

The Reflection

At this point, you may be asking yourself, **what if I forget everything and go backwards?** Healing isn't a finish line. It's not something life can suddenly take away because you had a difficult week, made a poor decision or found yourself crying in the kitchen on a Sunday evening. Healing is not the absence of struggle. **Healing is the presence of someone who knows how to calmly navigate through the stress.**

Think about that. A year ago, a setback may have convinced you that you were back where you started. Today, you know better. You know that:

- ♥ One difficult day doesn't erase a hundred courageous decisions.
- ♥ One mistake doesn't erase your self-trust.
- ♥ One disappointment doesn't erase your wisdom.
- ♥ One old pattern doesn't erase the thousands of new choices you've already made.

You've changed not because life has become easier, but because you've become calmer. That's an amazing thing to realise. For years, you thought emotional freedom meant reaching a place where nothing hurt anymore. Now you understand something much more powerful. Emotional freedom means knowing that whatever happens next, you won't lose yourself.

Life will still surprise you. People will still disappoint you. Fear will still visit. Grief will still knock on your door...but you're in charge of the furniture. They don't get to rearrange you.

Perhaps that's what you've been searching for all along, not a life where nothing ever goes wrong, but a life where you no longer disappear when it does. As we come towards the end of the last conversation, don't ask yourself, am I healed? Ask yourself something far more important: **do I trust the person I'm becoming with whatever comes next?**

I know your answer will be a resounding – YES!