loving relationship, then met her life partner who treated her with the love she had always dreamed of. They move into their first home together, got married, started a family and she is now the happiest she has ever been.

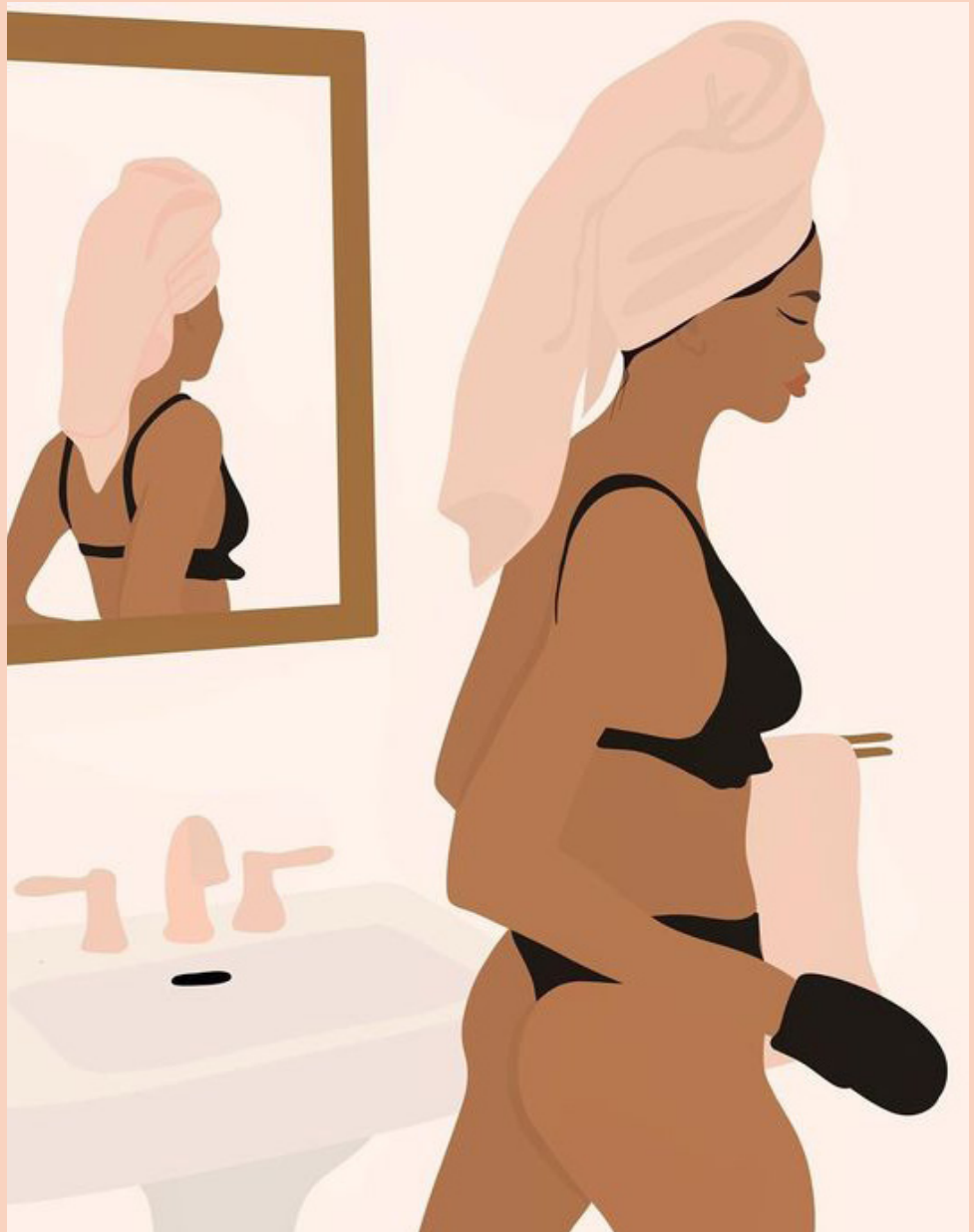


THE FACT IS... you need you need to learn how to change your belief systems, thought patterns and how to reprogram your subconscious mind. If you don't you will continue to live from the negative limiting beliefs of not being good enough that you have had since you were a child and your life will never change.



