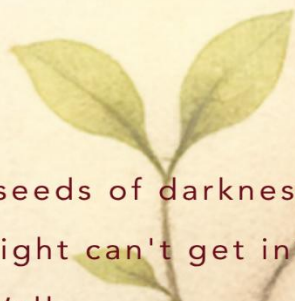


There is a crack, a crack in everything.  
That's how the light gets in.

## THE WALL

What happens when the seeds of darkness  
grow so strong that the light can't get in?  
This is the story of The Wall.





**What didn't you do to bury me?  
But you forgot that I was a seed.**

Dinos Christianopoulos

**All in all you're just a...nother brick in the wall.**

Pink Floyd

This is the story of the wall. This wall is not made of bricks and mortar. This wall is built from emotions such as fear, anxiety, self-loathing, and many other emotional wounds. The wall was once a person who became lost beneath layers of emotional debris. Their light slowly disappeared until one day it switched off completely. The wall grew and grew to keep terrible things away.

At first the bricks of emotional darkness were small and insignificant. They gathered unnoticed amidst the chaos and disruption of the wall's young life. As time ticked on however, the doubts and fears began to grow bigger.

Nurtured by the shadows of adverse experiences, the bricks built upon one another to create a formidable, towering wall that hid everything from the light.

As the wall of darkness expanded, laughter grew scarce, and hope seemed distant. The bricks in the wall built patterns of negativity that fostered harmful habits unable to see beyond the darkness that surrounded it.

As more time passed the darkness began to grow and the wall became like a fortress. It absorbed worries, pain, and anxieties, becoming more solid and taller with each passing day.

The once vibrant colours of the world began to fade, replaced by a gloomy, impassable haze. The wall

became isolated, unable to see beyond its pain and eventually lost its way.

The wall has many secrets. It knows all about worthlessness and shame. It tells stories of a thousand heartbreaks and a million disappointments. It tells stories of judgement and criticism and of more tears than it knows how to dry. The wall tells stories of birthdays spent alone. It tells of conversations about make-believe plans for weekends and holidays, but it keeps to itself stories of late-night conversations with kind strangers who encourage the wall to keep living.

The wall is built from bricks that have weathered every storm you can imagine. Unhappy memories have rooted themselves in the heart of the wall.

The wall is sad.

The wall is angry.

It is scared.

Insecure.

Shameful.

Guilty.

Defensive.

The wall feels abandoned and dismissed.

It feels exploited, embarrassed, criticised, and judged.

It feels remorseful and regretful.

Ugly, weird, a misfit, an imposter, a fraud.

The wall keeps good people out but, confusingly, allows harmful people in. This way, it reasons, it can't be hurt by the unexpected. The wall recognises unkindness, sarcasm, and resentment but struggles to recognise trust and other people's genuine attempts for connection.

Sometimes the wall thinks it can change but then darkness arrives disguised as love and kindness and the wall is miserable once again.

The wall appears strong and yet it would tell you, if you had time to listen, that it was tired, worn, in need of rest, recuperation, and peace. Every day the wall asks: when will someone be on my side, in my corner? When will someone make me laugh, take me out, put me first?

The wall waits.

And waits.

And waits.

Despite the wall's hopes and wishes, the books it reads, the gurus it follows, life just doesn't improve. One day, as the wall struggles to believe there's a reason to keep living, it asked again: 'when will someone be on my side,

in my corner? When will someone make me laugh, take me to lunch, put me first?’

Just as soon, said a voice, as you realise you’re not protecting yourself from life in the way you think you are.

## **THE WALL**

'Who's there? Who are you?'

## **THE VOICE**

'Never mind who I am - who are you?'

## **THE WALL**

'I'm just me.'

## **THE VOICE**

'How's being 'just you' working out for you?'

## **THE WALL**

'Not great. I'm not functioning too well right now. I'm doing everything the books tell me to. I'm trying to move on.'

## **THE VOICE**

'You don't 'try' to move on; you move on because you've outgrown who you used to be. You haven't.

I've been watching you, wall, and if you don't mind me saying, you're approaching this from the wrong angle. It's O.K; most people take a path of self-protection when they've been through what you have.'

