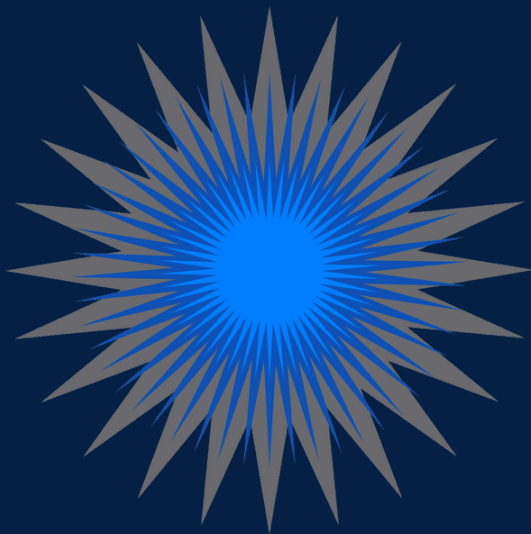


A BURSTING THROUGH STORY

I'm Glad I Let Him In

A STORY OF IDENTITY, BELONGING,
LOVE AND BECOMING MYSELF



STEVE PETERSEN

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AS YOU BEGAN
TO LIVE MORE ON
YOUR OWN
TERMS, HOW DID
THAT START TO
SHOW UP IN
YOUR LIFE?

WHAT BEGAN TO
CHANGE IN HOW
YOU SHOWED UP
FOR YOURSELF
AND OTHERS?

Two very painful and very clear truths surfaced early in therapy. The first was that most of my relationships were lopsided.

The second was that many of the values I had been raised with and carried into adulthood no longer aligned with my lived experiences. It was almost like the values I was trying to live by belonged to a completely different person living a completely

different life. The values work ended up being surprisingly straightforward.

My therapist gave me homework, which he rarely did. He asked me to draw columns on a sheet of paper. In the first column, I listed the values I had been raised with and was currently trying to live by. In the second column, I wrote whether my actual lived experiences agreed or disagreed with those values. In the final

column, I wrote what I believed those values should be based on who I had become and what I now understood about myself and the world.

Seeing it all written out was powerful and incredibly clarifying. The relationship realization was harder.

I had to face how many people I was holding emotionally close who were not holding me with the same care or love.

That realization hurt deeply,
and honestly, parts of it still
does.

Over time, I began learning
that letting go of some of those
one-sided relationships created
space for people who genuinely
wanted to love me the way I
needed and deserved to be
loved.

Realigning my values felt
freeing. Accepting the truth
about some of my relationships

felt much more painful. I know that both things were necessary. Maybe one of the people I was finally making room for to love me the way I needed to be loved... was myself.

I'm glad I let him in.