

This is Your Biggest Betrayal

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PXJG3Q9L0TE](https://www.youtube.com/watch?v=PXJG3Q9L0TE)
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SUMMARY

The message emphasizes the importance of women reclaiming their identities and agency after becoming consumed by societal roles and expectations. It highlights the internal struggle of self-abandonment and the need for women to prioritize their own desires and boundaries.

- *Many women feel lost and overwhelmed by their roles as caregivers, leading to a loss of personal identity.*
- *Societal conditioning teaches women that their needs are secondary and that self-sacrifice is a virtue.*
- *Self-betrayal occurs when women silence their true selves to please others.*
- *The biggest act of betrayal is abandoning one's own dreams and desires.*
- *Women must recognize their worth and stop waiting for external validation or rescue.*
- *It's essential to reclaim personal agency by speaking one's truth and setting boundaries.*
- *Taking control of one's life is a necessary step toward fulfillment and self-empowerment.*

are you a woman who sometimes feels so exhausted and lost and heavy with a sadness that you can't even name because somewhere along the way you stop being the driver of your own life and you became the role the wife the mother the daughter the caregiver and before you even realized it that role swallowed you whole somewhere along the way you forgot that you have choices you have agency that you get to steer your ship wherever

the hell you want to go has this happen to you this is what happens to us as women we are taught slowly but surely that our voice doesn't matter as much our needs should come second our desires are selfish and a good woman gives herself to others until one day we wake up and we don't even recognize the woman staring back at us we wonder where did that girl go with dreams so wild she couldn't be contained the one who had

fire in her belly and she's become someone who now waits for permission for approval for the right time from her lover from her partner when did you begin to abandon and betray yourself this betrayal isn't something that happens to you it's something you do to yourself when you refuse to live as you are you see we think betrayal is when someone else chooses someone else over us or cheats on us or lies to us but what if I told you that the biggest Act

of betrayal is your own self-abandonment every single time you tell your true self to be quiet when you make yourself small to fit someone else's comfort you are cheating on your own soul when will you begin to wake up that you are just as worthy of devotion as everyone else when will you stop waiting for someone out there to come and save you when will you finally say enough no more I must I will speak my truth I will say what I

want I will ask for what I need I will set my boundaries because this is my life my car my seat my steering wheel

and the road ahead mine to choose it's time take that wheel now