## **THE WALL**

'Self-protection is all I know.'

## **THE VOICE**

'Because of everything that's been done to you and said to you you've learned to disappear, to be invisible. It feels safer for you to be that way.

If you could change one thing right now, what would it be?'

## **THE WALL**

'I've given up wanting to change anything. I'd rather be bitterly disappointed and safe, than put myself out there and be torn to shreds.'

## THE VOICE

'I don't blame you. Your belief that the world and its people are not safe gives you the perfect reason to live behind your wall. Your brain is driven by fear and wants to be right. It wants you to behave in a way that *makes* it right.

But when self-protection becomes a form of self-harm we need to look more carefully at the reasons behind it. If you're really committed to moving on from where you are, start listening to your truth.

If you stay behind your wall do you think it will punish the people who have hurt you?'

## **THE WALL**

'I'm sure you mean well but I've heard it all before. Change your thoughts change your life, right? Are you going to tell me I need to 'get out of my own way'? Or that I attract all this because of a past life experience? I'm not paying for your pop-psychology; please, just leave me alone.'

## **THE VOICE**

'Listen, I know you don't find it easy to trust anyone and that's OK. I just want you to know there's nothing wrong with being a wall. It's the reasons why you became a wall that need attention.'

## THE WALL

'Life continues to show me I'm not worth knowing, that there's something wrong with me. I don't deserve love and kindness, support, and encouragement. There has never been anyone, not one single person, cheering me on because I'm clearly an embarrassment to be seen with. I am *not* enough.'

## **THE VOICE**

'You're not enough?

For what? For whom?'

## **THE WALL**

'Everything and everyone.'

## **THE VOICE**

'And you believe that?'

## **THE WALL**

'Why wouldn't I? The evidence hits me in the face every day.'

## **THE VOICE**

'That makes me sad.'

## **THE WALL**

'How do you think I feel?'

## THE VOICE

'Wall, rather than thinking that you're not enough for them, how about the thought that they're not enough for you?

Remember when you were little? Your light was so bright the people around you were confused. Their own light was dim, and they wanted to dim yours too. They didn't know how to connect with you, so they sought ways to dim your brightness and, eventually, switched you off.

Your lack of **ex**pression became a dark and lonely **de**pression.'

## **THE WALL**

'It must be me, it must be my fault.'

## THE VOICE

'The emotional damage was too much for your sweet little self and it changed how you saw everyone. Even people who were good to you were, in your eyes, untrustworthy enemies.

Your desire to protect and defend yourself against that ever happening again is why you've built a wall to live behind.

You've been built by other people's shame. Darkness got to you before the light could get in.'

## **THE WALL**

'When people don't expect anything from you, you don't have to worry about disappointing them or not meeting their expectations.

When I fail to conform to who and what they think I should be they leave me alone.'

## **THE VOICE**

'But you have conformed. You've become exactly the person they wanted you to be. They wore you down with their criticism and judgement and left you feeling powerless.

Knowing what is right and wrong for you are of utmost importance but it can be difficult to see the reality of your own situation from within it.

Who criticised and judged you in the past when you expressed yourself? Who silenced your voice, well? You think they still have the power to silence you now, but they don't. They stole your power; you need to take it back.

## **THE WALL**

'How?'

## THE VOICE

Taking something back from someone who shamed and humiliated you is a terrifying idea. It creates an internal conflict, an emotional war, between your soul warrior self and your obedient, people-pleasing self.

But your obedient, people-pleasing self doesn't have a role to play here, they're not *asking* for it back. Your soul warrior self is *taking* it back.'

## **THE WALL**

'They told me for so long I was bad I'm still trying to be the good person they always told me I would never be. If I fought back they would shame me, make me wrong, tell me how awful I am, how aggressive. They would most definitely judge me. I struggle to stand up to them, I still want their approval '

## THE VOICE

'Maybe their version of a 'good person' isn't as good as they think it is. Besides, how does someone like that teach someone to be a good person? How do *they* know what it takes?'

## **THE WALL**

'I guess they don't.'

