

Express before you cease

- 📅 August 29, 2022

We are constantly fighting this inner battle...each one at some point has experienced depression...where we have felt like giving up....feeling our world has fallen apart....no light at the end of the tunnel...all you see is darkness....the truth is we are always wanting more...what is that 'more'...when this 'more' is achieved then we aspire for even more...we delve on the negatives more than the positives sabotaging ourselves....allowing the insecurities, guilt, fears and shame to overpower us....where we lose ourselves to please others...our true self is buried somewhere.....

Allow your true self to surface up...be your authentic self...embrace the real you...when in need take help...let the suppressed feelings be expressed to the person concerned....speak your truth let it be heard...let the inner conflict be reversed to inner strength.....it's tough but not impossible...nothing comes easy....it's the choices we make and the action we take....it's ok to hold someone's hand when in need....allow yourself to surrender and trust, let no judgments of others defeat you.....there is always that one person who will hear you, hold your hand and walk you through....all we need to do is SURRENDER, BELIEVE and TRUST.

