

Conversation 14: I Couldn't Have Done It Without Me

Recognising Your Role In Your Own Recovery

There's something I've noticed about people who've been through difficult things. Ask them how they got through it and they'll tell you about the people who helped. 'My therapist was amazing. My friend never gave up on me. My partner stood by me. That book changed everything. This course saved my life.'

And I love that for them.

We all need people who encourage us, challenge us, comfort us and remind us of who we are when we've forgotten. But there is one person whose name is almost always missing from the story. The person who did the hard work of healing. You.

Think about that.

- ♥ A therapist can ask the questions, but they can't answer them for you.
- ♥ A book can offer an idea, but it can't put that idea into practice.
- ♥ A friend can encourage you to leave, but they can't walk out of the relationship for you.
- ♥ A course can explain boundaries, but it can't say no on your behalf.
- ♥ Somebody can hold the torch, but you still need to walk through the darkness.

That's the part we keep forgetting. We're very comfortable celebrating with the people who walked beside us, but deeply

uncomfortable acknowledging the courage it took us to keep putting one foot in front of the other.

Somewhere along the way we've confused recognising our own strength with arrogance, but they're nothing alike. **Arrogance says**, I didn't need anyone. **Strength says**, I could have asked for help, but I still had to do the work.

There's no arrogance in telling the truth, and the truth is:

- ♥ Nobody else could breathe through your panic attack for you.
- ♥ Nobody else could challenge your thoughts for you.
- ♥ Nobody else could feel your grief for you.
- ♥ Nobody else could keep your promises for you.
- ♥ Nobody else could build your self-trust for you.
- ♥ Nobody else could stay on your own side for you.
- ♥ Nobody else could redesign your life for you.

You did those things - one decision, one conversation, one difficult day at a time.

When you look back on your life, it's easy to remember the breakthrough moments but healing is built in the moments that nobody applauds.

- ♥ The morning you got out of bed when you wanted to disappear.
- ♥ The evening you chose not to text someone who kept hurting you.
- ♥ The boundary nobody saw you hold.

- ♥ The tear nobody wiped away.
- ♥ The promise kept when nobody was watching.

Those moments never make headlines yet they're the moments that rebuild a person and a life.

Perhaps that's why you've overlooked yourself. Your courage rarely arrived with fireworks; it arrived disguised as ordinary decisions. The decision to begin again, to tell the truth, to rest, to ask for help, to forgive yourself, to keep going. Those decisions looked small at the time but look where they've taken you.

Here's a question I'd like you to consider: if somebody else had lived your life, faced your childhood, endured your losses, carried your fears, rebuilt themselves from the ground up, would you look at them and say, **well, anybody could have done that!** Of course you wouldn't. You'd admire them, respect them, probably call them brave. So why is it so difficult to use those same words about yourself?

I think the answer might be that you've been standing too close to your own courage to recognise it. You've lived every difficult day, every setback, every wobble, every mistake. You saw the moments you doubted yourself, so you assumed courage wasn't there, **but courage has never meant feeling fearless.** Courage means **continuing despite fear.** You have evidence of that on every page of your life.

That's why this conversation matters; I want you to stop giving away the evidence of what you're capable of.

Every time you say, 'my therapist changed my life', ask yourself another question: **what did I do with what they taught me?**

Every time you say 'that book changed everything' ask, **what did I choose to change after I closed it?**

Every time you thank the people who supported you - and you absolutely should - leave one 'thank you' for yourself until last, the one you've probably never said: thank you for refusing to give up on me, thank you for getting back up, thank you for choosing a different future, thank you for becoming the person who finally broke the pattern.

Because here's what I hope you'll never forget:

People can open doors. People can walk beside you. People can believe in you before you believe in yourself. But nobody can do the work *for you*. Nobody can choose *for you*. Nobody can heal *for you*. That has always been *your work*. Throughout The Healing Library you've courageously excavated your emotional depths, you've gathered evidence that proves you're capable of doing the work and changing your life - which means something extraordinary: **if you can rebuild yourself after everything you've survived, what else might you be capable of creating?**

Your recovery hasn't just changed your past; it's revealed your potential. Perhaps the greatest thing you'll ever say isn't, I couldn't have done it without my therapist or, I couldn't have done it without this book but, **I couldn't have done it without**

me. Not because you did it alone but because **you finally recognise the one person who never stopped showing up.**

You.