

The Reflection

One of the loneliest experiences of your life may finally be over. Not loneliness because **other** people left, but loneliness because ***you left yourself.***

- ♥ Every time you **doubted** yourself.
- ♥ Every time you **apologised** for your feelings.
- ♥ Every time you **explained** away your intuition.
- ♥ Every time you **talked yourself out of** what you knew.
- ♥ Every time you **decided** that everyone else's comfort mattered more than your peace.
- ♥ Every time you stood in a room full of people **without standing beside yourself.**
- ♥ That's a lonely way to live.

Because even when someone loves you, even when someone believes in you, even when someone stays, you still feel alone if you've abandoned yourself.

Perhaps that's why so many people work so hard to be chosen by other people. Deep down, they're still hoping someone else will rescue the relationship they never built with themselves.

But no one can do that for you - they don't have to - because from this moment on, you can make one decision that changes every relationship you'll ever have: **I will not leave my own side.**

Think about what that will mean for you:

- ♥ When somebody misunderstands you, you don't immediately assume they're right.
- ♥ When somebody is disappointed, you don't immediately assume you've done something wrong.
- ♥ When somebody withdraws their approval from you through words or actions, you don't withdraw your own.
- ♥ When somebody criticises you, you listen with curiosity instead of surrender.

Ask yourself, **is there something I need to think, do, or say differently to stay emotionally loyal to myself?** If the answer is yes - which it probably will be - do it. Remain loyal to yourself.

Can you see the difference?

- ♥ You're no longer trying to win every argument.
- ♥ You're no longer trying to keep everybody happy.
- ♥ You're no longer trying to make sure nobody ever thinks badly of you.
- ♥ You're protecting something far more valuable - your relationship with yourself.

Every time you abandon yourself to keep someone else connected to you, you teach yourself a devastating lesson: **when it comes to choosing between the two of you, you won't choose yourself.** No wonder self-trust disappears, self-respect fades, and boundaries feel impossible to keep. You've been breaking the most important boundary of all: **the one between you and self-abandonment.**

Today, that boundary changes.

From today onwards, there is one relationship you refuse to sacrifice: the relationship you have with yourself. Not because you're becoming selfish or arrogant, but because you're becoming emotionally loyal to yourself. And people who are loyal to themselves don't disappear when life becomes uncomfortable. They stay, they listen, they protect, they tell the truth, they stop punishing themselves, they begin again. But most of all, they don't make themselves earn their own love.

Perhaps that's what emotional loyalty has been waiting to teach you all along. Safety was never another person. Safety is the place inside yourself that no longer leaves when life gets hard. Once you've found *that* place, you'll never feel lonely again.