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Beyond Abuse, Beyond Therapy, Beyond Anything Archives Available

April 25th 2017: When fear paralyzes you...

Do you find yourself paralyzed at times-unable to move, speak, or even regain your sense of control-because you allowed fear to overpower YOU? What are you refusing yourself from experiencing due to you being afraid? Fear is an excuse we create to be okay with not moving forward...Fear is the web of resistance that we trick ourselves into believing to be made out of some unbreakable material...That there's no choice in living a life beyond the limitations set by fear...When in actuality, we can cut off that attachment. Fear is how we disguise refusing experiences, perhaps it is even excitement that

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