

## **It Was Done to You : It Was Never About You**

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When someone treated you harshly—whether at work or in your personal life-through neglect, betrayal, manipulation, or harsh criticism—**understand this with absolute clarity: it was done to you, but it was never about you.** Their actions, their cruelty, their poor choices, were born entirely from their own pain, dysfunction, or brokenness. Nothing you said, nothing you did, nothing about who you are could ever justify their toxic or harsh behaviors.

And yet, how many times have you internalized their actions as if they were about you? How many times have you believed, “I must be defective,” or “I am powerless,”? These beliefs, repeated over time, solidified into identities—**false identities**—shaped by the meanings you attached to another’s negative behaviors, leaving you to question your true identity all along.

Yes, other people’s harsh behaviors were and are real and must be acknowledged and addressed. Yet, the deep pain or discomfort you feel now is a natural response to the subconscious beliefs you formed in your early years. As a child, you tried to make sense of unkindness or trauma, often attaching meanings without the ability to discern between what was done to you and the truth of your Being. **The limiting beliefs you subconsciously adopted were never a reflection of your worth or your true identity.** Whatever the unkindness was—or is—it has always stemmed from the pain and brokenness of others, never from who you are.

I want you to hear this: **your true identity was, is, and will always be intact and unchangeable.** It is infinite. It is not tied to meanings created out of your experience. It is not tied to what happened. It is not tied to anyone’s poor choices. **Your true identity as a Being of Infinite Possibilities and Infinite Potentiality is your birthright.** It can never be damaged. It can never be lessened. **Your Being is wholeness. You Being is completeness. You being is freedom.** This is who you are and who you have always been.

Dare to identify and remap your deeply embedded limiting beliefs hidden in the depths of your subconscious. Challenge the false subconscious beliefs that became the false identities that have kept you small, and dismantle the barriers that have clouded your truth. Reclaim your power. Reprogram the limitations that do not belong to you and were never yours to carry. Replace these false identities with the undeniable truth of who you are—**boundless, infinite, and unstoppable.**

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