

This is why
you don't
RECOGNIZE
YOURSELF
anymore.

You didn't
LOSE
YOURSELF
all at once.

You disappeared slowly...
for approval, for safety, for love.

This wasn't made to call you out.

IT WAS MADE TO
CALL YOU BACK.

Let's name what no one else did.

YOU STOPPED RECOGNIZING YOURSELF WHEN...

- you apologized for being hurt before they ever said sorry.
- you stopped talking about what mattered because no one asked.
- you got so good at being adaptable, you forgot your original shape.
- you celebrated other people's wins louder than your own.
- you only let yourself cry if no one could hear/see you.
- you taught yourself to take up less space and called it healing.
- you called your own boundaries "selfish."
- you silenced your instincts for the sake of "keeping the peace."
- you started doubting your power because no one mirrored it back.
- you mistook being palatable for being loved.
- you learned to read a room before you ever learned to read yourself.

There is a quiet knowing that
rises when you pause long
enough to listen.

A steady pulse reminding you—
you are still here.

Whole.

Present.

Unfolding.

This is where the return begins.

A movement inward,
toward the self that has always
been.

Welcome to The Unbecoming.

For more details visit

MysticMotivations.com