

A Companion Ebook

Begin Authoring Your Life

with Quiet Authority

*12 roles
to Meet
on the way from
self-abandonment
to Authorship*

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THE WOMAN WHO LEFT HERSELF

There are women who are extraordinarily good at being with other people.

They notice.

They listen.

They remember.

They anticipate.

They understand.

They know when something has shifted, sometimes before anyone has said so.

They know how to make a room comfortable.

How to soften a difficult conversation.

How to sense what someone needs.

How to hold things together.

And perhaps, for a long time, this felt like simply being yourself.

You were sensitive.

Considerate.

Responsible.

Thoughtful.

Easy to be around.

You knew how to adjust.

You knew how to care.

You knew how to keep things moving.

THE WOMAN WHO LEFT HERSELF

What you may not have noticed was what happened in the process.

Your own preferences became negotiable.

Your needs became something to consider later.

Your discomfort became something to explain away.

Your intuition needed evidence.

Your anger needed justification.

Your desires needed permission.

And sometimes, without any dramatic moment when it happened, you became very good at living a life in which everyone was accounted for except you.

This is what I mean by leaving yourself.

Not disappearing.

Not losing yourself entirely.

Something quieter.

The repeated habit of stepping away from your own experience in order to remain attuned to everything around you.

It can look like kindness.

It can look like maturity.

It can look like independence.

It can even look like self-awareness.

And because so much of it is useful, it can take a long time to realise that something is missing.

Not another achievement.

Not another version of yourself. *But, YOU, Yourself.*

THE WAY WE BECOME

None of this means that something went wrong with you.
We become in relationship with the worlds we move through.

We learn. We observe. We adapt.

A child discovers what brings warmth and what brings distance.

A young woman learns what makes her easier to understand.

A sensitive person learns to read a room.

Someone who has experienced inconsistency — *may become exceptionally attentive to change.*

Someone who has been needed — *may become exceptionally dependable.*

Someone who has felt misunderstood — *may become exceptionally good at explaining.*

These capacities can become beautiful parts of us.

They can also become overdeveloped.

The woman who learned to notice everything —
may begin monitoring everything.

The woman who learned to adapt —
may forget that she is allowed to change.

The woman who learned to understand others —
may become uncertain about herself.

The woman who learned to care —
may begin carrying what was never hers.

The woman who learned to think deeply —
may begin doubting everything she thinks.

THE WAY WE BECOME

None of these adaptations need to be condemned.
They made sense somewhere.

*They helped you become the woman who could
navigate the life you were living.*

But a strategy can outlive the circumstances that created it.
A role can become an identity.
And an identity can become a room that is too small.

The work, then, is not to tear the room down.

It is to discover that there is a door.

BEGIN AUTHORIZING

There comes a point when understanding yourself is
no longer enough.

You can know your patterns.

Understand your history.

Recognise your sensitivity.

Know your attachment to certain people.

Understand why you respond the way you do.

And still find yourself standing at the edge of your own life, waiting.

Waiting to feel certain.

Waiting to feel ready.

Waiting to become different enough to begin.

BEGIN AUTHORIZING

But perhaps the movement forward is not becoming different.
Perhaps it is becoming more present.

More willing to hear yourself.
More willing to stay with what you feel.
More discerning about what belongs to you.
More trusting of what you know.
More willing to be seen.
More willing to choose.
And eventually, more willing to discover.

This is the movement from self-abandonment to authorship.

Not authorship as control.
Life will always contain things you did not choose.
Other people will remain other people.
Circumstances will surprise you.
Plans will change.
There will be chapters you would never have written yourself.

Authorship means something more intimate than control.
It means having a hand in your own life.

*The twelve roles in this book are ways of entering that
relationship with yourself.*

THE TWELVE ROLES

The Perceiver.

The Listener.

The Adapter.

The Relator.

The Tender.

The Constant.

The Reflector.