## **THE VOICE**

You know why we struggle to meet other people's expectations? Because we know we're meant to be and do something else, something different than what they're telling us to be and do.

Kind people with good intentions will guide us and respect our desire for personal freedom. People who seek control and feel inadequate will pin us down, hold us back, abuse and insult us. Their words and actions frighten us; we abandon ourselves to keep ourselves safe, to seek their love and approval. But they were never loved or approved of and don't know how to love and approve of other people.'

## **THE WALL**

'People control me because I'm not very good being in charge of things.'

## THE VOICE

'Not having control is familiar for you. Criticism and rejection are both designed to control someone.

*Fear* allows someone to control us. *Faith* allows us to control ourselves. I know how much faith is in your heart, wall, but I also know how much fear is in your mind.

Wall, you must move past your fear of criticism and rejection and sink into your soul. Stop looking out, start looking in. Own your emotional history and tell your truth about it.

You can still live behind your wall if you choose - for now at least - but why not be a wall with a gate that lets the light in?'

## **THE WALL**

'I've tried being that wall, but I don't recognise the darkness until it's too late. The so-called good stuff turns out to be bad.

Every day, when I spiral into overwhelm and anxiety I tell myself \*this\* is not who I want to be but nothing changes. It's easier just to close down and be done with it.'

## THE VOICE

'Wall, once you know who built you this way and why, the sadness you feel can be overcome brick by brick. You're haunted by a past that left deep wounds. Your emotional wall is constructed from bricks of fear, resentment, anger, and bitterness. Each brick represents a painful experience that you've endured.

You're blocked from genuine connection and healing. You've become burdened by the weight of your unresolved emotions. You're trapped in a cycle unable to let go and move on from your past.

To grow emotionally and move on, to outgrow the person you once were, you must recognise how many untrue stories you've been told about yourself by people who were meant to be trustworthy and kind.

Your bricks are made from shame and abandonment, rejection, criticism, and humiliation - all handed to you by people who should have known better.'

## THE VOICE

'I feel the heaviness that hangs over you, wall. The only way to heal the past is to delve into your memories, relive the painful moments, and allow yourself to feel the emotions you buried deep inside. Start to recognize the pain that carry, why you punish yourself, and why you can't forgive yourself.

Although the wall has protected you, it's kept you away from experiencing true joy and connection. Acknowledge your pain, and transform it into wisdom and self-compassion.'

As you get to know your true self, what you want and what you like, you'll recognise and separate good people from toxic ones. Good people won't use you or abandon you. When you're vulnerable because of decades of pain you allow people to cross your boundaries, you expect them to mistreat you. When you know better you'll recognise toxic people. As you walk the other way you'll remind yourself how far you've come.'

## **THE WALL**

'It sounds great in theory but 'trying' becomes tiresome when it's endlessly unsuccessful. Besides which, boundaries are hard; people don't respect them.'

## THE VOICE

'Setting boundaries is easy but the consequences of keeping them can feel daunting - especially when you're struggling emotionally.

When you've been through what you've been through, keeping boundaries can feel overwhelming but the type of people who step over your boundaries are the type of people you must learn to recognise and be very clear with. You don't owe these people anything. I know you're trying to please them and keep the peace but it's your wellbeing that matters now, not theirs. To save someone else before you save yourself may sound noble, but it makes no sense.'

## **THE WALL**

'Are you going to tell me to put on my own oxygen mask first, and only then should I try to help others?'

## THE VOICE

'Always.'

If someone tries to make you feel shamed or humiliated just because you're keeping your boundaries then remind yourself: seeds of manipulation can only thrive in disempowered minds.

Plus, people who mind don't matter, people who matter won't mind.'

I meet people from all walks of life; I listen to their stories and witness the deep wounds they carry. But eventually they become people who also share tales of courage about the transformative power they discovered from challenging their emotional pain and who was accountable for it.

They tell their truth and dismantle their walls brick by brick.'

## THE VOICE

'Most people are horrified when they realise how much of their truth and power they've traded for emotional safety.

But when they do realise, they strive to change it, to become self-reliant, self-empowered, and independent. They become emotionally healthy.

