



THE POWER OF BEING TOO MUCH: RECLAIMING THE PARTS OF YOU YOU WERE TAUGHT TO HIDE

For years, many women learned to shrink — not because they lacked power, but because the world wasn't ready for the full expression of it. Being “too much” was never a flaw. It was your truth trying to take up space. This is your permission to rise unapologetically into the fullness of who you are.

Every woman I know has been called too something at some point in her life.

Too emotional.
Too intense.
Too sensitive.
Too loud.
Too opinionated.
Too ambitious.
Too soft.
Too intimidating.
Too independent.
Too needy.
Too much.

These labels weren't born from truth — they were born from discomfort.
Not your discomfort.
Theirs.

Because a woman fully expressed, empowered, and aligned is not easy to control.
She questions.
She disrupts.
She transforms.
She shines light into places people prefer to keep dark.

And in a world built on the comfort of others, that kind of woman is dangerous — not because she is harmful, but because she is honest.

The Origin of Too Much

Women are taught early on to perform a version of themselves that feels palatable.

Nice, not bold.
Grateful, not ambitious.
Agreeable, not assertive.
Quiet, not loud.
Pleasant, not passionate.
Capable, but never threatening.

So we shrink.
We soften our words.
We swallow our emotions.
We edit our personalities.
We dilute our brilliance.
We hide our intelligence.
We apologise for our needs.

We learn to occupy less space, physically and emotionally.

But here's the truth:

Women were not meant to be manageable.

Our depth was never meant to be packaged into something convenient.
Our intuition was never meant to be dismissed.
Our power was never meant to be reduced to the version that keeps the peace.

Being “too much” was never about you.
It was about the size of your soul in spaces that rewarded smallness.

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Your emotions aren't too much — they're too honest for people who benefit from your silence.

The Emotional Body: Your Oldest Language

Being “too emotional” is one of the most common wounds women carry.

But emotions aren't weaknesses — they're signals.



They're truth-tellers.
They're internal intelligence.
They're the body speaking when the mind refuses to.

Sensitivity is a skill.
Intensity is energy.
Depth is discernment.
Empathy is leadership.

But because emotion disrupts the illusion of control, women are taught to mute it.
To be logical.
To be “strong.”
To be composed.

Except our emotional bodies weren't built to be cages.
They were built to be compasses.

The Woman Who Shrinks to Survive

Shrinking is a survival strategy.

Your younger self learned that to stay safe, loved, accepted, or uncriticised, she had to fold herself down into a smaller shape.

- You didn't cry too loudly.
- You didn't dream too boldly.
- You didn't take risks.
- You didn't speak truths that rattled others.
- You didn't set boundaries.
- You didn't show your intensity.

You learned that smallness equaled safety.

But now?

Smallness equals suffocation.

Because the woman you are becoming is too big for the container she built to survive.

The Awakening: I Don't Want to Be Small Anymore.

There comes a moment — sudden, quiet, undeniable — when a woman feels something shift.

It sounds like:
“This version of me is too tight.”

“I can't keep hiding.”
“I want more.”
“I'm tired of shrinking.”
“I want to be seen as I am.”

This moment isn't arrogance.
It's awakening.

It's your soul stretching.
It's truth resurfacing.
It's expansion demanding to be lived.

This is the moment women begin to rise.

And this rise is not loud.
It's not violent.
It's not chaotic.

It's certain.
It's embodied.
It's deeply feminine.





Your Too Muchness Was Never the Problem

The parts of you that people called “too much” are the exact parts of you that were meant to lead you:

- Your intensity is passion.
- Your emotion is intelligence.
- Your ambition is destiny.
- Your sensitivity is intuition.
- Your softness is strength.
- Your volume is truth.

Women are not either soft or strong – they are both, simultaneously, beautifully, naturally.

And when you reclaim these parts, you become whole.

You become the woman you always were underneath the conditioning.

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Your depth isn't the problem — it's a mirror most people aren't ready to face.

Reclaiming the Parts You Hid

Reclaiming your “too muchness” is not a personality shift – it’s an identity return.

It looks like:

- Speaking without shrinking your sentences.
- Allowing emotions to move through you.
- Saying no without apologising.
- Setting boundaries without guilt.
- Showing your intelligence without minimising it.
- Wanting more without justification.
- Taking up space without performing politeness.

This isn't rebellion – it's rebalancing.

You're not becoming someone new. You're removing the layers that never belonged to you.

Why Your Fullness Is Needed Now

The world needs women who are:

Bold enough to feel.
Aware enough to speak.
Strong enough to disrupt.
Soft enough to remain human.
Clear enough to lead.
Awake enough to choose differently.

Your fullness is not a threat.
It's medicine.
It's truth.
It's leadership.
It's liberation.

The world changes not when women quiet down – but when they rise into the fullness of who they are.

Conclusion: Be Unapologetically Entire

Being “too much” is not something to fix.
It’s something to reclaim.

Your intensity is your *impact*.
Your depth is your *direction*.
Your emotion is your *clarity*.
Your truth is your *revolution*.

This April, may you stop asking the world for permission to be whole.

Take up the space life built for you.
Fill it with your voice, your presence, your fire,
your softness, your soul.

You are not too much.
You are the exact amount of everything you
were born to be.

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Your emotions aren't the problem — they're the part of you that refused to stay quiet just to keep the peace.