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RESULTS OF NOT SPEAKING YOUR TRUTH

1. Emotional depletion – feeling empty
2. Self-victimization
3. People pleasing and over giving
4. Feeling unsafe
5. Feeling you do not measure up
6. Feeling angry but unable to express it
7. Blaming others for your unmet needs
8. Putting your own needs last
9. Inability to say no when saying yes complicates your life
10. Allowing others to blame you for something you did not do
11. Saying you did something wrong to allow someone else off the hook
12. Feeling worthless
13. Doing without medical care because someone needs it more or is inconvenienced by your needs
14. Spending time with people you do not like because you feel you have to
15. Finding it difficult to join a group or enter the group conversation
16. Doubting your own opinion or intuition
17. Feeling exposed and vulnerable when you ask a question
18. Feeling your opinions are worthless
19. You cannot ask for help when you need it
20. Find it hard to receive a compliment
21. Cannot identify your own feelings
22. Live on the surface of life, disallowing intimacy
23. Feeling powerless and hopeless; unable to make needed changes
24. Feeling like your life is a lie