Facing Your Giants in 2014

Merriam-Webster Dictionary defines a **GIANT** as "a person or thing of great size; a person or thing of extraordinary power, significance, or importance."

Do you feel stuck in a rut? You know that life has more in store for you than what you are currently experiencing but you just can't break through and break out. You find yourself repeating the same painful patterns in relationships, your ability to make good decisions for yourself could use some improvement and you are just plain old not satisfied or happy with where you are in life.

Psychological statistics prove that there is a connection between being raised in an abusive home and having low self-worth. Statistics prove that there is a connection between low self-worth and choosing abusive partners. Statistics prove that there is a connection between molestation/rape and drug addiction. Also, statistics prove that there is a connection between all of the above and depression and anxiety.

Could the giant that you need to face in 2014 be that you were molested or raped and you have never told anyone? Or you did tell someone and they did nothing? Could it be that you were raised in a chaotic home with addicted and/or abusive guardians and you are confused about what is healthy and appropriate? Could it be that mental illness runs in your family but you have never sought help and followed through with treatment when you knew something was not quite right on the inside? Could your giant be a fear of talking about "family business" with people outside of the home? Or could it be traditional beliefs in your community or racial group about suicide, rape, and mental illness that keep you from coming forward and seeking help? Maybe you have never truly healed from the divorce but you pretend that everything is fine.

Secret keeping and feelings of shame will keep you in a mental prison. You will have extreme difficulty finding peace, satisfaction and contentment without facing your giants and killing them dead. This is your year to reveal the secret, address the shame, place the blame in its rightful place and set new boundaries with abusive and guilt producing people in your life. This is your year to set your life on a path that will lead to more joy, more peace and healthier more fulfilling relationships than you ever thought possible.

You are more powerful than you think you are! Take control and face your giants in 2014!

Wishing you a Happy New Year and many more to come.

Sonja L. Shipp

SAMHSA: Healing & Recovery from Childhood Abuse (Women)

SAMHSA: Healing & Recovery from Childhood Abuse (Men)

SAMHSA: Behavioral Health is Essential to Health

SAMHSA: Dealing With the Effects of Trauma - A Self Help Guide