

The Closing Thought

Self-abandonment happens in moments:

- ♥ The moment you stay silent when something matters to you
- ♥ The moment you say yes when every part of you wants to say no
- ♥ The moment you dismiss your feelings
- ♥ The moment you ignore your needs
- ♥ The moment you convince yourself that everyone else matters more than you do

One moment, one small choice, may seem insignificant but moments accumulate and become habits, habits become patterns, and patterns become identities and lives.

Before long, you find yourself living a life that feels strangely disconnected from the person you know yourself to be on the inside. You're disconnected from your feelings, from your needs, from your voice, from yourself.

The tragedy of self-abandonment is not that you cared too much about other people but that somewhere along the way, you stopped including yourself in the care. You became compassionate, patient, loyal, and understanding towards everyone except yourself.

But the good news is this: **the same way self-abandonment happens in moments, self-trust is built in moments too.** The moment you listen to your feelings, honour a boundary, tell the truth, choose yourself without guilt, recognise that your needs

matter, and stop treating yourself as an afterthought - these are the moments where self-trust begins to build, through small acts of self-loyalty repeated over time. Every one of those acts begins with a simple decision: **to stop leaving yourself behind, and to remember who you are beneath all the adaptations.**

Because the person you've been searching for is not out there somewhere in the world. The person you've been searching for is you. The journey home begins the moment you decide that you're worth coming home to.