

Goodbye to stuffing my emotions, especially the deep ones. I'm finished with compromising my feelings for the sake of peace. I'm through just "getting over it", "getting through it" or "getting past it." Hello to healthy communication. Hello to giving myself the freedom to feel, express how I feel and be okay with that, even if someone else isn't. Goodbye to letting people take advantage of me because I didn't speak up. Hello to honest expression from my heart and allowing others to do the same.

Goodbye to protecting the family image. There was never one to protect anyway. I was the child and I had a better grasp on reality than the adults in my life. Adults, you were wrong most of the time. And I'm finished with keeping my mouth shut about it. Hello to openness and truth.

Goodbye to avoiding pain and unpleasant issues. It is what it is. It happened --- I can't change it. But I'm all grown up now and hello to taking out that pain and looking at it from all sides. And guess what pain --- you can't stay here anymore. You don't fit. You are healed ---hello to health and life and abundance of all the good things – peace, joy and love, love, love.

Goodbye to do as I say, not as I do. I am not a puppet on a string. I am a grown woman and quite capable of making intelligent, solid choices. Hello to watch me as I do this thing.

Goodbye to worrying about what others think. Hello to "I am responsible for myself." This is who I am. My business is about me. If I am not harming anyone and my motives are pure – then if you have a problem with me, it is your problem and I cannot change you. You are responsible for yourself.

Goodbye to being seen and not heard. Goodbye to feeling unimportant and uninteresting and insignificant. Hello to "I have needs too." Hello to "I have opinions and I have feelings." How about that. You'll be hearing a lot more from me.

Goodbye to "if it feels good, do it." It didn't work for me and it didn't work for you. Thank God I found out it wasn't working for me before it cost me my life. Hello to my truth lining up with God's truth. Hello to "if God says do it, do it."

Goodbye to feeling selfish if I have a need. Hello to my needs are important. Goodbye to thinking if I give enough someone just might notice that I have a need. Goodbye to always putting myself on the back burner. Hello to getting my needs met through open, honest communication.

Goodbye to men and boys being more important than women and girls. Hello to "we are just different." Goodbye to "men can take what they want from women and dump on them and betray them." Hello to "love me for who I am and value me or you don't get the privilege of having me in your life. Hello to "you can't take anything from me ever again that I don't freely give you access to."

Goodbye to sex is a bad thing. Hello to sex is a beautiful God-made thing that between a loving husband and wife can create great bonding and intimacy. A celebration of God's love and their love for each other. Goodbye to lust, goodbye to shame, goodbye to using sex to try to get loved. Hello to "I am worthy of being loved just because I'm me."

Goodbye to always needing to accomplish. It steals moments. Moments that could be spent on relational things. Goodbye to sticking by the plan. Hello to not feeling time constraints so keenly. Hello to more reading, coffees, talking with friends. Hello to dropping all my plans for the joy of being with people I love.

Goodbye to "time heals all wounds." That's a lie from the father of lies. God, not time, heals all my wounds by using me to heal my own. Hello to allowing all God's love and blessings and healing to flow through me and pour out into others.

Goodbye to value in good looks. That's another lie. Beauty fades and then what's left? My beauty goes far deeper than outward appearance. If you can't love me for who I really am—you don't love me at all. You're in love with a fantasy. Goodbye to fantasy. Hello to this is me, whether my hair is a mess and no makeup or I'm looking good. This is me if I am 20 pounds overweight and fluffy or buff. I'm still me. Say hello to me just as I am.