The Untangler.

The Attuned.

The Unhidden.

The Author.

The Explorer.

They are not personalities to identify with.

They are not stages to graduate from.

They are ways of being.

Some you may already know.

Some you may have practised without naming.

Some may feel unfamiliar precisely because they ask something different of you.

You do not have to become all twelve.

You simply have to become more willing to inhabit yourself.

Because perhaps the life you want
does not require a new woman.

Perhaps it requires more of the
woman who is already here.

The Strength of Your Sensitivity

THE PERCEIVER

Begin to see through The Perceiver

The Beginning,

You have probably noticed more than you were expected to notice.

The change in someone's voice. The pause before an answer. The atmosphere of a room. The expression that disappeared almost as quickly as it arrived.

Perhaps sensitivity made the world feel detailed.

There was more to take in: tone, gesture, texture, mood, beauty, tension.

And at some point, noticing became useful.

If you knew what someone needed, you could meet them there.

If you sensed disappointment early, you could soften it.

If you understood the atmosphere quickly enough, perhaps you could prevent something from going wrong.

A capacity became a responsibility.

The ability to notice became the feeling that you were supposed to act on everything you noticed.

The Complication

The difficulty with seeing a great deal is that not everything you see requires an explanation.

A shorter message can feel meaningful.

A change in expression can become a question.

A shift in someone's energy can begin to occupy an entire afternoon.

The Perceiver can move quickly from observation to conclusion:

Something changed.

Something is wrong.

I need to do something.

But perception and interpretation are not the same thing.

Neither are awareness and responsibility.

When every detail feels significant, sensitivity becomes exhausting.

The Wider World

There is another way to be Perceptive....

To notice without monitoring.

To register without absorbing.

To remain aware without becoming responsible for the atmosphere around you.

An observation can remain unfinished.

You can let reality provide the next piece of information.

Sensitivity becomes less like an alarm and more like a finely tuned way of being awake.

The Role

The Perceiver learns to stay with what she actually knows.

She notices.

She wonders.

She waits.

She resists the urge to fill every silence with meaning.

This does not make her less perceptive.

It makes her perception cleaner.

She no longer asks her sensitivity to provide certainty.

She lets it provide information.

The Authoring...

The Perceiver gives the Author clarity.

She brings what she sees to the page without writing beyond the evidence.

She does not need to invent motives or predict endings.

She can simply say:

This is what I notice.

And leave the rest open.

Learning to Listen to Yourself

THE LISTENER

Listen for The Listener

The Beginning,

You may have become very good at listening to other people.

Their preferences.

Their needs.

Their moods.

Their expectations.

Perhaps being receptive was praised. Perhaps being easy to be around felt safer than being difficult. Perhaps you learned that other people's certainty could be trusted more easily than your own.

So you listened.

And listened.

Until sometimes the quietest voice in
the room became your own.

The Complication

The Listener can lose herself in receptivity.

She may gather everyone else's opinions before she has even checked what she thinks.

She may ask what is reasonable, appropriate, expected, or convenient before asking the simpler question:

What do I want?

And because her own voice has had so little room, it may not initially arrive with great confidence.

Sometimes it will sound like a whisper.

Sometimes it will contradict what she has been told.

Sometimes it will say nothing at all.

The Wider World

There is a particular freedom in becoming someone you can consult.

You do not have to have an answer immediately.

You can pause.

You can say, Let me think about it.

You can change your mind.

You can allow your preferences to matter even when they are not especially impressive or easily explained.

The internal world becomes part of the conversation.

The Role

The Listener turns her attention inward.

She becomes interested in the quieter forms of knowing:

I don't think I want this.

Something about this matters to me.

I need more time.

I would actually like that.

She does not demand certainty from herself before allowing herself to speak.

Listening becomes less about finding the perfect answer and more about giving herself access to her own voice.

The Authoring...

A life becomes yours when your own voice has a place in it.

