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Läsvärt

Vem är du bortom andras förväntningar?

Om att stå upp för den du är.....villkorslös kärlek

“How do you react when you think you need people's love? Do you become a slave for their approval? Do you live an inauthentic life because you can't bear the thought that they might disapprove of you? Do you try to figure out how they would like you to be, and then try to become that, like a chameleon? In fact, you never really get their love. You turn into someone you aren't, and then when they say "I love you," you can't believe it, because they're loving a facade. They're loving someone who doesn't even exist, the person you're pretending to be. It's difficult to seek other people's love. It's deadly. In seeking it, you lose what is genuine. This is the prison we create for ourselves as we seek what we already have.”

Byron Katie

I vårt mediala samhälle byggs det upp ideal.....alla grupper har sina koder.

När du är dig själv kommer några att acceptera Dig andra/ de flesta följer massan...eller grupptrycket.

Det krävs inre styrka att gå din egen väg.....självacceptans!

Texten är utskriven från Poeter.se

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