

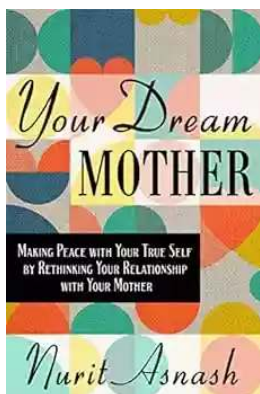
Making Peace With Your True Self By Rethinking Your Relationship With Your

Do you often find yourself feeling unhappy, restless, or unfulfilled? Do you have a constant nagging feeling that something isn't right in your life? If so, it could be a sign that you need to make peace with your true self and rethink your relationship with your inner being. In this article, we will explore the importance of reconnecting with your true self, understanding your core values, and embracing self-acceptance.

The Importance of Reconnecting with Your True Self

In today's fast-paced world, it is easy to lose touch with our true selves. We often get caught up in the demands and expectations of others, neglecting our own desires and needs. However, in order to live a truly fulfilled life, it is essential to reconnect with our true selves.

When we are disconnected from our true selves, we may experience a range of negative emotions such as anxiety, depression, or a general sense of unhappiness. Our inner being knows who we truly are and what makes us happy, but we must take the time to listen and pay attention.



Your Dream Mother: Making Peace with Your True Self by Rethinking Your Relationship with Your

Mother by Nurit Asnash (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 4420 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 445 pages
Lending : Enabled



By reconnecting with our true selves, we gain a deeper sense of self-awareness and clarity. We can better understand our emotions, desires, and fears, allowing us to make decisions that align with our core values. This leads to a more authentic and fulfilling life.

Understanding Your Core Values

Core values are the fundamental beliefs and principles that guide your behavior and decisions. They are the essence of who you are at your core. Understanding your core values is crucial in making peace with your true self.

To identify your core values, take a moment to reflect on what matters most to you in life. What principles do you hold dear? What drives your decision-making process?

Your core values may include concepts such as honesty, compassion, personal growth, or creativity. These values serve as a compass, guiding you toward a life that is aligned with your true self.

Once you have identified your core values, it is important to incorporate them into all aspects of your life. This includes making decisions that align with your values, setting boundaries, and surrounding yourself with people who share similar values.

Embracing Self-Acceptance

Self-acceptance is a vital component of making peace with your true self. It involves fully embracing and loving yourself, flaws and all.

Many of us struggle with self-acceptance due to society's standards and expectations. We may compare ourselves to others, constantly striving to fit into an idealized mold. However, true self-acceptance can only be achieved by embracing our uniqueness and celebrating our individuality.

Start by practicing self-compassion and treating yourself with kindness. Be mindful of your self-talk and replace negative thoughts with positive affirmations. Surround yourself with people who build you up and accept you for who you are.

Remember that self-acceptance is an ongoing process. It requires patience, self-reflection, and a commitment to nurturing your relationship with your true self.

Making peace with your true self is an essential journey in finding happiness and fulfillment. By rethinking your relationship with your inner being, understanding your core values, and embracing self-acceptance, you can live a life that is true to who you are.

Take the time to reconnect with your true self, listen to your inner voice, and make decisions that align with your core values. Embrace your uniqueness and practice self-acceptance, for it is through this process that you will find true peace and happiness.

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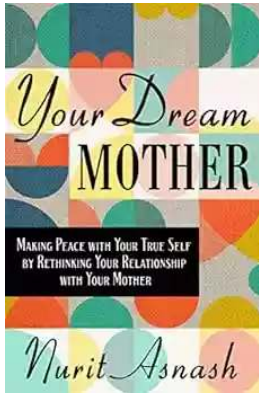
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Does your mother anger, confuse, hurt, sadden, or disappoint you?

Have you ever had thoughts like: “She doesn’t care about me,” “She doesn’t understand me,” “She loves my brother/sister more than she loves me,” “She should support me,” “She ruined my life,” “She is selfish, a narcissist, a gaslighter”?

Your Dream Mother is an invitation to go on a journey of self-discovery and gain a deeper understanding of who you are beyond the identity that was created around your mother. Wouldn’t you like to know who you would be without your story of your mother? What would your life be like?

Combining Behavioral Sciences research methods and Byron Katie's teachings of The Work, Nurit Asnash has put together the wisdom of people practicing The Work on their mother. From casual, daily interactions to scenes of violence, you’ll get a fresh perspective on the dynamics played in sibling rivalry, the mother-father-child love triangle, role switching, parental children, and more.

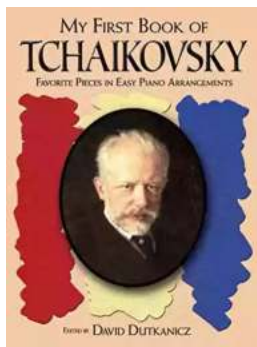
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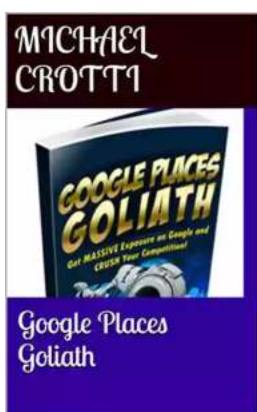
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