

the ultimate journey

Explore Truth • Discover Love • Walk In Freedom

Declaration of Independence: Example #2

Goodbye to that lie that it's not okay to cry. Goodbye to the fear that crying only brings out the worst things...punishments, misunderstandings and quick rushes to judgment by others. Goodbye to lying about how I really feel when I think my feelings will not be understood. Hello to being true to my inner feelings and emotions. Hello to being free to express my feelings and emotions.

Goodbye to the lie that it's not okay for me to be angry. Goodbye to the lie that I should never show my deepest emotions. Hello to feeling and expressing freely all my emotions, including my anger, hurts and fears.

Goodbye to protecting the family image at all costs. Goodbye to trying to protect my mom and dad and brothers and sisters. Goodbye to trying to be the peacekeeper, warrior, and caretaker of the family. Hello to just being me without the responsibility for other family members' choices and emotions.

Goodbye to feeling like it's wrong for me to question or disagree with my elders. Goodbye to thinking they are always right and I am always wrong. Hello to being free to disagree and verbalize my disagreements without fear of repercussions.

Goodbye to all my efforts at avoiding pain and unpleasant issues at all costs. Goodbye to all my efforts to hide or run away from such issues. Hello to facing these unpleasant pains and issues and hello to not running away from them or trying to cover them up with activities or achievements and busyness.

Goodbye to doing what Mom and Dad said to do, but wouldn't practice themselves. Hello to being the child I am whether it sets a right example or not, and trusting God to make me into what He wants me to be.

Goodbye to worrying about what others think of me. Goodbye to doing whatever it takes to make them think well of me. Hello to not worrying about what others think of me.

Goodbye to the thinking that I must always be in the background and always silent and not make any waves. Hello to being real and being me and not being afraid to say and show who that real me really is.

Goodbye to feeling like my needs are always selfish and never valid or important as other's needs. Hello to taking care of my needs so I'll be better equipped and enabled to deal with other's needs.

Goodbye to feeling like men and boys are always more important than women and girls. Goodbye to fearing men and hating men. Hello to forming right relationships with other men in my life. Hello to knowing and feeling that we are on equal ground and one is no more important than the other.

Goodbye to feeling like sex is nasty, dirty or shameful. Goodbye to being used and abused by others wanting to fulfill their sexual lusts. Goodbye to being the sexual victim in so many relationships. Hello to good sex between me and my husband that I can freely enjoy and admit I enjoy without feeling dirty about it.

Goodbye to feeling like my doing is really me. Goodbye to doing and not being. Hello to being all God created me to be. Hello to being happy about who I am, not just about my accomplishments.

Goodbye to the lie that time heals all wounds. Hello facing my wounds openly and letting God and others minister healing to me. Hello to not trying to do it all by myself.

Goodbye to all my self-help efforts. Hello to letting God heal me and change me in His timing and His way by the Holy Spirit.

Goodbye to feeling like I have to be married to be complete. Hello to finding my wholeness in Christ alone and in who He made me to be.

Goodbye to ignoring my troubles and putting on a happy face thinking they will disappear. Hello to facing them honestly and allowing the Spirit of God to have His way in my life and provide healing where needed.

Goodbye to being the responsible one in my family and trying to fill the shoes that Mom and Dad were supposed to fill. Hello to letting their shoes stay empty if they don't fill them. Hello to just being me and fulfilling my role as sister and friend, not mom and dad.

Goodbye to striving always to be perfect in every way. Hello to being honest and realistic in my efforts and hello to trusting God with the unfair things in my life and hello to allowing Him to use them for my good in the end.

Goodbye to feeling like you always get what you deserve. Hello to the realism that life isn't always fair. Hello to trusting God with the unfair things in my life and hello to allowing Him to use them for my good in the end.

Goodbye to isolating myself to deal with my issues alone. Goodbye to thinking I don't need anybody else to help me. Goodbye to seeing my issues as making me weak, inept and spineless. Hello to seeking support, prayer and encouragement from others when I need them. Hello to seeing my issues as strengths in disguise and allowing God and others to help the disguise come off.