

## My story


Like many others, I did not have an ideal childhood. To be honest, it sucked! In my early years, I endured or was exposed to sexual abuse, physical abuse, mental illness, alcoholism, and abandonment. I was 12 years old when I realized that I was going to have to take care of myself because no one else was going to do it. I started doing whatever I had to do in order to survive. I never considered myself to be a runaway because my family always knew where I was, but I never stayed in one place for very long. Sometimes I managed to keep myself safe, but other times I ended up putting myself in more danger.

I was 18 years old when my son was born. It was then that I discovered that my life had purpose! I was determined that he would not have the kind of life I had. I knew that I had to find a way to break the cycle of dysfunction and abuse that went back for generations in my family. It wasn't easy and it took longer than I would have liked, but I did it! I have 4 beautiful, amazing, well-adjusted children. I worked very hard to be the best wife and mother that I could be. My children's lives were secure and stable. My overall feeling about life was that whatever else I may have done wrong, being a wife and mother was what I did right. Nothing was more important than that. I felt like I was doing what I was put on this earth to do. When the pain of my past would inevitably creep in, I would push it back out. My life was a success! Then something changed...

I started having trouble focusing. I was crying all the time and I had no idea why. I thought I was going crazy. In reality, I was probably close to having a mental breakdown. Then I made the connection that it all started when my daughter turned 12. For the first time, I realized how young a 12 year old really is. I saw how much she still needed guidance, structure, stability, love and ME. She needed her mother! I saw how important those things were that I never had. That was 8 years ago and that is when my journey to healing began.

Since then I have learned so much! Let go of so much! Healed so much! I have learned about self-care and self-love. I have learned that it is not okay for me to put myself and my well being on the bottom of my list of things that are important to me. I learned that although being a good mother is an important and big part of who I am, it is not the whole of who I am. While I was on my journey of healing, I did many things. I took classes, went to counseling, started my memoir, became certified in Reiki healing, read and read some more, went to school to become a life coach, started meditating and most importantly, found the one thing that I desperately wanted for 40 years. Through doing my work on myself, I finally found forgiveness, and with forgiveness came freedom!

I have a much bigger Life Purpose than I used to, it now includes helping others who are on their path of self-discovery to find the healing and happiness that they want in order to feel whole.

Namaste 

Tricia