

Switch **THE** *Bitch*



**MY FORMULA TO BEING
THE CHAMPION OF YOUR LIFE,
NOT THE VICTIM**

PETTIFLEUR BERENGER

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This book is dedicated to all those amazing women trapped in a vicious circle of anger and loss of self-respect; unable to give themselves the true happiness they deserve by taking control of their emotions.

It's never too late to change.



Personal Dedication:

Because you encouraged me, and said "I can't wait to read your book."

- To Cheryl Simonds

Note to Reader:

Although this book is based on fact, people's names have been changed to protect the parties concerned.

*“Every single woman has a bit of bitch in her.
Who begs to differ?”*

— Pettifleur Berenger

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Why Bitch?

When we use the word “Bitch” it evokes strong negative feelings from both the user and the intended victim. My purpose is to take back the power of that word and to positively own it, so that we remove any “victimising” stigma for good.

Preface

When people used to look at me, a lot of them saw the outside, the glamorous surface, and believed all was perfect—hardly! In fact, my biggest weakness was needing acknowledgement: I wanted the reassurance I didn't receive as a child. So I became a slave to this. The more I wanted it—the less I got it. Does this sound familiar to you?

I based my happiness on outside acknowledgment. Then I learned for myself that I am the only one who can give me fulfillment!

Many women crave compliments for their beauty and credit for their hard work to feel complete within themselves. But if you master the technique of simply letting go and being steadfast and powerful inside, this new confidence is more sexy and beauti-

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ful to anyone, whether in a relationship, marriage, workplace, or parenting. It generally works in all kinds of relationships.

I had encountered true Passive-Aggressive behaviour towards me. The only way I knew how to handle it was to let my emotions get the better of me. I wouldn't cry, that to me was considered being weak; instead I would get angry. This might display as outbursts, big sighs, or hands-on-hips-narrowing-my-eyes to issues I had no control over. The difference now is, I consider that that behaviour attracted the opposite of what I really wanted.

After years of talking to other women about their relationship ups and downs, learning and observing, I realised that many women have relationship problems due to their whiney, overly aggressive, or clingy type behaviour.

One day sitting down to lunch with a couple of girlfriends, we were discussing several stories of women's crazy, bitch behaviour and came up with the idea that we should write a book about several of these types of bitch behaviour. I found myself repeating the word "switch" this behaviour many times until I blurted out to my girlfriends "we need to switch the Bitch". At that very moment it was like I heard a voice inside my head say "this is your book

Preface

title” and I excitedly announced to the girls that the book should be called *Switch the Bitch!*

The response to the name was received with a bit of apprehension by one girlfriend in particular; she feared the title, however the other girlfriend raised her glass to me in total agreement. The name “Switch the Bitch” was born and there was no way I was letting it go.

After a period of back and forth trying to write this book with my girlfriend, we realised that the writing style and message was not cohesive. Regrettably we decided not to proceed with co-authoring. This was a hard decision to make, but after giving it a lot of thought and losing lots of sleep, I knew it to be right. I am passionate about sharing my formula with others and it was very important to get it out clearly. I felt so committed to writing this book, especially as it sat well with my own life’s journey and experiences I had shared with other women.

As I was writing the book, I was testing the formula with real life experiences and keeping notes on the stories. I was excited and blown away by the rewards I was receiving while testing this formula. I also had the communication lines open with friends that were going through issues in their life and constantly testing my formula.

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Sometimes it was the friends' problems that helped me to see my own. I decided that it was time to stop and take control of my emotions and take charge of my life and destiny. This in turn gifted myself with peace, joy and happiness — and this attracts all that I need without having to demand anything. I feel loved, respected and eternally happy. Ever since my switch, my family home has been quieter, happy, and more relaxed.

I got what I always wanted... by learning to *Switch the Bitch!* I sincerely hope my book, dear reader, will help get what you need and deserve too.

— *Pettifleur Berenger*



CHAPTER ONE:

The Switch Definition

“I love to see a young girl go out and grab the world by the lapels. Life’s a bitch. You’ve got to go out and kick ass.”

– Maya Angelou

Switch the Bitch

Before we begin, let's clearly define and then reclaim full, clear ownership of that previously pejorative term that has sparked so many of our classic battles: Bitch.

When we reclaim this word we effectively defuse all of its demeaning, belittling, or more commonplace connotations as a misogynistic insult. We take away others' power to use it as a painful, dismissive verbal lash intended to wound our psyches and keep us under the thumb. And when we reclaim our ownership of it we effectively "flip it" to wield this term as our own shield of empathy, understanding, and, ultimately, power.

When I use the word "bitch", the woman I'm referring to is not nasty, malicious or a fool. She is not our sexual competition nor is she anyone's social

The Switch Definition

rival or everyone's problem. When I talk about "the Bitch", I am speaking of the inner-bitch within all of us. I'm referring to "the pathetic bitch", "the psycho bitch", "the jealous bitch", "the emasculating bitch", "the nagging bitch", and the list goes on and on. Some of us can relate to being more than one of these and some have experienced being all of them and maybe a few more.

And I'm sure, as you read on, you'll recognise some of these bitches in the mirror! You will no doubt see them all around you as well.

We own that term and we own it free and clear.

We need not feel afraid to face up to the weakest versions of our most powerful selves; just as we need not fear allowing our most powerful selves to stand up straight and tall. We are feminists and non-feminists, traditional mothers and non-traditional partners. We are business leaders and stay-at-home mums.

We have faced hardship, turmoil and unrest... and we may continue to do so. So we must seize control of our emotions and take responsibility for our actions.

Let us understand as we move forward that the utterly dismissive effect of this single word occurs primarily because when we as women react to relationship situations emotionally—as is our instinctive "default" setting—we far too often and far too

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conveniently surrender control over ourselves and our lives to “the man”. Thus we give to him all of the attention and control he desires, along with the crucial emotional lever of power and privilege that he secretly demands.

Switch the Bitch, therefore, is about completely connecting with your emotions and learning to *seize and then maintain control* of your thought processes. This total connection and control will enable *you* to more clearly recognise future consequences resulting from your current or past actions. It will afford you the ability to choose between positive or negative decisions and actions so that you can gracefully override your own socially unacceptable responses or any emotional memories derived from painful past experiences.

Using the straightforward, sensible, effective and liberating *Switch the Bitch* formula in this book will allow you to discard your erratic, emotionally-based thinking and then make a positive, empowering shift in all your existing relationships and, even more importantly, your potential relationships.

CHAPTER TWO:

The Switch Purpose

“The most common way people give up their power is by thinking they don’t have any.”

– Alice Walker