Not suspicious.

Or resentful.

Or defensive.

Or competitive.

No more confusion or distress. Just acceptance and truth.'

## **THE WALL**

'I thought I was being independent. I certainly don't depend on anyone else.'

## **THE VOICE**

'But your independence is fear-fuelled not joy-fuelled?  
Do you feel good and joyous about the time you spend  
by yourself, doing your own thing? Or do you dread it,  
resent it, feel miserable and lonely?'

## **THE WALL**

'I think you know the answer to that.'

## THE VOICE

'You're terrified of your emotional history repeating itself, but when you live in fear of that, you're conforming to the expectations laid down by the 'bad bricks'. They've covered you in a cloak of darkness, made you scared, nervous, insecure. This is an opportunity to throw off the cloak. Yes it takes courage - you'll need to go against the wishes of some of the most manipulative people you've ever met - but you can do this, you *must* do this. You must save yourself now.

If you're depressing what's **REAL**:

**R**esilience

**E**mpathy

**A**cceptance

**L**ogic

You're expressing what's **FAKE**:

**F**ear,

**A**nger,

**K**now-it-all

**E**go.'

## **THE WALL**

'This sounds like hard work.'

## THE VOICE

'That's fear talking. Someone's expectations of you were a contradiction of your soul's purpose - an attack on your truth and your reason for being here.

You think your struggles are the result of what's wrong with you? They're not. Your struggles are the result of your soul's resistance to someone else's expectations of who you should be, and what you should do.'

You were, quite simply, born for something else. Depression, anxiety, overwhelm....they're battle wounds, but they're also battle cries.

They're the cries that accompany the birth of your truth; the person you were born to be. Those cries are the soundtrack to the Fall of the Wall.'

## **THE VOICE**

'Living behind a wall is the embodiment of emotional pain. But telling the truth about your emotional history, who's accountable for getting you here, is only the first half of the story. If you're wallowing and blaming, isolating, and defending, your true self will never emerge from beneath the emotional debris.

It takes years, as you're proving, for most people to realise they're living the wrong life, the life they were not born for but the life someone else's toxic behaviour shaped them for.'

## **THE VOICE**

'Can you imagine a film or a book that just keeps on telling the same story without a warrior who overcomes or a champion who conquers?

Your soul is crying out for you to be that warrior, that champion who conquers. And the moment you do, the moment you speak your truth, that's the moment the darkness begins to lift.'

## **THE VOICE**

'Whatever's been done to you or said to you, you can reclaim your power and win your emotional war. In the meantime, the way you're living and thinking, every fibre of your soul is screaming, 'no'! It knows this is not your path.

What is right for you and what is wrong for you are of greater significance than you realise. What is right for you will light you up and give you an unparalleled sense of fulfilment. But what is wrong for you...it's who you've become.'

## THE VOICE

'Depression often means we end up living behind a windowless, gateless, wall. When we're not true to ourselves we can't find our tribe or live the life we're meant to live.

Wall, is there anyone you can express your **REAL** thoughts and feelings to?'

## **THE WALL**

'No, no one.'

## **THE VOICE**

'Wall, you're primed for protection, prepared for flight.  
Do you even know what you want? What you like and  
what you don't like?'

## **THE WALL**

'I don't think I actually know what's good for me.'

## **THE VOICE**

'But you know what's bad for you, right?

You know what hurts your heart and makes you cry? The things you do to sabotage yourself, to hold yourself back from almost achieving, from accomplishing something good, from feeling contentment?'

## **THE WALL**

'Yes, I know what I do.'

## **THE VOICE**

'Then start there. Do much less of those things. In fact, stop doing what hurts you and causes you stress and pain altogether. That includes tolerating people who treat you badly, the guilt-shovelers and the narcissists, those who try and project their guilt and shame onto you.

Like ink into water, be limitless in how you flow, don't live a slow death. Conserve your energy for things that mean something to you and make a difference with the life you have.

Let them think they've had the last word if it means that much to them; you get to finish the conversation in your own time and in your own way. '

## **THE WALL**

'I thought the 'silent treatment' was narcissistic, to be avoided?'

