

# 7 Steps to Stand Up in your Power (STAND UP)

*Whatever type of fraud, misplaced trust, or mistake you're dealing with, these steps will support you in demolishing shame and standing up in your power!*



## SEEK Out Authorities

This was the hardest thing for me to do, but the one thing that EVERYONE said I had to do. My situation was an online romance that turned out to be a fraud. Not only did I have to deal with the betrayal of the heart, I also gave away a fortune to help the man I thought I loved build his business and help his family.

Because of the amount of money that I lost and because I had record of bank transactions, email addresses, IP addresses, etc, I felt the FBI would be the best place to start. I also reported the fraud to the online dating service but they just wrote back and said "Block the member" ...Duhhh!

The FTC\* reports that in 2011, 17 types of fraud affected 25 million people. The most-reported frauds involved weight loss products, prize promotions, unauthorized billing for buyer's clubs or internet service, and work at home programs.

The research further shows that in my case, as a recent widow, I was even more susceptible than most: *"Those who have faced a serious negative life event – such as divorce, death of a family member or close friend, serious injury or illness in the family, or job loss – in the two years prior to the survey experienced more fraud than people who hadn't. They experienced nearly four times as much debt-related fraud, three times as many fraudulent prize promotions, and twice as much fraud in general."*

\*<https://www.consumer.ftc.gov/blog/fraud-affects-25-million-people-recognize-anyone-you-know>

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!

If you have become a victim of any kind, seek out the proper authorities to report the fraud. The FBI, your bank, the US Post Office and the local police are a good start.

The Internet Crime Complaint Center (IC3) at the FBI accepts online Internet crime complaints from either the actual victim or from a third party to the complainant. I filed a complaint here and hope it is used to build a database from which authorities can identify and then catch those that defraud online.

Check out IC3 at this site. <http://www.ic3.gov/default.aspx>

*Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!*



## Talk about it

Talk to a family member or a TRUSTED friend...be honest and find a safe place to have the courage to speak up. There is no shame to you being a victim to fraud but we sometimes feel it was our fault (I did!). Once the FBI told me that they couldn't do anything to stop or punish the master manipulator in my life, I shut down. Thank goodness for my parents who were there for me the whole time and have supported me in the mission to STAND UP. My women friends at the Women's Prosperity Network and the Dedicated Entrepreneur group were THE ONES to encourage me to be brave and to speak out. In reality there are more than 25 million people affected by fraud...I believe that the number could be doubled...most of us are too afraid to report.

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!

“

*Forgive others, not  
because they deserve  
forgiveness, but because  
you deserve peace*

- unknown -

”  
CityDay.com

## Acknowledge and Forgive

ACKNOWLEDGE what happened and forgive yourself first...you were taken advantage of. Then learn to forgive the perpetrator. When “Eric” asked me what I thought about forgiveness I put on my spiritual teacher hat and came up with all of the “right things to say”. When I was confronted with actually putting my words into action I had to pause...stop to breathe and then really trust what I believed was true. Then I understood that I would never move on unless I forgave him as best I could at the time.

Throughout my life I saw family members and friends hold grudges and they only hurt themselves as the other person rarely knew there was a grudge. You deserve peace and the only way you’ll truly get it is to STAND UP in your power and let things go. You can’t change the past...just the way you’ll live your present and future. Let things go!

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of “The Woman Behind the Smile, Untold Stories” free!



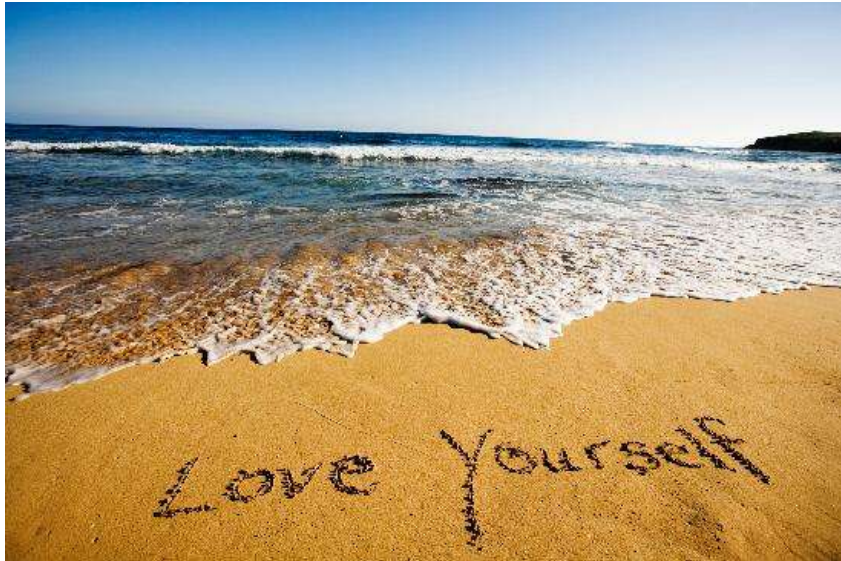
## Make it NOTEWORTHY...

Write about your life...write about what happened to you. There is freedom in writing down your feelings and thoughts. Thank goodness I had the forethought to record every one of my conversations (instant messages, emails, transactions) so that I had 5 volumes of printed journal entries to take into the authorities. I actually thought the journal would be a legacy of family history for my family but it turned into "evidence" of the two years of fraud.

