

## A Friend Discovers Her True Self

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Read on to see a note I received from a friend. Rejoice with me at the changes in her life. Here's what she wrote. I share it with her permission.

### The Labels I Used To Have

Based on the title of the book "Alexander and the Terrible, Horrible, No Good, Very Bad Day" I wrote out labels for myself. Each started with my name and carried the same message: "--- is a terrible, horrible, no good, very bad person." I displayed those labels in about a dozen places around my house so that if I ever had a glimmer of hope that it wasn't true, I'd be reminded before I got hit too hard with "reality."

I lived alone, so no one else saw those labels. You're the only one who knew. Towards the end of the time when you and I got together, I took my labels down from my house (though they still lingered in the back of my mind). I also kept their existence a secret that only you and I shared. They've been a secret for the last 35 years.

I do still have moments (even a day or so) when my thoughts go that way, although infrequently. But to my surprise, for some reason, I recently shared about my labels with my Bible study group. Soon after our meeting ended, a friend in the group slid a note onto my notebook. Her note also started with my name. She said: "--- is a beautiful, fabulous, so good, very loved daughter of God." At the bottom of her note, she added: "Please display."

When I read her words, suddenly I realized that her labels describe my *true* self, and my old labels are all lies.

Lynne, Thanks for sticking with me all those years. Love, "---"

### PostScript from "---"

As you and I talked through this account getting it ready to post on BibleGrapes, our going over it multiple times has helped to "cement" the idea that I *am* a fabulous, so good, very loved daughter of God. (And so are you!)

Love, "---"

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