***Let’s Talk: About Finding Yourself!***

By: Almetrice Shavers

Growing up, you can’t wait to become an adult so you can do what you want to do. In your teenage years, you start thinking you know everything. From 19-24 years old, you definitely believe you know everything you need to know. Then at about 26 years old you realize you didn’t know a thing and you have made so many mistakes. At 30 years old a light bulb comes on and you start to see the light. Now you have to start fixing the issues from your past 20’s. I know this may not happen for everyone, but it definitely did for me. I’ve been in therapy for the last 2 years and it has been life changing. I went to graduate school for counseling in Clinical Mental Health in my mid 20’s, and I did uncover some things about myself. I just wish I had done the work on myself then, like i’m doing now. Honestly it’s better late than never. I guess going through heartbreaks, failed relationships, parenthood, financial issues and just life in general makes you think about things.

Now that I'm a parent now, I wish I would have done things differently especially before having my daughter. I like to think she continues to definitely be my motivator now to get myself together. I want to be a better version of myself for her. I have been diving into patterns of past relationships. Just getting an observation of what I did wrong in the relationship and I have seen what I have allowed. My take away from that was hard to look at but necessary. I have had issues with comparison and not liking myself. I grew up with as they call “daddy issues” and it lead to feelings of abandonment. So I was holding on to people and relationships that were not good for me, but I didn’t know how to let people go. I held on to friendships and relationships so tight. So in finding myself, i’m looking at why i’ve done things in the past and present. In this healing journey it’s not about the destination but the journey itself. For the first time in my life in 2023, I am learning myself and how to love myself. Really learning yourself is not easy because you uncover scars and wounds. I have been asking God to show me myself, and he truly has. I can’t worry why other people did what they did to me. I can only answer for myself and why I reacted or responded in a certain manner. One book that has changed my mindset is the “The Four Agreements” by Don Miguel Ruiz. If you have not read this book, please do so! It is a game changer for sure. Not giving away the material, but just the actual agreements are Being Impeccable with Your Words, Not Taking Anything Personally, Not Making assumptions, and Always Doing Your Best. This should make you want to read quickly. Not an expensvie book maybe like $7 on Amazon. (Shameless plug)

In this journey, I have come to find out that I’ve been scared of my own voice. I allowed others to treat me less than and I continue to push forward with them. I’ve stayed in relationships way too long, even when the person showed me their true colors but just not wanting accepting the truth. I always want to rescue people, but who comes and rescues me? I hold my emotions in and just keep to myself. That has never helped me in life. I was molested as a child, father walked out as a child, been in a mental/emotional abusive relationship and failed marriage. I know looking at me, people wouldn’t believe what I have been through, all I can tell you is God’s grace has been on me. Through all of this I still have joy. I have learned to forgive others and myself. This has given me such a peace I can’t explain. I forgave myself for things I could control in my teenage and young adult life. I forgave myself for how I allowed people to treat me when I knew better. It hasn’t been easy but so worth it in the end. I’m no where I want to be, but I can tell you i’m not close to the person I used to be. I still have much work to do, but my daughter Ja’Nae and myself deserve it. So I will take all the necessary steps and the amount of time it takes to get there. Remember it’s not about the destination but the journey. If no one told you today, you deserve God’s grace, peace and love! Love you guys :-)