

My best friend of 20 years seemed to have a hard time with my new relationship and tended to feel that I don't value our friendship anymore. She thought I put my boyfriend in front of her. Often she would state that I don't see her enough but rather my boyfriend monopolized my time. I on the other hand felt that she still has my time, my help and my friendship, more than she had ever given to me even prior to the relationship with my boyfriend. I am the type of person that always lends a helping hand and am loyal to the bone towards the ones I love.

Louise had me go back and walk through our friendship. One of the things she had me do was make a list of all of the times that I was a good friend to her. I need to say here, that the list was long and it was not always reciprocated. During the times when I wanted to give in to avoid a confrontation, Louise would have me reflect on the situation at hand. I would tell Louise that I should bow down to smooth things over, but in mid sentence I would realize that if I did, I would not stay true to myself. Louise would help me step out of the chaos long enough to see the situation as it truly was –that I was the one always giving in. It was from there, I was able to make decisions that had me stay true to myself.

Now, when it comes to my best friend, I often pause before I react to smooth things over in our friendship. I am now confident to stand up to any conflicts that may arise in our friendship whereas in the past I used to avoid them at all costs. I have even begun doing this with all of my other relationships. With my confidence up, I now know that I have a right to my current relationship with my boyfriend. I am able to do things the way I want rather than always giving in and doing what the other person wants. I now know that it is absolutely necessary for me to stay true to who I am.

I am lucky enough to have been coached by Louise as she taught me to always look at the big picture rather than reacting to the situation at hand. Her firm belief in honoring oneself has me thinking outside of the box that I used to operate from. This fresh new perspective gives me permission to say no to things that I don't want to do and do more of the things that feel good to me and makes me happy!

- Sarah