

Healing Your Relationship With Yourself



Who am I when I am not trying to meet someone else's expectations?



Where have I been comparing my behind-the-scenes with someone else's carefully edited version?



What does 'being behind' actually mean to me, and who taught me that definition?



What would I attempt if I stopped requiring myself to be perfect first?



Which parts of my identity feel chosen by me, rather than inherited from other people's expectations?

