Now is the time to go inward and say, It is alright. I am here today and this is a special gift given to me, myself and I/us☺

Times before today, because of lack of understanding, we probably said accusatory words to ourselves. Beating ourselves up with words that our family may have used with us, only puts us more on the defensive.

We know we are damaged inside, when we recognized that we continue to be defensive even when our own protective inner voice tries to warn of mishaps.

If you ever hear your protective voice say, “watch that end table or you will stomp your toe” and we reply inwardly “I know what I am doing” and of course we then accidently stomp our toe.

As we grow better, we will be able to decipher which inner voice is warning us for protection and which inner voice is accusatory.

Learning the difference can one day save our lives.