

## HONESTY BEGINS WITH ONESELF

I was a shitty wife.

I am not a shitty person anymore. It cost me everything.

I will reserve lying for only when it will protect someone else's feelings. I will not lie to cover up my own deceit or shitty behavior.

I will not make promises unless there is a reasonable expectation that they can be kept.

I will keep my word/promises.

I will be encouraging and thoughtful in my interactions with others.

I will tell people when I am proud of them, when I like them, when I love them.

I will make an effort to communicate effectively.

I do not like parts of my life and I absolutely hold the power to change those parts.  
So - what is holding me back?

Excuses

Denial

Fear

*`Make peace with your broken pieces.`*

*Smudge*

From a journal writing during my post divorce hell.