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Journal 4

Second Chance

The topic of the group discussion was very interesting. I think it is important to conduct a psychosocial assessment on a client. When an individual has a behavior that is abnormal, it is important to delve into the psychodynamic theory. An individual's childhood plays a major role in understanding someone's behavior. Essentially, experiencing trauma in one's childhood can trigger many psychological issues in the future. In analyzing the subject, it is important to understand the role of the individual's environment and family dynamic. Often times, the way a person was treated in their childhood has a direct correlation to who a person becomes in life. As an adult, I understand how my childhood negatively influenced me as an adult. I suffered trauma as a child that made me develop self-hatred. As a result, I searched for love in the wrong places and people. I had anxious attachment as I pursued relationships. The fear of abandonment caused me to compromise and pursue unhealthy relationships. My Mother left me at a young age which led to emotional issues later on in life. I have learned to love within boundaries.

Not only have I learned to love within boundaries, but I have learned to be authentic. I was never authentic because I felt like I had to be someone I wasn't in order to receive love. Therapy has helped me to heal in many ways. I desire to separate myself from toxic people and people who treat me poorly. I have learned that I must love myself before I can expect anyone else to love me. Self-love has been a new journey. I realized the root of my issues stem from my lack of self-love. It explains why I befriended the wrong people and played small so that I would not be a threat to others. I am finding who I am. There are changes I am making. Being a people pleaser has caused me my health. I have realized the danger to being a people pleaser and not being obedient to God. I have realized that if a

person or situation does not line up with the word of God, it is not from the Lord. There are so many phony individuals and people that are in your life for the wrong reasons. I am aware of negative people and energy. I desire to be gentle with myself as I navigate life. I am becoming who God is calling me to be. I am no longer broken. I feel as if I have a second chance at life. I want to be a role model to my daughter. I want to be a healed version of myself and not one that is broken and wounded. Therapy helps me to hear my own voice which has been stifled for years. I became mute from all the trauma I had endured. I lost my voice and accepted abuse. I am learning to teach people how to treat me. I am entering a new stage in my life. Everything is clear and I have a mind of Christ. God said he has given me a sound mind. I desire to be the best version of myself and to be all that God is calling me to be. I want to fulfill my deepest desires and trust God with the outcome of my life.