

Saturday, November 01, 2003 – 1:40 a.m.

I am trying very hard to be true to myself a little more every day. I realize that I am harder on myself than anyone else ever could be. I have accepted this as who I am. I am often reminded through my reading and interactions with others that I should give myself the same compassion and understanding that I offer so freely to my friends and acquaintances. I suppose in my attempt to persuade them to be more compassionate and accepting of themselves and their choices, I am actually trying to teach myself to be exactly that. What I don't understand about myself, though, is how I can give such incredibly good advice to others in how to deal with their situations, having total faith that the solution would work, only to doubt myself when I need the same advice?