## THE VOICE

'Weaponised silence, silence that's used to humiliate or punish, *is* to be avoided. But refusing to trauma-bond or choosing not to engage in someone else's drama is a healthy choice.

If someone re-traumatises you and makes you feel overwhelmed and anxious it's a good decision to step back and maintain your silence and peace of mind. They need to check *their* style of communication and become aware of the impact they're having.

Assert your right for your life to be a drama-free zone.'

## **THE WALL**

'That sounds blissful. How do I do that?'

## THE VOICE

'Notice your feelings. Unless you feel comfortable and at peace change what you're doing and thinking, cut short the interactions that feel toxic, sarcastic, patronising, and exhausting.

Sometimes these toxic people really get under your skin, don't they? You overthink what you'd like to say to them and spend your life ruminating on smart answers. It's a drain on your mental and emotional energy.

And *forget the consequences*. So what if Bitchy-McBitch stops speaking to you or tells everyone you're weird? You're doing someone a huge favour when you stop enabling their toxic behaviour. Empower *them* to become aware of what *they* need to change.'

## **THE WALL**

'I can't trust my feelings. I never feel safe.'

## **THE VOICE**

'What are you thinking when you're not feeling safe?'

## **THE WALL**

'That I'm worthless, alone, in a hopeless situation with no ending.'

## THE VOICE

'There will be an ending, wall. People don't make the most of what's available to them in this life because they don't really register that one day there'll be an ending to it all. Most people think they've time to sit for years regretting, reliving, and avenging the past because one day they'll prove everyone else wrong - but they don't.

I guess it comes down to how you want the journey to feel as you move towards its conclusion. Will you continue to let their behaviour ruin your life in the meantime, to continue making you too frightened to embrace your opportunities for success? Do you hope your half-lived, problem-filled life punishes *them* in some way? I guarantee they won't feel punished.

It's not an overnight process and a lot of people give up, but change is possible. I promise you that. Wall, do you want things to change? Do *you* want to change?'

## **THE WALL**

'I don't know. I think it's too late. Besides which I can't change until...'

## **THE VOICE**

'Let me stop you there. People are always saying 'I can't change until...I can't achieve until...these reasons keep your ego thriving in its comfort zone.

To allow your soul to rise no matter how scared your ego, that's harder to do because it means choice and responsibility belong to you. It's never too late to take responsibility and choose something different.

Change depends on only one thing: willingness.'

## **THE WALL**

'Willingness to be walked over, ridiculed, rejected, sneered at, and overlooked?'

## **THE VOICE**

'Yes.'

## **THE WALL**

'Change is painful and takes too long.'

## **THE VOICE**

'The caterpillar doesn't question the time it takes to become a butterfly; it just allows the process to unfold until it has its wings. It trusts that one day it will be a butterfly.

Wall, your power was stolen. The people who got you here probably aren't the same people who will get you out. Please stop waiting for their love and approval. You can fulfil your story without them.

When you live your truth, you take your power back. You win your emotional war.

## **THE VOICE**

'When you take your power back you're not physically taking something back; it's a mental and emotional reclamation of your truth. Whoever owns your power right now - the critical voice that runs your life, the person you're scared of upsetting - they won't even know what you're doing.

What life do you want to live?

Who do you need to be to achieve it?'

,

## **THE WALL**

'So, you have a lot of these conversations? There's other people like me?'

## THE VOICE

'You wouldn't believe how many people are out there all saying what you're saying, all scared of the consequences of living their truth.

They feel rejection, judgement, criticism, and shame before they feel anything else. What if there was a queue of people waiting for *you* to free *yourself* so they could set themselves free too? What if you were a pioneer, a role model for other people who needed to know how to escape from the pain of *their* past?

Look deep inside yourself and challenge the lies you've believed. If you expressed your truth what would you see? What do you think would happen if you stopped pleasing everyone else and pleased yourself? What are you so scared of that stops you doing that?'

## **THE WALL**

'I'm scared that if I meet my own needs I'll cause problems, people will hate me, and think I'm selfish.'

