



balanced heart.



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When we grow up in, or are around, an unstable, an abusive (any form), controlling, and/or manipulative household or person, it can affect us in many ways. A lot of the time, we never understand the effects it truly has had on us, and I feel like that has a lot to do with the fact that it's kind of scary to talk about our individual experiences, and share that with others.

Either because we are afraid of what people might think of us, are afraid people might not believe us, or are afraid of the one hurting us finding out we said something, and then having to deal with everythinggg that comes with that



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Whatever the reason is, I am confident in saying that I've never been able to find a place where I felt understood, or safe to express my story, emotions or confusions... it sucked.

Having all of this shit just living inside of us all the time (whether we know it's there or not), festering below, bubbling as we keep pushing it down to save face for the exact same person, or people, who caused the hurt in the first place... is not okay.

But, we will be okay.
We will.



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Yes... we most likely will have lasting
effects...

But we don't need to let those effects
define us.

We define ourselves.
They no longer hold power over us.

WE ARE OUR OWN POWER

While stepping into our own power, let's
also work towards finding a balanced
heart, so we grow *with* balance rather than
building it later.

(it's still okay to build it later too)



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So, does a balanced heart mean that everything is perfect, and that you are feeling incredibly happy all the time, and that you are suuuuuuper duuuuuperrr zen?

No, no it does not, at least it's not really what I'm meaning by it.

What I mean is, when we grow up in households like this, or around people who treat us similarly, we develop this overwhelming need to help others, to be there for everybody else's needs and wants, to give our entire heart to others no matter how many times they burn us...



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to let others set the boundaries in our relationships, to let others take the reigns in situations of conflict, to quadruple think every little thing we say, see, hear, or do, to sacrifice our own happiness for theirs

...

(whether it be because we care about them more than ourself, or if it is because we are trying to avoid angering them).

All of these actions we do, are us giving our heart to others... handing our entire heart, spread incredibly thin, to everybody we meet in our lives.



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...which sounds really sweet,
but it isn't sweet when there is no love left,
and no energy left, to give back to our own
hearts.

That is just straight up being rude as fuck
to ourselves. It is.

We don't need to be being rude to
ourselves.

Life can be rude enough as it is.

An imbalanced heart is when we give
more of our heart to others than we do to
ourselves.

So, what's a balanced one then?

And, how do we obtain it?



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First, let's talk about some of the lasting effects you might experience either in the past, currently, and/or as you move forward in life.

While reading this list, I want you to really keep in mind that these are not all necessarily bad things, and you are not damaged or unlovable or unworthy because of any of these lasting effects you may feel or experience.

Yes, there may be times when these things are really tough to handle, but there are also other times when these are the very things that make us so incredibly understanding and loving towards others.



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Some lasting effects you may feel and/or experience at any given time might be:

- tough time with expressing our emotions
- difficulty with practicing healthy stress coping mechanisms (we tend to shut down)
 - which is helpful when in those high intense, threatening situations... but we tend to respond the same with stress when it is an extreme case and a seemingly minor case. We are used to having to shut down our emotions to avoid upsetting the emotions of others
- may be hypersensitive or under-sensitive to sounds, smells, touch, or light
- we tend to internalize our emotions and then externalize them all at once
- we overanalyze everything. every little detail around us, and every little change in detail around us
- we can pick up on the moods of those around us extremely quickly and can react to energies that only we can feel, which sometimes makes us react in situations where reactions are unwarranted
- we feel like we aren't good enough, and that we will never be good enough... but if we find someone who makes us feel like we are good enough we feel better about it... but then within that relationship, there will still be countless times when we feel we are not good enough (this is not your fault, you've been trained to feel like you aren't good enough... trained, meaning it is untrue and you were manipulated into thinking your bomb ass isn't as amazing as you actually are... let's change that!)



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- we can dissociate at times and space-out, or feel like we are on auto-pilot and still us but not *us*
- we can sometimes forget things very easily, short term memory can be very difficult
- we have been made to feel worthless and dependent, and often blame ourselves for the actions of others around us
- we can feel like it's hard to trust others, and can feel powerless at times
- avoidant attachment vs. anxious attachment (each can have both beneficial and not so beneficial effects on our relationships, family life, friendships, and interactions with strangers)
 - avoidant is when we shut people out to protect ourselves ahead of time
 - anxious attachment is when we long after connection and chase love
 - ongoing neglect, or lack of affection, tends to create avoidant attachment
 - being given unpredictable attention, and sporadic expression, tends to create more of an anxious attachment
- we can tend to either abandon emotional intimacy altogether, or alternatively may be selfless caretakers (giving others the warmth and love we feel we missed out on)
- we can feel the need as adults to organize our lives around the happiness of others, and the needs of others, because we needed to do this as a child with our parents' happiness, self-esteem, and needs to avoid anger and outbursts
- sensitive to the emotions and moods of those around us (even strangers)



