

"I was ashamed to take.
So I gave.
It was not a virtue.
It was a disguise."

-Anaïs Nin

Always giving and never allowing ourselves to receive is an unhealed trauma response. It is often disguised as being virtuous or gracious, but it is actually a way of subconsciously telling ourselves we are not worthy of receiving in an equitable way as others are. We continue to meet others needs and disregard our own in a repetitive cycle until the trauma that made us feel undeserving is addressed.

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