## **THE VOICE**

'I understand; you're just trying to stay safe. Your brain has forced your mind to turn your frightening experiences into a story it can make sense of. But you have the power to validate what was invalidated when you were a child.

Ask yourself: if I'm not expressing my truth, what am I expressing? If it's not your truth, it's your lie.'

## **THE WALL**

'Rewind a minute. I'm still stuck on the fact there are other people like me. Are you sure about that?'

## **THE VOICE**

'If you mean other people who've been psychologically injured so badly that they live behind an emotional wall and someone else continues to own their power, then yes, I'm sure. There are many, many people just like you.'

## **THE WALL**

'Maybe I should meet them.'

## **THE VOICE**

'Maybe. Clean up your own emotional history first.'

## **THE WALL**

'There seems to be a lot of conditions. I feel like I won't be able to do it.'

## THE VOICE

'There are no conditions. As soon as you believe you're worth more than \*this\* then the emotional war is over. You begin to rebuild in the reflection of your truth.

Well, give up this version of who you became because it suited someone else. Set yourself free from what and who has brought you so much sadness, and start living a life that's a true reflection of who you are. When you do that, miracles will unfold.

Those familiar habits, however disempowering, can make it feel impossible to find a way out but you can change direction any time if you willing.'

## THE VOICE

'You're a victim of some horrendous experiences. But the victim's battle cry of 'look what they did to me' is very different to the victor who cries 'in spite of you, *look how I'm winning.*'

## **THE WALL**

'I'm so frightened of failing.'

## THE VOICE

'Failure is just the Universe's way of saying 'do it a bit differently, try it again'. It's your soul coaching you to be the person you were born to be. It's steering you away from what you think you *should* be, or *should* have, or *should* do, and is helping you stay on the path towards your truth and your destiny.

All consciously aware human beings fail; it's necessary for their evolution.

And as for being humiliated and rejected by other people...how are you already humiliating and rejecting yourself? The belief you don't belong, you don't matter, you're not enough... you knew dysfunctional people who made you believe terrible things about your worthiness, but you don't really believe that about yourself.

It's *your* light versus *their* darkness and so far, they're winning. You can change the rules of the game just as soon as you choose to play wiser.'

## **THE WALL**

'I can't believe people would choose to make someone feel that bad about themselves.'

## **THE VOICE**

'If their darkness starts to shape you before you've experienced enough light, other people can absolutely do that to you.

You were very young when you sensed hostility and fear; you knew you weren't safe, and they did things and said things that made you feel so frightened. They damaged and hurt you very badly.'

## **THE VOICE**

'This planet is a constant battle between light and dark.  
Whose side are you on? What are you standing up for?  
Who do you want to win?'

## **THE WALL**

'Light of course.'

## **THE VOICE**

'But fear, self-doubt, and isolation are darkness, and you're choosing that. It's time to rise-up.

The smallest efforts made in maintain a light vibration have the power to eclipse darkness by a millionfold. Hope triumphs over darkness. In the face of adversity, even a glimmer of hope can be a powerful force. The smallest act of optimism and belief in a better future can overshadow the darkest of moments.

The smallest expressions of light, like self-forgiveness and gratitude, can heal all the pain. Truth carries a profound light. Kindness, compassion, optimism...these actions have the potential to outshine and eclipse all the darkness.'

## **THE WALL**

'I just wish there was an easy cure for fear of living.'

## THE VOICE

'There is. It's called connection. Create a gate in your wall and allow yourself to step through it every now and again.

Outside the wall is where you'll find versions of strength and courage that really help you live, that help you change old habits and patterns. Outside your wall is where life happens. Acts of kindness, no matter how small, have a ripple effect that can transform lives. An expression of empathy, a helping hand, a kind word, can bring light to someone's day. You don't need to hang around for the outcome, for thanks, just make the change you seek.

When people collectively engage in small acts of positive change they can bring about significant transformation. Every minor change contributes to a brighter future. The smallest effort to improve oneself can lead to significant personal growth. Perseverance, even in the face of seemingly insurmountable challenges, will lead to success.'