The Listener does not stop hearing other people.

She simply stops disappearing among their voices.

Her preferences become part of the plot.

Her needs become part of the consideration.

Her no becomes a real no.

And her yes begins to mean something too.

The Version You Learned to Be

THE ADAPTER

Step into The Adapter

The Beginning,

Every woman learns to adapt.

We discover what makes people comfortable.

What creates conflict.

What earns approval.

What is safe to express.

What is better kept private.

Perhaps you became agreeable.

Capable.

Attentive.

Independent.

Quiet.

Useful.

Perhaps you became the one who could handle things.

These ways of being were not arbitrary.

They were responses to what you encountered.

You learned.

You adjusted.

You became someone who could
manage the world you were in.

The Complication

An adaptation can become so familiar that it starts to feel like identity.

You may think: *This is just who I am.*

I am the one who handles everything.

I am the one who never needs anything.

I am the one who keeps everyone happy.

I am the one who understands.

But a role can become invisible when you have played it for long enough.

What once helped you belong may eventually prevent you from asking whether you still want to live that way.

The problem is not that you adapted.

The problem is forgetting that you did.

The Wider World

There is something liberating about discovering that identity is more flexible than you thought.

You can keep what was useful.

You can question what has become costly.

You can become less loyal to old versions of yourself without becoming ungrateful for what they once did.

The woman who protected
herself one way can learn
another way now.

The Role

The Adapter looks backwards without becoming trapped there.

She becomes curious about the woman she learned to be.

What did she learn?

What was she protecting?

What did that version make possible?

What does it cost now?

Understanding replaces judgement.

And with understanding comes choice.

The Authoring...

The Adapter gives the Author freedom.

You do not have to remain loyal
to every version of yourself
simply because she got you here.

You can carry forward what is still true.

You can leave behind what is no longer needed.

You are allowed to become unfamiliar to yourself.

Sometimes that is growth.

How You Experience Connection

THE RELATOR

Meet The Relator

The Beginning,

Some women experience relationship as a language of its own.

You notice closeness.

Distance.

Rhythm.

Reciprocity.

*The things that are
said and the things
that remain unsaid.*

Perhaps you remember conversations long after they have ended.

Perhaps you notice when something between two people has shifted.

Perhaps being understood matters almost as much as being loved.

For the Relator, connection is not simply
something that happens around her.
It is one of the ways she experiences the world.

The Complication

The same sensitivity that makes connection rich can make it difficult to leave alone.

Are we okay?

Did something change?

Did I do something?

What did they mean by that?

A familiar feeling can become evidence.

A pattern can become a prediction.

A silence can become a story.

The Relator may become so occupied with understanding the relationship that she forgets to inhabit it.

She watches. Interprets. Anticipates.

And sometimes misses the actual moment in front of her.

The Wider World

There is another way to experience connection.

To notice what happens between you and another person without immediately deciding what it means.

To recognise familiarity without assuming repetition.

To ask rather than endlessly interpret.

To let another person remain separate from you.

To allow a relationship to have its own rhythm without constantly checking whether it is safe.

Connection can become something lived, not something monitored.

The Role

The Relator learns to remain in relationship without making relationship her measuring stick.

She can think:

This feels familiar.

without concluding:

I know how this ends.

She can distinguish what is happening now from what happened before.

She can notice her own response without assigning ownership of it to the other person.

She lets people reveal themselves.

She lets relationships unfold.

The Authoring...

The Relator gives the Author a different kind of intimacy.

One in which she can remain deeply connected without becoming lost.

She can love without managing.

Notice without over-interpreting.

Ask without rehearsing the answer.

She can allow another person to have their own experience.

And she can remain present for her own.

Staying With What You Feel

THE TENDER

Stay with The Tender

The Beginning,

Perhaps you learned to move quickly through difficult feelings.

Fear needed calming.

Sadness needed explaining.

