Why is it so damn difficult to stay connected to your true self?

-Happiness is on the other side of fear-

# Intro

Slight warning upfront… this talk is about your most inner feelings, about what your soul knows, connecting to your true self and about what you have probably been denying until now. If you are not ready for that, then now is a good time to leave…

What we are going to talk about today is who you truly are and that there is happiness on the other side of your fear. I promise you. If you bear with me, you will enjoy this ride.

# My Story

My own ride is this:

It was the 7th of September 2010, 5:30 in the afternoon as I walked into the livingroom.

A sunny day, a few of the first autumn leaves scattered on the rug beneath me, the sound of keys on my favourite antique table.

Followed by just the sound of the ticking of the clock.

There I stood, holding on to a large bunch of red roses in my arms.

Mmmmhhh…

AAnd there it was, a knot of sadness in my chest.

And the bitter-sweet scent of the hospital bed coming from my hair.

Footsteps behind me, he touched my shoulder and I felt his soft breath on my ear, while he whispered: “Don’t worry sweet, we will make a new one!”

That was the moment it all came crushing down and it all changed!!!

It was the end of it all.

And the same time is was the beginning of all what it is now!

Accepting and living my true self… Finally!

Something amazing was ready -

# Fear of not fitting in

What I realized in the days after this event was, that I believed, that when I did what was expected of me, that I would be happy.

Well and every American movie tell you so… “Married and happily ever after..”

I am part of a family and a culture “how to fit in!”

I was brought up to fit in! What is expected of you, how it should be.

Have you had a moment that you:

* Did as your boss told you to?
* Have done what your parents said that is good for you? That study? That partner?
* Acted on what your friends “suggested”?
* acted like… “a lady” / “perfect gentlemen” because that is how it is supposed to be?
* Or plain and simply done something just because you were told to do do?
* Do what is expected of you?

And afterwards it feels weird, off, distant, like it was not you who done it. And we brush away that feeling and just keep on doing, as it is supposed to be done.

Why? When it all just does not line up with you??

FEAR

* of not fitting in
* of not being part of the group
* of being expelled and exorcized
* FEAR of ending up alone
* of not being loved, if you don’t do how your told
* of therefore loosing the ones you love
* Fear of not being good enough

**We all just want to be loved and acknowledged**

This is what I have been doing, just until that moment that he whispered in my ear… I was doing what was expected of me, in pursuit of happiness….

AND ALL THIS IS, IS A HABIT… and today it is time to break that habit.

# Connection with others, Connection with yourself

To avoid that sense of fear, we cling ourselves to the sense and feeling of connection, we think we get, when doing as we are told.

We strive for perfection, for that moment of “I am proud of you!”, that moment that you are noticed/seen and acknowledged. To get that connection with the ones we love.

Fuelled by fear, we continue on this quest to fulfil, to excel, to fit in and strive for that perfection, as we think it is expected of us… We think, that they think, what we think we should do, that is … well I already lost it….

Because what we really do is, trying to connect to the ones we love and care about, by doing what we think they expect of us. A self-fulfilling prophecy that is fuelled by fear.

And what we loose, in the process, is the connection to our true self!

The connection to yourself is nothing… when you keep connecting to others.

Standing in that living room, when that white-picked-fence-life came crushing down, it revealed the truth that I have been living a life that was expected of me. I was part of someone else’s life, because I had been living in fear.

Only one decision. Living a façade. Being a apart of the live and plan of someelse.

I can now live with who I am.

# Now is the time to decide

For me, that whit-picked-fence moment needed to happen to realize what was going on. Now I know:

It is a moment of decision, your destiny is shaped.

It only takes one decision.

**Breaking the habit!**

So now it is the time to decide for you:

Do you want to continue to fit in? I am sure you know what it is I am talking about!

Do you want to continue to hide?

To delay your calling, just so you can fit in?

Be accepted, without accepting yourself?

Make a decision now and regain the decision now!

All you need to do is share your story! Share what you have been keeping bottled up!

Make the decision today to start sharing and start living it.

And if you already do! I cheer you!

Does it scares the living daylights out of you? I cheer you even more!

Welcome to the club!

Because living your true-self takes courage: taking that decision every day,

* fighting the fear,
* fighting the temptation of perfection, to hear “I am so proud of you”
* Staying out of hiding
* Choosing who you truly are
* Connecting with yourself, every day, even though, some days you don’t even know who you are.

This does not come easy, but it is so worth it!

The reward on the other side is happiness.

I did not say it is easy.

WHO are you instead??

* Maybe you are that 42 year old single woman, who still wants to become a mum.
* Maybe you just recently discovered you are lesbian at nature.
* Maybe you are a woman trapped in a man’s body.
* Maybe you want to give up your day-job and start your own business.
* Maybe you just what to live as a nomad in a caravan.
* Maybe… you fill in the blanks.
* Big or small, all and everything of you is allowed to be lived.

**As with all matters of the heart… you know when you found it!**

It is your live and your are the only you can live it!

I am shitting my pants in all colours of the rainbow, right now!!

I am choosing to be me and I am choosing to be heard and share my story.

**Have the chance to be who we truly are!**

I am choosing myself every day, even though I have days:

* that I say YES, because it is expected of me,
* I do commit to something I don’t even like, because it is expected of me. Or better even I think it is expected of me.
* It is an old habit, which is not easy to crack!

I am choosing my happiness!

I am choosing my freedom!

# Connection to your true self, gives us Connection to others

As humans we are wired to take care of others. And overall we take much better care of the ones we love around us then of ourselves.

Remember the oxygen-mask metaphor? In the event of an emergency, put on your oxygen-mask first, before helping others. And why?

Because if we choke, we cannot provide help, if we die, we can not provide help.

So there is a need that you take care of yourself first.

And with this, it is the same. Connecting to you, and your desires and what you want, is a need. Only then can we truly be ourselves and live a happy and fulfilled live.

Because this is what it comes down to:

1. Hiding and fitting in is way more tiring then living your true self. – I promise.
2. By speaking up, you will find connection, you do yet not know about.
3. By giving yourself permission to live free, you are giving permission to all those that are still hiding.

It opens you up

Connection you have not even thought about

Give permission

Who are you to keep it inside of you…..

Connection you try to seek earlier is one step away to yourself and even a better connection to the people around you…

Share your true desire:

# Freedom and Happiness is in the other side of FEAR

So while we think we connect with everybody, by fitting in and living a live expected of us, we loose touch with who we are. In fear of loosing all we love.

The contrary is the truth, as we are more ourselves, we connect to ourselves and all the loved ones around us even more. Sharing what your true desires are, is the start, being vulnerable.

Facing that fear, is simple, just breath and connect, as you already know what is.

Breath, breath again and go. Be brave!

You owe it to you and everyone around you.

Hiding and fitting in is way more tiring then living your true self. – I promise.

I am here to cheer you!

Speak up and share!! You are braver and share !!