

10/15/2014

Kappa Alpha Theta and Delta Chi Alumnae  
The Yeardley Love Endowment Program  
Kappa Alpha Theta  
127 Chancellor Street  
Charlottesville, Virginia 22903

Dear Kappa Alpha Theta and Delta Chi Alumnae:

I'm writing to thank your organization for your financial help with my sessions with Dr. DeNoble. My work with Dr. DeNoble has helped me to distance myself from a poisonous relationship that I would most likely still be stuck in otherwise. The relationship isolated me from supportive friends and family and I was made to feel like I wasn't good enough for my partner.

Since starting my sessions I've learned healthy boundaries within a relationship and how to recognize indicators of manipulative behavior. Specifically, Mark helped me to stop my ex-boyfriend from continuously calling me and trying to control me. We've also explored past experiences that contributed to low self-esteem, and used the therapeutic relationship to develop self-esteem. By working on developing a consistent, positive self-image I stopped allowing negative comments to manipulate me. I feel that I can now recognize what a healthy relationship looks like and will not accept anything less. I spent over a year being made to feel guilty, inadequate and stuck, and I won't let someone put me in this position again. These sessions have been pivotal in establishing an inward sense of self-worth and confidence; two things I needed to be able to walk away from my unhealthy relationship. Exploring how social media portrays relationships and can contribute to dysfunctional beliefs regarding relationships in conjunction with discussing relationship role models such as relatives and friends helped me to distinguish my relationship as damaging.

Overall, with the help from Dr. DeNoble I was able to realize I deserved better than the relationship I was in and found the strength to put it in my past. I am now doing much better and want to thank the Yeardley Love Endowment Grant for giving me this opportunity. Thank you again for your contribution that will help me to continue these valuable sessions.

Sincerely,

Anonymous