Anger needed controlling.

Uncertainty needed solving.

You may have become very good at understanding yourself.

You could tell someone exactly why you were upset.

You could trace a feeling back to its origin.

You could make sense of your reactions.

*And yet
understanding is not
the same as staying.*

Sometimes the explanation becomes a graceful way of
stepping away from the experience itself.

The Complication

The Tender can mistake distance for strength.
She may believe that feeling something fully will make it larger.

That anger will become action.
That sadness will become collapse.
That fear will take over.

So she manages.
Analyses.
Distracts.
Moves on.

Not because she lacks depth.
Often because she has learned that depth needs to be controlled.

The Wider World

There is another possibility.

An emotion can be present without becoming an instruction.
Sadness can be felt without needing to be solved.
Anger can be listened to without being acted upon.
Fear can be acknowledged without being obeyed.
You can be affected without being consumed.

There is a particular kind of steadiness
that comes from no longer needing to
escape yourself.

The Role

The Tender stays close. Not forcefully. Not dramatically.
She simply becomes willing to remain near what is
happening inside her.

This hurts.

I am angry.

I am disappointed.

I don't know yet.

Nothing needs to be turned into a lesson immediately.
Nothing needs to be made beautiful.

The experience is allowed to exist.

The Authoring...

The Tender gives the Author companionship from within.

Difficult chapters no longer require her absence.

She can feel without abandoning herself.

And perhaps one of the quietest
forms of self-trust is this:

*Whatever I feel, I will not leave
myself there alone.*

Becoming Someone You Can Rely On

THE CONSTANT

Lean into The Constant

The Beginning,

Self-trust is often imagined as a feeling.

Confidence.

Certainty.

A sense that you can handle whatever comes.

But there is another way trust is built.

Quietly.

Through experience.

You say you will do something, and you do it.

You rest when you need rest.

You return after losing your rhythm.

You make a decision and stay present for what follows.

You learn what helps you function.

You discover that you can count on
yourself in ordinary ways.

The Complication

The Constant can turn reliability into perfectionism.
She may decide that being dependable means never slipping.

Never changing her mind.
Never losing momentum.
Never needing to begin again.

A missed commitment becomes a character judgement.
A disrupted routine becomes evidence of failure.
Self-reliance quietly becomes self-surveillance.

The woman who wanted to trust herself
becomes the woman constantly checking
whether she is doing enough.

The Wider World

There is a gentler form of steadiness.

A difficult week does not erase your capacity.
A change of plan does not invalidate the intention behind it.
A missed day does not require a new identity.

You can return.
Again and again.

Consistency becomes less about perfect
repetition and more about continuity.

The Role

The Constant becomes someone she can quietly rely on.

She creates structures that support rather than control her.

She learns her own rhythms.

She keeps promises that matter.

And when something breaks, she repairs it.

She does not need to prove that she will never falter.

She learns that she can return.

The Authoring...

The Constant gives the Author a foundation.

Not a rigid plan.

Something sturdier:

the knowledge that she will be there.

She no longer waits for a future version of herself to become capable enough to begin.

She begins where she is.

Then she keeps showing up.

When Self-Doubt Takes Over

THE REFLECTOR

Return to The Reflector

The Beginning,

You may think deeply.

You notice contradictions.

You revisit conversations.

You consider different perspectives.

You want to understand before you decide.

Reflection may have always been one of your strengths.

But there is a point at which thoughtful consideration
can quietly become self-doubt

You think.

Then rethink.

Then question the thinking.

Then wonder whether you were wrong to think it at all.

The Complication

The Reflector can become trapped in the search for certainty.

One more piece of information.

One more conversation.

One more perspective.

One more possibility.

The original knowing becomes buried beneath layers of consideration.

The difficulty is not thoughtfulness.

It is when thinking stops helping you see and starts preventing you from moving.

Doubt can sound remarkably responsible.

Just make sure.

