

# Five Hard Truths for Gentle Souls



# Words of Wisdom from Barb Schmidt

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1. Mishandling people, then avoiding communication, is not protecting your peace. It is avoiding accountability.
2. If you're constantly trying to prove your worth to someone, it is probably a sign you need to distance yourself. You shouldn't have to persuade anyone to treat you with decency.

3. If you have been repeatedly disappointed by people you once trusted, you may feel like you don't need anyone. Being overly independent is a defense mechanism from being constantly let down.

4. Setting healthy boundaries is not selfish! It is a sign you want to continue the relationship. You didn't become "selfish", you became harder to manipulate.

5. Your ability to feel other people's pain doesn't mean it's your responsibility to fix

it. Nedra Glover Tawab said, “Once you realize you can’t possess power over others, you will move away from your role as “the fixer”. Care without being consumed by it.