

Conversation 7: The Healing Habit

How New Patterns Are Created and Old Patterns Lose Their Grip

Most people have the relationship between identity and behaviour completely backwards.

- ♥ They believe they must become a confident person **before** they can act confidently.
- ♥ They believe they must become someone with healthy boundaries **before** they can set them.
- ♥ They believe they must become someone who values themselves **before** they can choose themselves.
- ♥ They believe they must become healed **before** they can start living differently.

I think those beliefs keep millions of people stuck.

They spend years waiting to feel ready, to feel stronger, to believe in themselves, for fear to disappear, for confidence to arrive, waiting for the right moment.

And while they wait, nothing changes.

But what if they've got it the wrong way round?

What if confidence isn't the beginning?

What if confidence is the result?

What if self-trust isn't something you find?

What if it's something you build?

What if healing isn't something that happens to you?

What if it's something you repeatedly practise?

Imagine someone learning to play a musical instrument. Nobody expects to start on Monday and perform beautifully by Friday. Nobody says, I'll start practising once I feel like a musician. That would be absurd. They become a musician by practising, not by believing, hoping, or waiting. By practising.

Yet when it comes to emotional healing, we expect something completely different.

- ♥ We expect to feel like a person with boundaries **before** we've set one.
- ♥ We expect to feel worthy **before** we value ourselves.
- ♥ We expect to trust ourselves **before** we start listening to ourselves.
- ♥ We expect to feel courageous **before** we do courageous things.

We've been waiting for the wrong thing.

Identity is not built **before** action. Identity is built **through** action.

- ♥ Every time you tell the truth instead of performing, you cast a vote for becoming an honest person.
- ♥ Every time you choose rest instead of relentless productivity, you cast a vote for becoming someone who believes they matter.
- ♥ Every time you stop apologising for taking up space, you cast a vote for becoming someone who belongs.
- ♥ Every time you set a boundary, you cast a vote for becoming someone who respects themselves.

Identities are built from a continued practice of action, of voting for ourselves over and over again. When we build the habit of taking action and voting for ourselves, we build the habit of healing.

That's why I've called this conversation 'The Healing Habit' because healing is not one extraordinary decision. It's an accumulation of ordinary, quiet, private decisions, sometimes invisible decisions that nobody applauds, that never appear on social media, but that slowly change the relationship you have with yourself.

There's something wonderfully healing about voting for yourself.

- ♥ It's choosing to speak to yourself with kindness on a Thursday morning when you're just about done with the week.
- ♥ It's leaving work on time because your body needs rest.
- ♥ It's saying, no, thank you.
- ♥ It's asking for help.
- ♥ It's eating because you're hungry.
- ♥ It's sleeping in because you're tired.
- ♥ It's crying because you are sad. It's laughing without wondering whether you're too much.

These moments look insignificant until you realise they've become your life.

We imagine our lives will be shaped by the big decisions. Who we marry. Where we live. What career we choose. Sometimes

they are. But far more often, our lives are shaped by what we repeatedly do on ordinary days that become ordinary weeks that become ordinary years.

And ordinary years become a lifetime.

So perhaps the real question is not: who am I, but **who am I becoming through what I repeatedly practise?**

- ♥ Every repeated act of self-abandonment strengthens self-abandonment.
- ♥ Every repeated act of self-respect strengthens self-respect.
- ♥ Every repeated act of honesty strengthens honesty.
- ♥ Every repeated act of courage strengthens courage.

You don't wake up one morning as someone who trusts themselves. You become someone who trusts themselves because you've spent months, perhaps years, repeatedly acting as though your own voice matters.

That is the healing habit. Not perfection, intensity, or motivation, but gentle, intentional, consistent repetition. One small act of defiance interrupts a pattern. A healing habit changes a life.