Just think about it a little more.

Just be certain.

But some decisions cannot offer certainty in advance.

The Wider World

You can remain thoughtful without remaining suspended.

You can hold complexity and still choose.

You can know that your understanding is incomplete and act anyway.

There is a point at which more thinking adds clarity.

And another point at which it simply adds noise.

Learning the difference changes everything.

The Role

The Reflector uses thought in service of discernment.

She asks:

What is actually true?

What am I assuming?

What am I afraid might be true?

What do I already know?

She does not try to eradicate doubt.

She gives it proportion.

It can have a voice without having the final word.

The Authoring...

The Reflector gives the Author considered judgement.

Not perfect judgement.

Not certainty.

Enough clarity to make the next choice.

And when new information arrives,
she can reconsider.

A living mind is allowed to revise.

Knowing What Is Yours to Carry

THE UNTANGLER

Come home to The Untangler

The Beginning,

Perhaps closeness taught you responsibility.

If someone was upset, you noticed.

If someone needed something, you responded.

If someone was disappointed, you wondered whether you had caused it.

Over time, other people's experiences may have become difficult to distinguish from your own.

Care became carrying.

Empathy became responsibility.

Love became vigilance.

You became very good at holding things that were never entirely yours.

The Complication

The Untangler may know intellectually that something belongs to someone else while still feeling compelled to take it on.

She explains. Anticipates.

Softens. Fixes. Reassures.

She may call it kindness.

And often it is.

Until it isn't.

Because there is a difference between caring about another person's experience and believing you are responsible for managing it.

The first creates connection.

The second creates entanglement.

The Wider World

There is more room in a relationship when everyone is allowed to have their own experience.

Someone can be disappointed without you having done something wrong.

Someone can struggle without you solving it.

Someone can misunderstand you without you endlessly correcting the misunderstanding.

You can help without taking ownership.

You can listen without absorbing.

You can love without carrying everything love makes you aware of.

The Role

The Untangler asks a simple question: *Is this mine?*

Not to become detached.

To become clear.

What belongs to me?

What belongs to them?

What is my responsibility?

What am I carrying because I feel guilty?

What am I carrying because I cannot tolerate another person's discomfort?

Boundaries become less about distance and more about accuracy.

The Authoring...

The Untangler gives the Author room.

Her time.

Her energy.

Her choices.

Her responsibilities.

Her relationships.

She discovers that love does not require ownership.

And the space that appears when she puts down what was never hers is not emptiness.

It is freedom.

It is hers.

Trusting What You Know

THE ATTUNED

Trust The Attuned

The Beginning,

There is a kind of knowing that does not always arrive as an argument.

A pull.

A resistance.

A recurring thought.

A desire that keeps returning.

A sense that something matters.

Perhaps you learned to trust these signals only after
they could be explained.

You wanted evidence.

A reason.

Something defensible.

So you waited.

*And sometimes, by the time the feeling had become
reasonable enough to present to yourself, you had already
talked yourself away from it.*

The Complication

Attunement is not the same as believing every feeling.

Fear can be persuasive.

Desire can be persuasive too.

Old patterns can feel intuitive simply because they are familiar.

A strong internal signal deserves attention.

It does not automatically deserve obedience.

The challenge is to neither dismiss your inner world
nor surrender your judgement to it.

The Wider World

Your inner experience can become information.

A recurring desire may tell you something matters.

A quiet resistance may deserve investigation.

A feeling may point towards a question rather than provide an answer.

You do not need to obey every signal.

You simply stop silencing the signals before you have
listened to them.

The Role

The Attuned brings inner knowing into conversation with reality.

She listens.

She checks.

She observes what repeats.

She gathers information.

*She allows intuition, reason, experience and circumstance to sit
at the same table.*

Attunement is not certainty.

It is relationship with the subtle information that comes
from within.

The Authoring...

The Attuned gives the Author direction without demanding a map.

