

Oumou Diallo

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The last group session was very sentimental. If I had a magic wand my health would be fully restored. Last year, I was scared with health issues that knocked me off my feet. There were some personal struggles I was dealing with. After receiving this wake up call, I changed my life around. God was able to show me the root of the issue. My lack of self-love led me to make poor decisions in my life that cost me. I reflected deeply upon my life. I realized I had to love myself a lot more. I turned to the wrong things and people for love at a time in my life when I was most vulnerable and broken. As a child, I was neglected and mistreated. As a result, I developed low self-esteem and confidence within myself as a young woman. Although, I was beautiful, I never realized my inner beauty. Jumping in and out of bad relationships coupled by my Step-Mother's toxic relationship led to issues with my health. I have learned to distance myself from her and to stop indulging in negative behavior that is detrimental to my health. It is unfortunate that I had to learn the hard way.

God had placed people in my life to warn me about the dangers of my negative behavior. I was so enmeshed in the problem that I didn't know that the solution was self-love. I was deeply wounded as a child, when my maternal Mother left. As a young woman, I suffered abandonment issues which led to negative behaviors that nearly destroyed me. Growing up in a dysfunctional family, led to anxious attachment in my relationships with men as a young woman. My lack of self-love led to making poor decisions that were detrimental to my life. Now that I am in a better place in my life, I realize the extent to which my earliest memory of being abandoned affected my life in a negative way.

Seeking therapy has helped me to begin the process of healing. Healing has led me to observe how I need to set boundaries with people and learn how to begin the journey of self-love. I am aware of my self-hatred. I am mindful of my negative behaviors and at the root of it was my search for love since I

was yearning for something I never had. I have broken this generational cycle of abuse with my daughter. I ensure I tell her that I love her, every day. I move slowly when meeting a new person of interest. I realize I am worthy of love even though I was told that I wasn't.