

My Trip Back To Me...How I Reclaimed My, Joy, Health, And Emotional Well-Being

CHAPTER 6

I am not one who gives up easily. I can be hell bent on finding the answers and resolution to everything. I spent quite a bit of time reading, listening, praying and being introspective about my life overall. I had career and business challenges, but was even more concerned with how my relationship drama had affected me. Why did I still feel compelled to go backwards?

Boyfriend resurfaced two years after leaving me. I went back initially because I still had hopes that if the relationship improved, I would be fine. My retreats back to Boyfriend on more than one occasion, even while going through my self-assessment, indicated that I was still seeking something from him to help me heal. I did not understand that by going backwards I was not resolving anything. I would soon discover that he was recently married and expecting a baby. I found out in a soap opera style manner; in a public place, hearing someone congratulate him. Never-the-less, my first thoughts were that this was the man who just a few years ago was adamant about not wanting to have a baby, and I had gone through an exasperating day making sure I that would not happen.

I went on with my life and career for about three years and got restless. I was disappointed in the experiences I was having with men I dated so instead of being patient and strong willed, I went back to Boyfriend. Just writing this makes me cringe, yet I must admit, I enjoyed it to a degree. I was no longer emotionally attached, but comfortable with the familiarity. He was now divorced, and I initially enjoyed our reunion. For me, it was not emotionally driven, yet it was also obvious that he was very self involved. It finally became crystal clear to me that he valued me very little. Even more importantly, I now valued myself more than I had in the past. When he stopped communicating with me, there was actually a sense of relief, because I still had issues with being the one to leave, even when I knew I should.

Shortly after this last Exodus of Boyfriend, a friend mentioned the book, The Four Agreements, by Miguel Ruiz. I had only heard the title but was not familiar with the author's message. Once I read it, I wondered why I had not been introduced to this book years ago. If I had, I might have prevented myself from heartache and stress in love and business! But I must believe that the message only matters when the student is ready to receive it and apply it.

To be continued.....