## THE VOICE

'Someone once said that the truth is like poetry...and not everyone likes poetry. The truth is a powerful force, start telling it about your emotional history. What was said to you and done to you that built the wall you live behind, your truth outshines their lies; it will conquer self-doubt, anxiety, and depression. Even the tiniest truth has the potential to illuminate a path forward.

Telling *your* truth about *your* past and switching on *your* light sets *you* free. It releases you, moves you into a higher vibration. The truth reminds you that you were born to live a very specific life - and it's not the one you're living right now.'

## **THE VOICE**

'It takes courage, wall, to give up the thoughts of who you were to become who you truly are. Cut yourself free from the lies that bind you, let the sadness out and inspiration will take its place. Heal the wounds the past has left you with. The past only has power over you until you say, enough!

Reflect, grieve, but remember you have the power to change and move on despite what's been done to you and said to you. Let the story move on. That chapter of your life has closed, don't make it the entire book.

Let your truth take you where you're meant to go next.'

## **THE WALL**

'I'm conditioned to feel badly about myself. How do I start to change that?'

## **THE VOICE**

'Work out what feels like a lie and challenge it. Tell the truth about who and what cloaked you in darkness. Your truth will not make you feel insecure, lonely, or isolated. Your truth will not make you feel ruthless, competitive, sarcastic, or cruel.

Start with one truth. Tell me, what's one thing you know is true about you?'

## **THE WALL**

'I'm a good listener.'

## **THE VOICE**

'A vital skill. Good listening should be a paid job. The world needs listeners. There are far too many talkers desperate to be heard, and nobody is listening.

What's another truth your experiences have revealed to you?'

## **THE WALL**

'That kindness matters. As does patience, tolerance.'

## **THE VOICE**

'Wow, beautiful, that's an impressive truth. What else?'

## **THE WALL**

'Being mindful of someone's uniqueness, what makes them who they are. Their spirit, although mine feels broken.'

## **THE VOICE**

'People who set out to intentionally break other people's spirits pose one of the biggest problems to our mental health.

They're showing us how truly awful it is to be them. They don't realise how obviously they're wearing their cruelty.'

## **THE WALL**

'I guess because of them I've never felt good enough, but it must feel like shit to be so vindictive.'

I just wish I could have learned these things without going through so much pain. Someone once told me that nobody can make you feel bad unless you let them. Do you think that's true?'

## THE VOICE

'No, I don't think that's true.

When you're conditioned as a child to be fearful and scared, to feel unsafe, unloved, and unwanted, your brain becomes over-sensitised to danger. Everything and everyone are potential threats.

You develop habits and patterns of behaviour that scream out: 'do this to survive!' And that leads to a life of anxiety, fear, self-sabotage, people-pleasing, denial, and oversensitivity. You're set up for failure, a fixed mindset, and a life lived behind a wall.'

## **THE WALL**

'Shit.'

## THE VOICE

'Your brain's obedient. It thinks it's helping you by allowing you to react according to past experiences rather than thinking rationally and logically 'in the moment'.

But you can reshape your brain. You can develop new habits and with repetition you'll replace the old ways of choosing, feeling, and thinking that *disempower* you with new ways that *empower* you instead.'

## **THE WALL**

'It's that simple?'

## THE VOICE

'Yeah. Repetition of new habits and beliefs creates new pathways in your brain. They stop you robotically functioning in survival mode.

But you know that.

Look at how repeating disempowering lies has shaped you. Repeating kinder thoughts and telling your truth will shape your brain differently.

If you repeatedly replace 'I can't cope' with 'I can cope with anything' you'll become someone who can cope with anything. Catch yourself when the old programming kicks in and change it - like an old computer file. Ctrl, alt, delete.

Wall, the time has come to be willing to give up who and what you've become for who and what you will be. Your mind will adapt and develop new perspectives. Life will feel like something you want to be part of just as soon as you put the brakes on the toxic power other people have held over you.'

## **THE WALL**

'What if nothing changes?'

## THE VOICE

'When you change, everything changes. The neural pathways I just mentioned, they're your bricks. You can keep building your mind with defeatist bricks or start rebuilding it with resilient bricks.

