

The Closing Thought

Perhaps you've believed that keeping every relationship in your life harmonious and making sure nobody left depended on keeping the peace and keeping everyone happy. But what if the relationship you've been losing all along.....was the one with yourself?

Think about that.

Every time you betrayed your own values to avoid conflict...

You lost something.

Every time you ignored your intuition...

You lost something.

Every time you apologised for your existence...

You lost something.

Every time you abandon yourself to stop somebody else leaving you lost the one person you could never afford to lose. You.

Here's the truth that changes everything: every decision you make strengthens a relationship. The question is...which relationship are you strengthening?

Do your decisions strengthen your relationship with fear? With guilt? With approval? With somebody else's expectations? Or does it strengthen your relationship with yourself?

Because every choice is relational. Every choice teaches you who matters. For years, you may have unknowingly been teaching yourself, everyone comes before me. From today, teach yourself something different: **I matter too.**

That is self-respect. That is emotional loyalty. That is what a healthy boundary has been protecting all along.

Never forget: the longest relationship you will ever have is the one you have with yourself. Protect it with the same loyalty, honesty and courage that you've spent a lifetime offering everyone else.

One day, when you look back on your life, the question won't be, did everyone understand me? It will be, when it mattered most... did I stay on my own side?

Make sure the answer is yes.