

Please Don't Try to Fix Me

Please, don't try to fix me. I am not broken. I have not asked for your solutions.

When you try to fix me, you unintentionally activate deep feelings of unworthiness, shame, failure, and self-doubt within me. I can't help it. I feel like I have to change to please you, transform myself just to take away your anxiety, mend ...myself to end your resistance to the way I am. And I know I can't do that, not on your urgent timeline anyway. You put me in an impossible bind. I feel so powerless.

I know your intentions are loving! I know you really want to help. You want to serve. You want to take away people's pain when you see it. You want to uplift, awaken, care take, educate, inspire.

Yet as soon as you stop trying to 'help' me, you are of the greatest help to me! I stop trying to change to please you! I feel safe, respected, seen, honored for what I am. I can fall back into my own power. I can trust myself again, the way you are trusting me. I can relax deeply.

Without your pressure, your demand for me to abandon myself and be different, healed, transformed, enlightened, awakened, mended, 'better', I can better see myself. I can discover my own inner resources. I can touch my own powerful presence. I feel safe enough to allow and express my true feelings, thoughts, desires, hold my own perceptions. I no longer feel smothered, a victim, a little child to your expert adult. The courageous adult in me rises. I breathe more deeply. I feel my feet on the ground. Loving attention drenches my experience, even the uncomfortable parts. My senses feel less dull. Healing energies emerge from deep within. I feel light, free, liberated from your fear. I feel respected, not shamed. Seen, not compared to an image.

You help me so much when you stop trying to help me! I need my own answers, my own truth, not yours.

And do you see, when you are trying to save me, you are actually abandoning yourself? You are running from your own discomfort, your own un-lived potential, and focusing on mine? I become your ultimate distraction. I don't want to be that for you anymore.

Let's break this cycle together! Let's stop trying to fix or save each other. Let's love each other instead. Bless each other. Hold each other as we are. As we actually are."

- Jeff F. (Age 19) Letter to his parents