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Ms. L
(Your Worth)
- Real Talk Always - BLOG POST

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Until you heal the wounds of your past, you are going to continue to bleed outta those wounds. You can bandage the wound with work, and silly behavior. But in due time you will bleed and stain everything good in your life. Find within yourself the strength to open the wounds, cast out the infection that lay at the core of your pain that's slowing your growth into the future, and keeping you locked in your past. The ill-memories that hunt you daily, you gotta make peace with them so you can heal, and close the open wounds...

So much of the furnish you need to move forward in life, comes from your haste response to the way you deal with the (Abuse) he put you threw. Believing someone abuses you is your fault is a (False belief). You gotta believe you made it out because somewhere inside of you, you knew what was happening to you wasn't right, and you didn't deserve it. KEY WORD
- (Survived) -

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(Your Worth) isn't anybody else's to give to you, or take from you. (Your Worth) is your's, you gotta believe in you. You gotta be better than you were yesterday. Everyday should start with you giving yourself Compliments. If you don't love, and cherish your value, how can you think someone else will. See when dealing with predatorial people they feed off of your lack of Self esteem. It's what they use to build you, and to destroy you. But this wouldn't be a problem if you cherish yourself.

I believe the key for your Growth is understanding you survived the Nightmare. Which mean your stronger than you believe. (Yes if you give a child some Candy everyday, and one day don't, they would not know how to Cope.) It's the same when you've been told your ugly, stupid, and Worthless everyday. You form a belief that this is true, and when someone says other wise it's hard for you to believe. But if you open up your mind, and heart to believe your pretty, smart, and a true queen you'll form a new belief about yourself.

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