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Before we go on to talk about how we can lead more emotionally balanced lives, or at least try our best to, let's just mention some positives from those lasting effects because we don't need to be feeling down on ourselves

- usually we are emotionally intelligent and able to be there for others and understand them in a way that not many others are able to, we are usually really good friends to others (even though we might not always be good friends to ourselves)
- we tend to take in our surroundings, because we were so used to paying attention to everything to prevent outbursts and anger... but now it can allow us to notice all the little beautiful details of life that most others might not (we just need to allow ourselves to focus on the good now and not the negative details)
- we overanalyze everything. so we are usually really good at giving advice when asked for it, having jobs where attention to detail, critical thinking, problem solving skills, and meticulous attention is needed
- we can pick up on the moods of those around us extremely quickly, which means we have the ability to calm others, help others with disagreements, know when someone needs us, feel when someone is happy or sad or angry etc. and try to make them feel better before being asked to (good at making others feel appreciated and cared for)
- spacing out is not always a good thing, but sometimes it is a little bit helpful when we want to be able to think a little more objectively about our emotions and situations



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- we can sometimes forget things very easily, which means we also tend to forget the ending to movies, events in books, little funny stories people tell us... which means when we watch that movie again, or read that book, or hear that story again, we get to enjoy it all over again! I honestly really like this with movies... for me though, I can remember movies I watched as a kid reallllyyy well, but anything after that is a no go (maybe you have experienced this too)
- we often blame ourselves for the actions of others around us, which sucks... but at the same time, we tend to think things through SO MUCH before going through with it, because we think about how it could effect those around us first (don't let this stop you from living your dreams though, live for you with consideration of others)
- we can feel like it's hard to trust others, which means the people who we do trust and let in, are usually pretty good people to have around (only if you have done the work to learn who to truly trust and who not to, because this can be blurry sometimes)
- avoidant attachment might mean that we could shut out people who might love us entirely, but it also means that we are particular about who we do let in and so if you are this way, you probably have a few incredible people surrounding you which is great
- anxious attachment might mean that we get hurt a lot because we love so much and so hard, but it also means that when we are in that love, it can be something so incredibly magical and deep to experience
- we are usually pretty good at making people happy, making them feel good, and helping others with their esteem and emotions



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If we go back and read through all of those effects (positive and not so positive), we will notice that the not so positive effects are things that we feel within ourselves and the positive effects tend to be things we do, or feel, for other people.

which means...

OUR HEARTS ARE NOT IN BALANCE

We are giving to others more than ourselves

We are loving others more than ourselves

We are caring about the happiness of others before ourselves

We are making others feel worthy while we are left to feel worthless

We are being thoughtful and considerate to others while ignoring ourselves

We deserve to be balanced.

We deserve to give back to ourselves.

We deserve to love ourselves.

We deserve to care about our happiness.

We deserve to feel worthy.

We deserve to be thought about and considered.

We are deserving. We are not damaged goods. We are not permanently fucked up.

We are human.

And we will continue to be human... just maybe a human that's a little kinder to themselves



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OKAY SO NOW WHAT...

here are some ways to help with the not so positive effects, and to help with relationships (intimate relationships or otherwise), but you need to give yourself permission to do these things... and it might feel weird or difficult at first but it's worth it to get over that initial gut-heating hump because on the other side of weird and difficult is a more balanced you.

MOVING FORWARD, I GIVE MYSELF PERMISSION TO...

- still notice the guilt trips, but to not give in. If they had my best intentions in mind, they would not be guilt tripping me about this and they would understand where I am coming from when I still decline (if they get angry with you, they're probably not your people)
- still notice the silent treatment, but not give in. Be open and mention to them that you acknowledge that they are giving you the silent treatment and that you don't appreciate it, and would rather discuss the issue and come to a solution because nobody deserves to be ignored. If it continues, go on with your day and give no more thought to it or headspace to the issue, you're worth letting it go. If they understand, AMAZING!



