

# The Free Therapy List

- 1) You're stuck because you keep trying to find yourself. Has it ever occurred to you that what you're looking for may not be lost in the first place?*
- 2) Stop making the man or person you're dating the main character of your life.*
- 3) People are not possessions. You don't own them. You cannot lose something you don't own. (You can only experience them)*
- 4) Cut people out of your life. Scissors are not only for lesbians.*
- 5) If your pursuit of growth feels like a prison to you, it's because your desire to grow is rooted in self-rejection and not self-celebration.*
- 6) When you say yes when you want to say no, you are actually emotionally untrustworthy.*
- 7) If you're feeling unsettled, it's because in that area of your life you are not supposed to be settling.*
- 8) I know sometimes it's hard to share your feelings, but if you don't communicate they won't know.*
- 9) You don't miss them. What you miss is the fantasy of what you hoped the relationship would become.*
- 10) A crush is simply a lack of information.*
- 11) When you're a rose that grew from the concrete you have to be gentle with yourself because ain't no gardeners coming.*
- 12) Life may be chewing me up and shitting me out but I am built like a piece of corn and I will persevere.*
- 13) You were put on this planet to experience not accomplish. It's not your responsibility to accomplish anything. It is your responsibility to experience as much as possible.*
- 14) What you're attracted to when you're broken disgusts you when you're healed.*
- 15) Your emotions are not complicated. It's your thoughts about them that are.*
- 16) Unless someone indicates that they have a problem with you, you're going to assume that there is no problem.*

17) People are only bothered by your standards because it causes them to have to re-evaluate their own.

18) You got to let people do what they want to do so you can see what they would rather do.

19) Just because someone didn't mean to do you harm doesn't mean they even considered you in the first place.

20) People who are not treating you well are not going to treat you better if you work harder.

21) They're not your type, they're your pattern.

22) You're not healing to be able to handle the trauma, you're used to the trauma. You're healing to be able to handle the joy.

23) You don't get what you deserve. You get what you negotiate.

24) Sometimes it's hard to live, laugh and shake your ass but if you put enough hehe's in your haha's life eventually gets better.

25) Whenever you decide to start being good to yourself, toxic people will feel like you're being bad to them.

26) Naps don't help when your soul is tired.

27) Comfort doesn't always mean pleasant, it simply means known.

28) Where there is no effort there should be no opinion.

29) Never let the family that you came from damage the family that comes from you.

30) Sometimes we are just collateral damage in someone else's war against themselves.

31) Rather than feel guilt, people who have hurt us typically start to hate us for reminding them of their cruelty.

32) You're born looking like your dad, you die looking like your decisions.

33) Just because he's good for your hole doesn't mean he's good for your soul.

34) Assertiveness feels like aggression when our baseline is people pleasing.

*35) Don't let your need to be perfect stop you from being good.*

*36) Think back to everyone around you when you were younger sacrificing for you, it's because you're worth it. You're someone worth sacrificing for.*

*37) When people can no longer control you, they will control how people think about you.*

*38) It's a good sign when you've expanded so far that you can no longer fit into spaces where you used to be able to fit into.*

*39) Just because you can feel their hurt and feel the depths of their sadness, their anger, and their shame does not mean that it is your job to fix it.*

*40) Disrespect can close a lot of doors that apologies cannot reopen.*

*41) If someone told you you were like your partner, would that be a compliment to you?*