She can notice the next honest thing.

A yes.

A no.

A pause.

A question.

A desire.

Sometimes simply:

This matters to me.

That can be enough to begin.

Let Yourself Be Seen

THE UNHIDDEN

Step into The Unhidden

The Beginning,

Being seen can be complicated.

Perhaps you learned early which parts of you were easy
for other people to receive.

You discovered what attracted approval.

What attracted discomfort.

What made you seem impressive.

What made you seem difficult.

So you edited.

You polished.

You softened.

You became selective about what entered the room.

Eventually, hiding may no longer have felt like hiding.

It simply felt like being sensible.

The Complication

The Unhidden can want to be known while still wanting complete control over how she is perceived.

She edits the sentence.

Rehearses the opinion.

Polishes the work.

Anticipates the response.

Tries to become impossible to misunderstand.

Sometimes excellence itself becomes a hiding place.

The work is visible.

The woman behind it remains protected.

But being seen has always contained uncertainty.

Other people will interpret you in ways you cannot entirely control.

The Wider World

There is relief in letting visibility become ordinary.

A piece of work can be shared before it feels completely finished.

Appreciation can be received without immediately being explained away.

An opinion can exist without a defence attached to it.

Your work can carry evidence of the person who made it.

You do not have to reveal everything.

Privacy can remain sacred.

The difference is that hiding is no longer the default.

The Role

The Unhidden allows more of herself to exist in the world.

Her opinions.

Her work.

Her preferences.

Her gifts.

Her boundaries.

Her joy.

She learns that visibility does not require total exposure.

It requires willingness.

Willingness to remain present when attention comes towards her.

Willingness to let herself take up some space.

Willingness to be known imperfectly.

The Authoring...

The Unhidden gives the Author a visible life.

Her work can carry her name.

Her voice can travel.

Her presence can have an effect.

She does not become louder for the sake of being seen.

She simply stops removing herself from the frame.

Making Life Your Own

THE AUTHOR

Become The Author

The Beginning,

There comes a point when understanding is no longer enough.

You may know your patterns.

Understand your history.

Recognise your sensitivity.

Know your needs.

Have language for your boundaries.

Understand why you do what you do.

And still, a life has to be lived.

Eventually the question changes.

Not only:

Why am I like this?

But:

What do I want to do with the life I have?

The Complication

Authorship can be frightening because choice makes possibility real.

If you choose, something may change.

If you speak, someone may respond.

If you begin, you may have to continue.

Understanding can become a comfortable place to stay.

There is always another layer to uncover.

Another book to read.

Another pattern to understand.

Another reason to wait.

*But no amount of preparation can remove the
vulnerability of living.*

At some point, knowing has to become doing.

The Wider World

*A different kind of life becomes possible when you begin to
participate in it.*

You can want things without first proving that you deserve them.

You can leave what no longer belongs to you.

You can begin something before you know exactly where it will lead.

You can make choices that are not explanations of your past, but
expressions of your present.

Your life does not have to remain a continuation of what
has already been written.

The Role

The Author makes choices with herself in the room.

She considers.

She listens.

She notices.

She decides.

And then she participates in what follows.

She does not need everyone to understand.

She does not need certainty that a choice will work.

She understands that authorship is not control over the whole story.

It is participation in the part that belongs to her.

The Authoring...

The Author does not write a perfect life.

She writes a life that belongs to her.

She knows there will be circumstances she cannot choose.

People she cannot control.

Chapters she would not have written herself.

But she also knows that the next page is not entirely predetermined.

She has a hand in it.

Growing Into You

THE EXPLORER

Walk with The Explorer

The Beginning,

There is a particular freedom that appears once you stop treating life as a problem that must be solved before you can live it.

You may have spent years trying to understand yourself well enough to know what to do.

The right path.

The right answer.

The right version of yourself.

The right way to be.

But a life cannot always be understood from a distance.