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- still notice the passive aggressive behaviours, but not give in. You will always know when someone is being passive aggressive and those who are this way with you probably know that you pick up on things easily and might be easily swayed into doing what they want, if they just put the heat on you a bit. Don't let it happen. Go on with your day and give no more thought to it or headspace to the issue, you're worth letting it go.
- still notice when others are trying to manipulate you, but not give in. This is a HARD one, because you may have been gaslit, manipulated, words twisted, to the point where even you might not know what is true and/or untrue.. which is confusing as fuck! So, please do continue to notice when others are trying to manipulate you, so that you can put an end to it, and ensure that your decisions are YOURS entirely. IT IS SO OKAY TO DECIDE FOR YOURSELF, regardless of how shitty they might try to make you feel. Remember that.
- communicate. First, we need to educate ourselves on how we are effected to then know the best ways to be there for ourselves, and then once we start to get to know ourselves in this moment a bit more, we can also begin to communicate to others around us how they can best help too (did your stomach just curl up reading that? I know, you're not used to sharing with others what would help you best, because you probably don't like help, it's what WE do for THEM, not the other way around, right? NUH UH, humans of the world should help EACH OTHER to avoid unbalanced hearts. Seriously, it is okay to tell others what you need)



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Here are some things our hearts might need to communicate to others to feel more in balance:

(Needs does NOT mean you're needy, these are needs of love and consideration, which are the furthest thing from being needy... they are basic needs that humans LEGITIMATELY require)

- try to be clear and frank about what you are feeling, whether that be stressed, anxious, angry, upset, hurting, quietly struggling for various reasons. Let them know nicely... it's okay to tell someone, "I might need a few minutes to regroup because I'm feeling pretty hurt right now and I need to take some time to evaluate why I'm feeling this way, and how I feel about moving forward." They will probably give you push back about this, especially if it's a new thing you're doing, but if they love you as much as they say they do, they will give you your time that you need
- try to communicate your emotions when they are felt, and ask those around you if they would also do the same when they are around you too. It's okay to ask that someone be honest and just let you know when they are feeling a negative emotion about something, if you don't, you could be sitting there thinking the wholeee time that they're pissed at you when really everything is totally fine.. or vice versa which just leaves even more room for over analysis. Communicate how you are feeling as well, we have spent so much time ignoring our own feelings for the feelings of others, we NEED and DESERVE to have this balanced out. We owe it to ourselves not to ignore our feelings anymore.



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INNER WORK let's vow to work...

- towards building your self-esteem
- listening to your inner self, the good stuff and the hard stuff
- build out a routine that works for you, one that makes you feel good and that works towards your individual goals
- oh yeah, goals! set some goals for yourself, things that YOU are passionate about, that make YOU happy
- towards being patient with yourself through this growing process, it's a process, it'll probably be messy... so what, so is life!
- towards ensuring that you feel safe and secure within yourself and when it comes to those around you
- towards ridding yourself of toxic energy
- towards ridding yourself of toxic people
- towards feeling more gratitude in your life about you and how far you have come, and how strong you are, and about how in-tune and kickass you are (you are.)
- towards starting to pay attention to YOUR needs
- towards starting to pay attention to YOUR desires
- towards unraveling the shadows inside you, coming to peace with them, letting go of the negatives, and thriving with the beauty that came out of the hardships
- towards gaining, or regaining, that self-belief
- towards gaining, or regaining, that inner power of yours!

towards you being you, in the most amazing sense of the word



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THANK YOU

Thank you for being here, thank you for being you.

Take this time to also thank yourself for stepping into learning and growing even more, and for giving yourself the permission to step into a more balanced you.

REMEMBER

That this is a journey, and a process, and there will be more bumps and roadblocks along the way, but you have handled FAR worse than that, I have no doubt in my mind that you will crush those bumps and thrive right through those roadblocks eventually!

YOU GOT THIS. WE GOT THIS.

If you are curious about learning more about yourself, or just want someone to chat to, or if you are interested in doing more in-depth inner change maker work, please reach out

disclaimer: i'm not a therapist, my beautiful friend <3 i have been through a lifetime of complex traumas, (eye roll) have done tons of research from credited sources, and am prettyyyy dang good at spotting manipulation & abuse tactics, so I am totallyyy able and stoked to coach you and help with clarity and advice, share strategies, & help you **rediscover your inner power... because, I GOT YOU!!** buttt if you also feel you should see a pro, see a pro, friend! :D I'm here for anything else you may need though, glad to connect with you & i'm excited to root you on through your journey to believing and loving yourself for you.
thank you for being you, for real.





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