

Person, Place, Institution	I am resentful because...	Affects this had on me	Exact Nature of My Wrongs	What choices do I have Today?
<p>Me, Myself, and I a.k.a. Cassandra Kali</p>	<p>I have put myself in the situation I am in right now in every aspect of my life; this is the result of the choices (or lack of choices) that I have made.</p> <p>I have accepted deceitful, selfish, hateful people into my life and allowed them to be around me and my children.</p> <p>I have allowed myself to be used, mistreated, deceived, repeatedly abandoned, emotionally and verbally abused, and physically intimidated and then not only continued relationships with these people but kept trying to make them proud, get them to like me, figure out how to make them happy, and tried to save them from themselves.</p>	<p>I was sad. I was lonely. I was empty inside and cut off from my Higher Power.</p> <p>I felt old. I felt sick. I felt used up. I felt hopeless.</p> <p>I thought I could only justify my value through sweat and tears and loss of sleep and ridiculous amounts of exertion trying to be super-human; I didn't realize back then that just being me is justification enough for my value.</p> <p>I thought being a shameful, pitiful victim was just my role. I thought I would never cast off the shackles of my past.</p> <p><i>Ha!</i> <i>Look at me now.</i> <i>Thank you, HP!</i></p>	<p>I believed every single ridiculous lie I ever heard whispered, uttered, or shouted about me. I didn't realize that all of that had nothing to do with me and everything to do with the people saying it.</p> <p>I bought into the idea that I had to stay in the physical and emotional and spiritual mindset of my family of origin because I was from them. So not true. I was meant to develop into so much more than that.</p> <p>I pushed away recovery for a long time out of fear and justified all of my wrong actions to myself.</p> <p>I gave away my power to others; I laid down in the road and said <i>"Run over me! Go ahead. I don't mind. Anything to make you happy."</i> And usually people will go ahead and run over you when you do that. Crazy, right? :P</p>	<p>Here are my choices today:</p> <p></p> <p>I choose to be happy. *Universally, unequivocally, and cosmically joyful!</p> <p>I choose to experience my own emotions and not to just mirror back the emotions of those around me.</p> <p>I choose to honor myself, my experiences, my courage, and my heart.</p> <p>I choose to accept the past, learn from it, and move on loved by a God of my own understanding.</p> <p>I choose to allow my Higher Power to lead me into the life I am meant to live.</p> <p>I choose to have fun and enjoy life.</p> <p>I choose to be a great parent to my daughters and to hold a vision of them in love and joy and fulfillment.</p>

	<p>For quite a while, I had given up on me, on my life, on my career, on everything.</p> <p>For years, I hid from the world that seemed too hard, too confusing, too scary, &amp; too sad.</p> <p>I did not see myself as worthy.</p> <p>I spent a lot of time being sad, negative, lost, confused, terrified, broken, shameful, and emotionally destitute.</p> <p>I allowed myself to consider that this was "just how life is now."</p> <p><i>I am so glad that I was so wrong!</i></p>		<p>My actions (or inactions) caused pain for others like my daughters, brothers, husband, boyfriends, &amp; parents. It was not usually my intention to hurt people but hurt people I did because I was hurt myself and denying my pain.</p> <p>I used people for my own short-term happiness by being manipulative, playing the victim, living life with a gaping wound in me that wasn't healed, etc.</p> <p>You can't show up for others when you're unhealed and un-whole.</p>	<p>I choose to have no regrets.</p> <p>I choose to eat well, exercise, drink water, get sunlight, do yoga, take walks, juice veggies, make smoothies, take probiotics, paint my toenails, and to do whatever else I want, need, or desire to take care of me.</p> <p>I choose to make my own happiness and well-being a top priority because I love myself and I am worth it.</p> <p><i>Thank you, Thank you, Thank You God for the awakening of my heart, mind, body, and spirit.</i></p> <p><i>Wow!</i></p> <p>I am so amazingly blessed.</p> 
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