

ARE WE GIVING OUR LOYALTY TO THE WRONG PEOPLE?

Loyalty is a beautiful thing when we entrust it to the right people. Here are some questions we can ask to help assess whether we are giving loyalty to the wrong people in our lives:

1.AM I LOYAL TO THIS PERSON BECAUSE THE ALTERNATIVE IS TOO SCARY?

AM I MORE AFRAID OF BEING ALONE THAN BEING LOYAL TO SOMEONE WHO DOESN'T DESERVE MY LOYALTY?

2.DO I FEEL LIKE I OWE THIS PERSON LOYALTY FOR SOMETHING THEY DID FOR ME?

DO THEY HOLD SOMETHING OVER OUR HEADS THAT THEY DID FOR US, THAT WE FEEL WE HAVE LONG SINCE REPAID THEM FOR, BUT DON'T KNOW HOW TO EXPLAIN THAT TO THEM?

**3. AM I MAKING EXCUSES FOR OTHERS' BEHAVIORS THAT SHOULD
MAKE THEM UNWORTHY OF MY LOYALTY?**

WHEN THE DISCOMFORT OF WITHDRAWING OUR LOYALTY BEGINS TO
EMERGE, WE MAY ATTEMPT TO AVOID THIS DECISION BY FINDING
REASONS WHY THEIR BEHAVIOR SHOULDN'T COST THEM OUR LOYALTY.

**4. AM I LOOKING FOR FAULT IN MYSELF IN ORDER TO AVOID REMOVING
MY LOYALTY?**

ANOTHER WAY WE AVOID THE DISCOMFORT OF WITHDRAWING OUR
LOYALTY FROM OTHERS IS FINDING REASONS WE ARE UNWORTHY OF
OTHER'S LOYALTY. WE USE OUR MISTAKES TO LOWER THE BAR FOR
WHO DESERVES OUR LOYALTY. WHO ARE WE TO PUT OURSELVES ON A
PEDESTAL AND DETERMINE WHO IS WORTHY OF OUR LOYALTY, GIVEN
WHAT WE HAVE DONE?

**5. IS THERE ANYONE IN YOUR LIFE THAT YOU HAVE BEEN LOYAL TO,
WHO NO LONGER DESERVES IT?**

YOUR LOYALTY IS A GIFT, AND IT SHOULD BE GIVEN TO THOSE WHO
RESPECT AND APPRECIATE IT, NOT THOSE WHO TAKE ADVANTAGE OF IT.