When you live your truth, you get to know yourself. Your truth leads you to validating your likes and dislikes; your truth shapes your opinions and your boundaries. Your truth helps you trust yourself. But you can only trust yourself if you're living your truth and shaping your values in alignment with that truth. You've been working very hard to be who other people think you should be, and it's killing you. Truth doesn't do that. Where is truth missing?

Truth delivers clarity, not fogginess, and clarity about who you are is what you're aiming for. If it feels clear and comfortable, then it's your truth. Everything else must be replaced with new choices, feelings, and thoughts that are repeated and designed to empower you.

## **THE WALL**

'What about tough situations or challenges? We can't always be clear and comfortable with them can we?'

## **THE VOICE**

'Wall, even during the toughest challenges we can be comfortable about what's going on once we adopt a logical perspective instead of a fear-fuelled, illogical one.

If you're panicking and anxious you won't feel logical.

Your mindset is the collective thoughts and opinions you have about yourself right now - you can change it from a risk averse mindset rooted in fear to a growth mindset rooted in logic and truth.'

## **THE VOICE**

'Allowing yourself to think logically and to remain aware of who you are and conscious of your surroundings means you can manage anyone and anything.

And remember to breathe slowly and deeply - breath is your fuel, your life force. When you realise you control the very thing that keeps you alive, you don't need to control anything else.'

## **THE WALL**

'Breathing is one thing I've been doing quite successfully!'

## **THE VOICE**

'You tend to hyperventilate a lot of the time or don't breathe at all. It's why you have panic attacks. Slow, deep, breaths.'

## **THE WALL**

'Oh.'

## **THE VOICE**

'It's OK, we're all works in progress.'

Deep breaths make room for logical thinking. Breathe in for a count of five, hold for five, breathe out for five. Breathe that way and your thoughts will be crystal clear and your actions likewise.'

## **THE WALL**

'How did you get so wise?'

## **THE VOICE**

'I made a lot of mistakes, caused a lot of pain, and learned some very hard lessons.'

## **THE WALL**

'Sounds like you're qualified to help me then.'

## **THE VOICE**

'I reckon.'

## **THE WALL**

'OK. Whoever you are, I want to tell you my truth, how I got into this emotional mess. I want to tell you what was done to me and said to me, who and what it was that stole my power and who and what it was that caused me to lose my way.'

## **THE VOICE**

'Wall, for most of your life you've been in denial, too scared to speak up. I'm in awe of your courage.

To confront the past and heal your emotional wounds means you're no longer afraid to be seen as you stand up and tell your truth. Whatever and whoever has been holding you back is about to be put under a very bright spotlight.'

## **THE WALL**

'Let's do this. Where do you want me to begin?'

## **THE VOICE**

'In the best place. At the beginning.'

The wall began to tell its truth. It spoke about the years it had stood in silence, a soundless witness to the world passing by. Its bricks, weathered and worn, held the stories of countless disruptions and fearful encounters.

The wall spoke of other people's laughter as it stumbled and fell, of the gratification felt by bullies who had told the wall it wasn't loved or wanted. It recalled the harsh words of the people it had longed to love and trust and of the punishments and tears it had absorbed.

The wall remembered it had been a companion offering a silent refuge to those in need. It told of the pain and sorrow of those who had leaned against it seeking comfort, only to leave a short time later.

As the wall continued to share its truth, it talked about the secrets it'd kept, the whispered confessions, and shared dreams. As the wall bared its soul it was reminded that even in silence there is wisdom, and in stillness there is strength.

The wall had stood firm, bearing witness to the ebb and flow of life, and it would continue to do so. A silent sentinel in the tapestry of time.

But something new was calling for the wall to step forward and build a different life on a foundation of truth.

## THE VOICE

'Talking helps but telling the truth of who we *really* are is where the power lies.

Whatever's been done to us or said to us we can emerge from beneath the emotional debris and tell our truth. It's never too late, we're never too old, too stuck, or too broken.

What other people did or said no longer controls our power or our destiny. When we finally speak our truth and live a life that embodies it, 'they' lose their grip. They have nothing left that belongs to us.

What we do next is where our truth lives.

What we do next is up to us.'