

The Closing Thought

For many years, you may have believed that healing meant reaching a place where nothing affected you anymore.

- ♥ Where criticism no longer hurt.
- ♥ Where rejection no longer stung.
- ♥ Where anxiety disappeared.
- ♥ Where life stopped feeling overwhelming.

The goal of this conversation was to learn how to mute those experiences, and to consciously stop and consider our responses to them. We can't control other people's behaviour, so we don't stand a chance of never having a hurtful comment, rejection, or overwhelming moment flung at us. But we can most definitely control our response to those experiences and to stop giving every feeling we have about them the final say.

There's a quiet kind of freedom that arrives when you realise you no longer must react to every emotion that visits you.

- ♥ Fear can arrive and leave without making your decisions.
- ♥ Guilt can arrive and leave without convincing you that you've done something wrong.
- ♥ Shame can arrive and leave without defining who you are.
- ♥ Anger can arrive and leave without speaking on your behalf.

Your emotions are welcome but they're not in charge. Compared to how your life has looked, that's a very different way to live.

Life will continue to surprise you. People will disappoint you. Plans will unravel. Old wounds will sometimes ache. There will still be days when your nervous system sounds the alarm. That's life. The difference is that you're no longer handing the steering wheel to every emotional storm that passes through. You're learning to sit beside your emotions instead of being swept away by them.

- ♥ To listen without obeying.
- ♥ To feel without becoming.
- ♥ To pause before choosing.

And in that pause, you remember who's living your life. Not your fear, not your past, not your triggers, but you.

Perhaps that's what a calmer life really is. Not a life with fewer storms, but a life in which you no longer lose yourself every time the weather changes.

The greatest freedom is not always found in controlling your emotions, it's found in knowing that whatever you feel, you still get to choose who you become next.