

CELEBRATING MY PROGRESS IN LIVING A SELF-MASTERED LIFE

I have made tremendous progress because of the hard work and commitment I have made to improve my life. I feel like I am changing slowly but steadily. I know that I am not afraid of things the way I once was. I am free to experience things easier. I enjoy people that I enjoy more, but I don't enjoy people that I don't enjoy. I am proud of myself for having the courage to embark on this journey. I am proud of myself for being able to commit to this journey and to be able to share openly about it. I deserve a big massage and a big hug for all of what I have tackled so far. I can see so much now, I now know when my boundaries are being violated, I know when I have to walk away, I know what I have to stay away from and I am making progress in doing those things. I understand that I am human and some days I will not be able to practice everything I have learned. However, I know that on those days, it's ok...maybe my behavior is not, but I still love and accept myself. I meditate often, I practice my breathing everyday so I can stay conscious, I do my homework, I listen to the tapes, I teach what I learn to my children, I share what I learn with my husband, I say my disciplinas...

One of the greatest things about my progress happened just the other day. I really thought I was going to lose my mind; my 3 year old was out of control in her controlling usual self. We were on the way to school and she cried the entire way. I felt like I was crawling out of my skin.. I just wanted to yell at her...enough already...but instead, I kept telling myself "she is being 3. I am the parent, breathe, this too shall pass, breathe. It's ok." I did a little validation and understanding of her feelings and then dropped her with her teacher. She was calm and no longer crying and in the end she had a great day and the only drama of the morning came from my 3 year old – the person it's ok to come from! That was a huge victory! I am so proud of my ability to Observe and Correct. The days when I have bad behavior and do snap at my children are far and few between, but when they do occur I am very quick to apologize and ask for forgiveness. That feels good. I now know how to make my kids feel safe and I constantly tell them and share with them how I am working to make sure that they always feel safe, sane and secure.

I have learned such incredible coping mechanisms – I know when to stop myself and check my ego at the door – I am so aware of every single feeling I have in almost every situation – especially when I feel uncomfortable. I am aware of how I address my husband; such as when I have tone in my voice and when I don't. I am finding more and more that I am able to tackle some frustrating issues without tone. I was even able to tell him in a very nice way that when he brings up his program (AA) every time I bring up mine it takes the focus right off of me and onto him. I was able to use responsible communication and said it in such a way that he didn't get defensive, hurt or angry. He just said he was sorry and that was not at all what he was trying to do. I think my point was made so strongly and without issue. YEAH! Another Victory.

My life is starting to feel much freer. So many things are much more enjoyable. I am proud of the progress I have made with my family. Many of my mother's habits no longer bother me the way they used to. I am shifting slowly and so are the people around me in response. Even my brother has been so much warmer and wanting to spend more time together..and most importantly, the times we are spending together are much more enjoyable. Just last week, he arranged a family outing on his boat. We all spent the entire day on his boat, going down to NYC and having lunch etc....It was a blast for the entire family.

I am proud of how I am learning to set boundaries with both my family and friends. I know when to say no. I know what situations to avoid and have been successful at avoiding them sometimes. I no longer feel the need to spend so much time with my friend. It's time alone that I am craving now and that feels great.

I am proud of my honesty about my financial situation. I am proud that I am facing it! I now pay the bills! And it doesn't make me feel so bad. I still feel confusion about the situation, but I understand that I'm in this situation for a reason. I feel great about the small steps I have taken to feel more in control. My spending habits and my conversations with my dad....WOW! As I write all of this down, I realize I really have made so many great changes in my life.

It feels good to know that GOD lives inside me and that I don't need anything or anyone else because I have ME. I never even thought much about GOD in the past – it was just this larger than life thing that I didn't pay much attention to.

I am grateful to be on this path. I am thankful that I found HLC. I know it was destiny. I came across the website when I was in one of my neurotic searches for what I was going to do when I grow up and it was the perfect timing and of course the perfect thing to keep me from continuing this pattern of wondering what the end result will be. Now I enjoy what I am doing as I am doing. I love my classes I love doing my homework. It always puts me in a happy place and I love sharing all I have learned with my family.

Maybe most of all I am so happy that I am finally taking the time to get to know myself. And I now understand why I am the way I am and what makes me tick. I am learning to love and accept myself unconditionally and that feels so good!

Being able to say all this was a victory in itself. Thank you for pushing me in the right direction.