REASON 03
YOU DON'T FEEL
GOOD ENOUGH...

03



**YOU LACK
SELF LOVE**

03.

YOU LACK SELF LOVE

THE TRUTH IS... you don't feel good enough which means you lack self love. When you don't love yourself this leads to insecurity, jealousy, low self esteem, self sabotage, lack of confidence and living in fear. When you don't have self love you don't accept yourself for who you are and never feel good enough no matter what you do.

When you lack self love you will allow toxic behaviours in your life and settle for less than you deserve because you don't believe you are worthy of deserving better. You will live a mediocre life, feeling unfulfilled, not reaching your full potential and attracting people that treat you with the same lack of respect that you give yourself.

Lack of self love will result in having negative self talk, criticism and perfectionism. It is pushing yourself too hard and feeling guilty when resting. Punishing yourself with exercise and food and having negative body image. It is not taking time to be proud of yourself or your accomplishments. It is rejecting compliments and trying to do everything on your own without support. It is not trusting when others are kind to you because you don't believe you are worthy of receiving their love or support.

When you don't love yourself life feels heavy, like your stuck in unhappiness but can't quite put your finger on why you feel so empty inside even when you have so much on the outside. The little inner child within you is so desperate to be loved and that love has to come from you.

MY CLIENT felt overwhelmed with self loathing, feeling unloveable and not accepting of who she was. She became addicted to shopping as a way to numb the emptiness she was feeling inside and ran up a huge credit card debt that nearly cost her the loss of her flat.

She became obsessed with constantly changing her appearance, over exercising and under eating. In attempt to change the outside in hope it would fix the pain of not loving herself on the inside. No matter what she did or how much she changed herself, she felt the same.

As we explored her childhood we found out that although she grew up in a safe home, with all her material needs met, financial wealth, and a big family, no one ever expressed their love or affection towards her growing up. She had rarely been told the words "I love you" by either parents and was only praised for achievements and good grades. Her emotions were often shut down with shame as she was told to get on it with and stop being so childish so she learnt it was not safe to be herself.

As a child her parents lack of love, affection, emotional support and validation made her feel that she was unloved and unworthy of love, that she didn't matter and her emotions weren't valid. She learnt to hide and suppress how she was feeling which led to her addictive habits later on in life.

“Self love will transform you and your life.”

When my client began practicing self love and learning to love herself for the first time, her life transformed. Self love will transform you and your life. My client became her own best friend, loving and accepting who she was and filling herself with the love that she never received. She then went on to become a successful self love coach herself and helped other women learn how to love themselves too. She became happy, confident and free in her own skin for the first time. She not only fell in love with herself but also with the new life she created as her result of her own self love.



