



March 2022

*“Why oh why dear doth thou remain loyal to causes that no longer serve thee?” - Elaine Mofokeng*

The word loyalty has really been harping in my mind for a while now. I have always considered myself to be that ride or die chick. Yes, I might be a bit crazy at times, but I am loyal. Looking back at my life I realised how at times this would be the very thing that created the emotional issues I am now battling with. I seem to be that girl that just didn't know when it was time to leave but rather remained in situations that no longer served my purpose or made any kind of sense.

An example is how I stayed in a relationship that was hurting me yet I felt I needed to be loyal and rather stay and be unhappy than leave and feel disloyal. Or how about those situations where people just grow and the bond that you once shared is no longer there, yet you stay out of loyalty? The list is endless..

I am just grateful that I finally decided to go for therapy so I could dig and discover the root of my twisted view of loyalty. I am now learning ways to redefine this word and really starting to walk away from situations I have allowed to linger.

Loyalty is more than just staying, it includes the value you bring and receive while you are there..

It has been a long and sometimes painful journey because I am dealing with mental strongholds that are decades old. Some days are better than others, but thank you Jesus I am on the road to recovery!

Be and Stay Blessed Always!

