

♥ Snippets of Encouragement #110

Hello darlings

It is day 110 of Snippets of Encouragement, and I'm sure in life you've come across people who have had a problem with you. It could be for any number of reasons. They don't like how you look, speak, think, smell, and behave.

Today I want to encourage you never to sacrifice who you are, just because someone has a problem with it.

You may be thinking that we do need to change ourselves if we wish to fit into society of be accepted by others. But do we really?

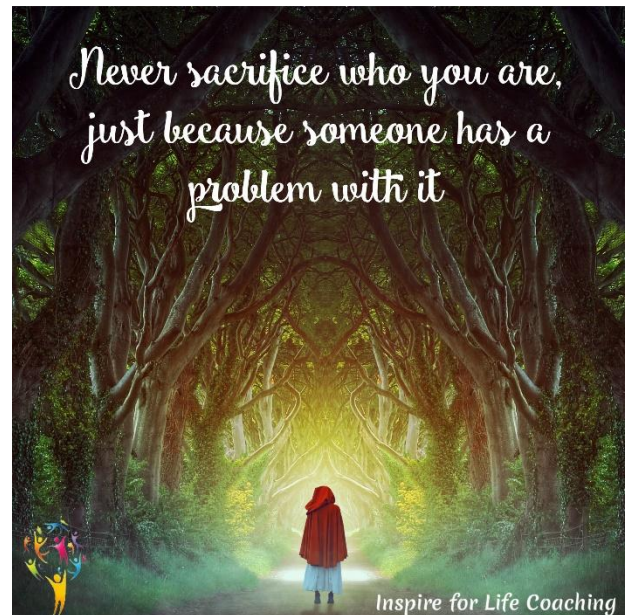
Now I am in no way saying that we have licence to behave in a reprehensible manner that is highly offensive and hurtful to others. I don't believe this. However, I do sometimes wonder about the power of social conditioning and how we modify our character and behaviour because of social pressure.

Have you ever seen the videos of those social conditioning experiments? A person walks into a room and a group of people are sitting and standing together, following a silent command that is unknown to the newcomer. After a few moments the new person starts to sit and stand with the group without knowing why they're doing that. As more people join the group, they too follow this bizarre behaviour, even as the original group slowly leaves the room. It is a 1 in 10 occurrence where a new comer will not follow the trend. They will remain seated regardless of what the others are doing and research shows these people are immune to influence.

I've often wondered how I would behave in that situation. Will I follow the herd? Will I question everyone about their behaviour? Will I remain seated? I like to think the latter, but there is a chance that I won't, that I will allow myself to be influenced by others, without knowing why, in order to fit in and be accepted.

One of the greatest challenges we all face is to live in a state of perfect, loving self-acceptance with ourselves. From childhood we are conditioned to mimic the behaviour of others, thereby reinforcing our sense of self-worth and value. As we grow and learn more about ourselves, we may begin to challenge these behaviours or not.

If you're in the habit of sacrificing who you are to please others, today is the day to start creating a new way of being for yourself. You've heard the say, "Opinions are like assholes, everyone has one!" and this is so true! Work wholeheartedly on



♥ Snippets of Encouragement #110

accepting yourself and loving yourself – there isn't more any of us can do. As we live with more self-acceptance and love, we will also extend that grace to others. Each of us is on this planet giving this thing called life our best shot, so focus on your life and if that doesn't suit others then let them get on with their life as you get on with yours.

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. SIGN UP using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