Ting Zhang, author of a four-part study published in Psychological Science, said "Relying on the brain's mechanisms alone can be a fool's game. Humans have a tendency to misremember and to forget even the recent past." Many days I can hardly remember if I ate breakfast! Ask me about what I did last year on a certain day and I'll just laugh but ask me what I did on December 1, 2010 and I'll check my journal and tell you minute by minute what I did!

Check out [www.jrnl.com](http://www.jrnl.com) for an online journal – I'm not affiliated with them other than being a writer. I wrote every day for years and the printed volumes are a treasure. (see the photo above!)

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!



## Deal with it and Take Care of You

As hard as you might think moving on is, there is only one way to go. Move forward with your life. Move on to a better place mentally, financially, emotionally, and physically. The Serenity Prayer works

**well here...**"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the **wisdom to know the difference.**"

Another thing I learned from a recent stay in the Emergency room is to DRINK water! My heart rate slowed down to 40 beats per minute and I lost my ability to move. I thought my sugar levels were crashing as I felt the warm sweat come over my body. Nothing hurt and it was most peaceful – **if I were to die, that's the way I want to go out...completely peaceful and in no pain.** But my time isn't up and with a BIG bag of fluids in the ER my heart beat strengthened and the doctor said..."Drink Water. Stay hydrated." I suppose that's good advice here in South Florida, but it is good advice anywhere Approximately 50-60% of your body is water. Water keeps you alive so STAND UP and down the H2O!!

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!



## Be UNSTOPPABLE

UNCOVER your divine self and

- UPLIFT another.
- Find your passion.
- Be comfortable being UNCOMFORTABLE!
- Do something daring such as walking on fire or aerial zip-lining.
- Do a random act of kindness.
- Work with others that have been taken advantage of –
- do something for a child or an elderly friend.
- Get out of your “safe spot” and give of yourself to a cause greater than yourself.

Now is the time to take back your life. Self-pity will hold you back from reaching your potential. I have a friend who is always calling me to say how bad life is...you know what? LIFE CAN BE AWFUL FOR EACH ONE OF US. I've heard it said that "Life isn't easy but it's worth it!" Change your attitude. Man up (Woman up!)...see the good in all things and STAND UP in being the one to be happy in your circumstances. I've discovered that I really like my own problems when I see those of others!

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of "The Woman Behind the Smile, Untold Stories" free!



## POWER, POWER, POWER!

Grab a PARACHUTE and jump! (I did that literally out of a PERFECTLY good airplane!!). PART from the PAST and embrace your PRESENT. PONDER what happened and the PUT it behind you. I might be called a Pollyanna – one who always sees the positive in circumstances, but it **takes practice to be that way and it's worth it.**

I attended a seminar led by a well-known speaker and teacher, Marshall Silver and I learned how to capture my power from within and I **actually "ate fire."** I became **upstoppable at that moment and had Power, Power, Power** come from within.

A year after my husband Louis passed away, my daughter Jenny and I went skydiving. What a bonding experience for the two of us. We needed to put the past behind us and find a way to be brave going into the future. What an extraordinary experience for us as a mother-daughter team and as women. **Everything in life is perspective isn't it? Some people will trample your dreams and others will support them.** Many friends told us we were crazy for jumping out of a perfectly good airplane, however my pilot friend told me to **"JUMP!"**

**Don't listen to the nay-sayers...the ones who will say you CAN'T do that or you shouldn't do this.** Find the power to **STAND UP** for yourself and do what you think is best for you and yours. Life is exhilarating and is meant to be enjoyed. The bumps and bruises along the way just show you were present and that you took a chance.

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of **"The Woman Behind the Smile, Untold Stories"** free!



Recently I read this from Keanu Reeves...*"My friend's mom has eaten healthy all her life. Never ever consumed alcohol or any "bad" food, exercised every day, very limber, very active, took all supplements suggested by her doctor, never went in the sun without sunscreen and when she did it was for as short a period as possible – so pretty much she protected her health with the utmost that anyone could. She is now 76 and has skin cancer, bone marrow cancer and extreme osteoporosis."*

*"My father's friend eats bacon on top of bacon, butter on top of butter, fat on top of fat, never and I mean never exercised, was out in the sun burnt to a crisp every summer, he basically took the approach to live life to his fullest and not as others suggest. He is 81 and the doctors say his health is that of a young person."*

*"People, you cannot hide from your poison. It's out there and it will find you so in the words of my friend's still living mother...If I would have known my life would end this way I would have lived it more to the fullest enjoying everything I was told not to!"*

*"None of us are getting out of here alive, so please stop treating yourself like an afterthought. Eat the delicious food. Walk in the sunshine. Jump in the ocean (or out of a plane with a parachute!). Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There is no time for anything else!"*

I don't say "Eat and be Merry for tomorrow we die" but I do encourage you to Stand Up in Your Power! Be the woman (or man) that you are meant to be and know that you're awesome, glorious, and victorious over all.

STAND UP!!!!!!

Email me at [Debby@TheWomanBehindTheSmile.com](mailto:Debby@TheWomanBehindTheSmile.com) ; Go to <http://TheWomanBehindTheSmile.com> Now and grab a chapter of *"The Woman Behind the Smile, Untold Stories"* free!