

“My creditors were hounding me with threatening calls”

SHARON BULL IS AN INSPIRATIONAL SPEAKER WHO BOUNCED BACK FROM £50,000 OF CREDIT CARD DEBT

‘I woke up in 2010 after years of living a charade of a life and realised I couldn’t carry on living the way I had been.

I had a great job in sales with a company car. For years I’d been trying to impress other people by buying glamorous clothes, nice food and beautiful furniture for the home I owned. I loved buying designer dresses from this local boutique and had long had a fixation with dressing like Marilyn Monroe.

Then, overnight, I lost everything. I was made redundant and could no longer keep paying the minimum credit card payments. My creditors were hounding me with threatening calls 24/7. I became depressed; something I had suffered with when I was younger. I ended up losing my home.

I lived alone and I’d kept my debts a secret from everyone, turning to drink and overeating to numb the pain. But one day, my mother sat me down and asked me to tell her what on earth was going on. I was able to confide in her, and I ended up moving back in with her.

Now I use my experiences to help others in the same situation. I would describe the work I do as creatively raising awareness about the importance of nature, kindness and compassion to our wellbeing. My priorities have totally changed. Instead of shopping, I turn to meditation and being in nature. When I was much younger I used to love walking, and I took it up again. Now I give talks all over the world and raise funds for charities. I’m even going to China next year and writing a book about my life.’

*Find out more about Sharon at acompassionatevoice.co.uk. Her post – *From Losing Everything to Finding Happiness* – is one of the most-read posts of all time on the Action for Happiness website, actionforhappiness.org*

