

Secrets of Winning the Child Support Wars: A Guide for Single Moms



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Disclaimer: The methods discussed in this book goes against the grain of normal combative relationship behavior. You must be a gutsy woman and willing to put aside the long held thinking that you have to fight your ex tooth and nail for support. If you are reading this book right now you know that past methods have not worked.

But if you are ready to do something different, you are about to embark on a new frontier of relationships and getting things done. This book will show you how to take control of your life and empower yourself to get the things you deserve. You will not have to take anything by force, but it will be given to you from a heart full of love and gratitude. If you are not ready for this journey and are satisfied with the drama in your life close this book and proceed with life as usual.

If you were in an abusive relationship all the methods in this book will not work for you. You will not garner the respect, love, and admiration of your ex no matter how much you try. That person has a problem that you cannot begin to solve. If you are still being abuse get help now. Don't wait because you life, sanity, and self-esteem depend on it.

1. Love Yourself

Self-love is one of the most important gifts a woman and mom can give herself. If you do not love yourself chances are nobody else will, including your ex. Let me repeat: **If you do not love yourself nobody else will, including your ex.** The biggest mistake women make is self-neglect. How does this happen? You over or under eat, you don't drink water, you don't get enough sleep, you worry about everything, you are angry at the world, you don't go to the doctor for your body and/or mouth, so consequently you are just a mess. Sometimes it's just easier to neglect yourself than do the things which will make you feel and look better. Some of us go to the other extreme and self-indulge while neglecting our children and everyone else; that's called selfishness.

Loving yourself may be difficult because you may have been taught that taking care of yourself above others is selfishness. As little girls we become indoctrinated in the "self-sacrifice" school of thought. We are taught to put others ahead of ourselves, we are to share everything we have, and we should never say "no". This training, more than likely, got you to the place you are right now. You more than likely gave to your ex when he either got tired of the doormat you became or you got angry because you got tired of being a doormat. Somewhere along the way your self-sacrificing tendencies got you in trouble and now you have turned on yourself and are punishing yourself for any number of personal failures. Being angry with "self" translates into depression because, essentially that's what depression is; anger turned inward.

So how do you love yourself without going to the extreme of being selfish? Well, think about the instructions the flight attendant gives at the beginning of every flight. When the little oxygen cups drop, put yours on first then help someone else. You can't help or love others if you don't help and love yourself first. Got it? Good.

Loving yourself gives you the power to love (and forgive) others including your ex. You begin to feel and act differently. When you start looking different, believe me, he will take notice and begin to regret losing the marriage. Men and people in general are attracted to people who are like themselves. There is something special about you when you are no longer being a victim. It makes men (including your ex) want to help you because you are helping yourself.

2. Raise Your Self Esteem

Why is it that women have the lowest self-esteem or self-image? Again it goes back to the self-sacrifice brainwashing little girls receive. It is counter-productive because women are nurturers by nature; just like boys are naturally hunters and conquerors. You don't see them being taught to self-sacrifice and notice they normally have a higher opinion of themselves than girls and women do.

Raising your self-esteem and changing your self-image is very important to the task of getting him to eat out of your hand. You have to believe you deserve it before it can be effective. If you think you are supposed to be a doormat then you will do everything in your power to remain a doormat. In other words, we tend to be the person we see in our minds; no matter how

much we want to be someone else. If you don't see yourself as a confident, vibrant, intelligent woman, guess what? You won't be.

Self-image is how you see yourself so if you've always believed you were nerdy, dumpy, stupid, bad with money, overweight or "big boned", horrible at relationships, then this is what you will be. It will not change until you change your perception of yourself. It is nobody's job but yours. Change your beliefs and you change your life. See yourself as healthy, smart, and capable and this is what you will be. You just have to want it bad enough, and then you will have it.

Order the eBook to read the rest because...

There is much more to this report including how to have your ex eating out of your hand, how to get your ex to cooperate, and much more.

Go to Richsinglemomma.com to pick up the full copy of this report and start finding real grants for real people like you.

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I am the author of [100 Secrets of Successful Single Motherhood](#), a writer, web entrepreneur, and blogger. I am also a single mom and advocate/motivator for all single moms who want to thrive. If you want to learn how to be happy and financially independent contact me at samantha.a.gregory@gmail.com.

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