

Week 9 Practice

Until now, I've suggested it might be helpful to ask someone to join you as you listen your way through these months. This week, I'm going to suggest we make that the exercise of the week.

In *Loveable*, I thoroughly explore the idea that embracing your worthiness is up to you and you alone—we cannot truly receive love until we have embraced that we are worthy of love. However, we all need someone to walk with us as we do so. We don't depend upon this person or people for our sense of worth, but we can lean upon them when the going gets difficult or we begin to feel lost.

This might be the most difficult thing you've done so far in these months of listening.

If you haven't done so already, now is the time to identify a friend or companion or elder who is skilled in matters of the mind and the soul—in other words, someone who knows they can't fix you, someone who is gifted at listening and being present, someone who stays calm in the midst of chaos, someone who can ask questions that help you find new answers within yourself. Your only job is to tell them what is going on inside of you and the story that created your cluttered closet.

To be honest, many of us do not have someone like that in our life. If that is the case for you, now is the time to call a therapist. You will probably want to hesitate on this. Try not to. But if you do, note the internal objections that arise to seeing a therapist. Then make the call anyway. Before you meet with them, explain what you are doing and what you are needing and why you are hesitating. If their response to you makes you feel safe and encouraged, you have likely found the right person.

You don't have to walk this road alone.