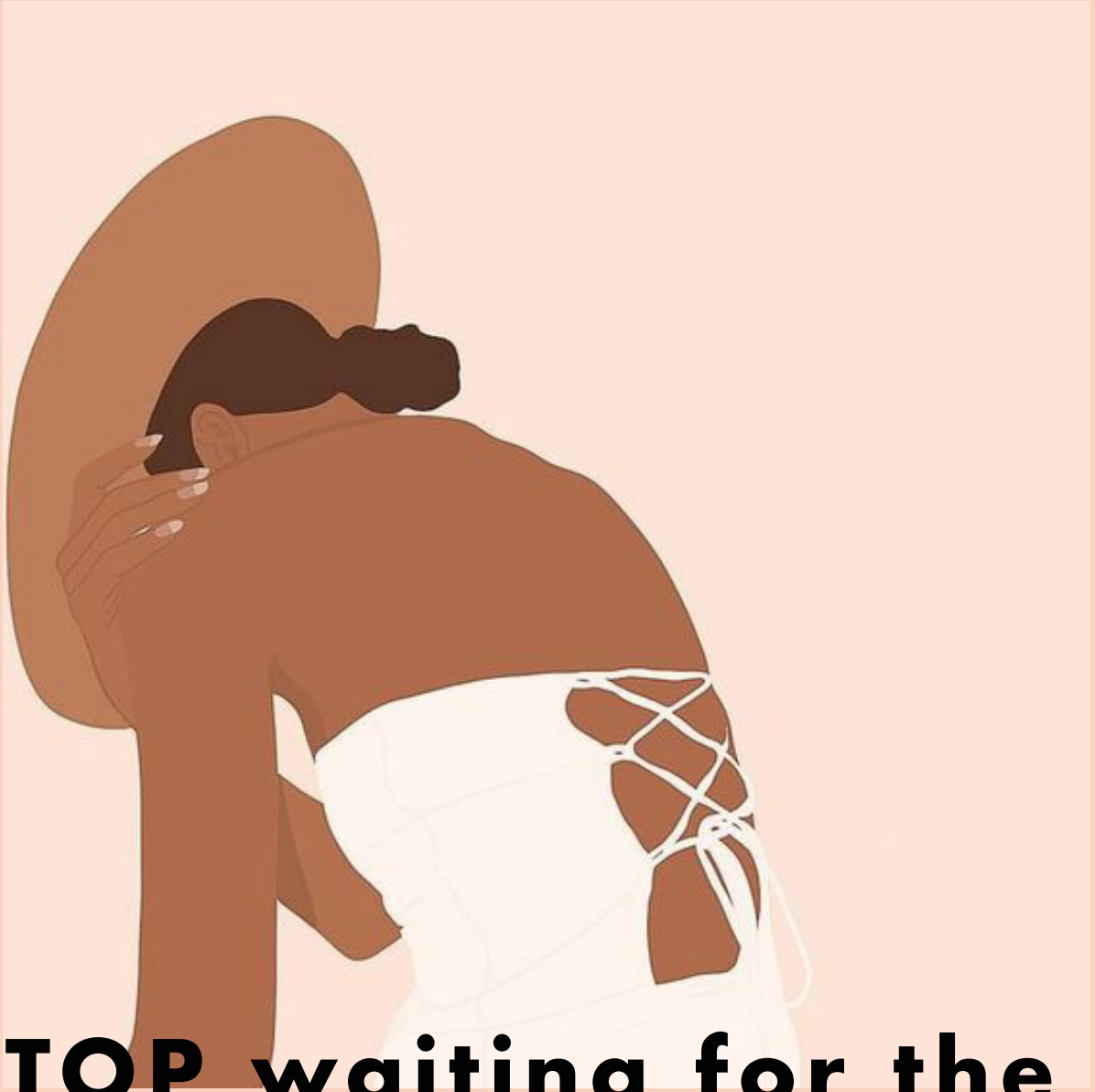
THE FACT IS... you need to learn how to love yourself to heal not feeling good enough. To fill the empty void inside you must fill it with your own self love, worthiness, acceptance, respect, care, compassion, safety and trust. To give yourself the love you need.



**IT'S TIME
TO CHANGE
YOUR LIFE
FOREVER
AND NEVER
LOOK BACK...**



**You only get ONE
chance at life and the
time is NEVER coming
back.**



STOP waiting for the perfect time because it doesn't exist. **STOP** wasting your life.



HEAL so you can
become the person
you know you are
DESTINED to be.

**TIME IS UP,
IT'S TIME
TO CHANGE
YOUR LIFE!**

IF YOU ARE SICK AND

TIRED OF... feeling not good enough, unloveable, empty, lost, helpless and exhausted of reacting to life from your wounded inner child, book in for a **FREE CONSULTATION** today so i can help you get out of the pain you are in.

Let me be the first to tell you right now, you don't deserve to suffer like this anymore. **YOU DESERVE TO FEEL GOOD ENOUGH, HAPPY AND FREE.**

The solution to healing not feel good enough is my 12 Week How To Heal Method™. The path has already been paved for you, all you have to do is follow the steps.

Book in for a free consultation today to **TAKE THE FIRST STEP TO CHANGING YOUR LIFE.** The only thing you will regret is not doing it sooner.

LET'S DO THIS!



BOOK A FREE
CONSULTATION
BY CLICKING
THIS LINK