Some things become clear only after you enter them.

Some desires can only be recognised once you give them room.

Some versions of you cannot be imagined beforehand.

They have to be lived into...

The Complication

The Explorer has to make peace with not knowing.

A new direction may not work.

A choice may lead somewhere unexpected.

You may discover that something you wanted no longer suits you.

You may become someone you did not anticipate becoming.

After years of trying to protect yourself through understanding, uncertainty can feel like a loss of control.

But uncertainty is not necessarily evidence that something has gone wrong.

Sometimes it is simply evidence that you are somewhere new.

The Wider World

Life becomes more spacious when curiosity replaces the demand for certainty.

You can try something because you want to find out.

You can begin without a complete plan.

You can discover a preference through experience.

You can change direction because living taught you something that thinking could not.

The future becomes less like an examination you must prepare for and more like a place you are allowed to enter.

The Role

The Explorer meets herself in motion.

She experiments.

She notices.

She learns.

She follows what becomes interesting.

She allows experience to change her.

She does not need every new chapter to confirm the woman she was before it began.

Exploration is not aimlessness.

It is a willingness to let life tell you something you could not have known in advance.

The Authoring...

The Explorer gives the Author openness.

The story does not end with finally figuring herself out.

There will be more to discover.

More choices.

More beginnings.

More versions of herself.

And she does not need to know exactly who she will become before she takes the next step.

Perhaps that is the final movement of authorship:
not knowing the whole story,
but trusting yourself enough to find out.

THE TWELVE TOGETHER

The Perceiver sees.

The Listener hears.

The Adapter understands what she learned to become.

The Relator experiences connection without disappearing inside it.

The Tender stays close to what she feels.

The Constant becomes someone she can rely on.

The Reflector considers without surrendering to doubt.

The Untangler knows what is hers to carry.

The Attuned listens to what she knows.

The Unhidden allows herself to be seen.

The Author makes life her own.

The Explorer grows into what comes next.

These are not twelve personalities.

Nor are they twelve stages of becoming.

They overlap.

They return.

They deepen.

One may be familiar in your work and unfamiliar in your relationships.

Another may come easily when life is calm and disappear when something matters deeply.

That is not a failure of the work.

It is part of being human.

THE TWELVE TOGETHER

The point is not to perform these roles perfectly.
It is to make more ways of being available to yourself.

To have somewhere to stand when an old way of being is no longer enough.
To discover that sensitivity can exist alongside discernment.

That connection can exist alongside separateness.

That tenderness can exist alongside strength.

That self-trust can exist alongside uncertainty.

That visibility can exist alongside privacy.

That choice can exist alongside the unknown.

The movement is not towards a perfected self.
It is towards a more inhabited one.

THE WOMAN WHO AUTHORS HER LIFE

She is not necessarily fearless.

She is not endlessly confident.

She does not always know what to do.

She still gets overwhelmed.

She still doubts.

She still encounters old stories.

She still has days when she forgets everything she knows.

But something has changed.

She notices herself.

She listens.

She understands what shaped her.

She experiences connection without disappearing inside it.

She stays with what she feels.

She knows what is hers.

She trusts what she knows.

She allows herself to be seen.

She makes choices.

And she remains curious about what comes next.

She does not need to have herself completely figured out in order to live.

THE WOMAN WHO AUTHORS HER LIFE

*Perhaps authorship was never about controlling the story.
Perhaps it was about refusing to abandon yourself while the
story was being written.*

Not becoming someone else.
Not becoming a better version.
Not becoming perfectly healed, perfectly certain or
perfectly brave.

Simply becoming more willing to be here.

*In your own life.
With your own voice.
Your own choices.
Your own tenderness.
Your own uncertainty.
Your own becoming.*

The next page will not be entirely yours to decide.
But it will not be entirely decided without you either.
You have a hand in it.

And perhaps, for now, that is enough....
