

This is how we betray ourselves and don't even realize

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=V8JH1XDI_4U](https://www.youtube.com/watch?v=V8JH1XDI_4U)
https://www.youtube.com/watch?v=v8jh1xDi_4U

SUMMARY

The speaker reflects on a decade of feeling disconnected from themselves, marked by self-doubt and a lack of self-trust. They emphasize the importance of reconnecting with one's inner guidance to foster personal growth and leadership.

- *The speaker spent their 20s feeling unworthy and disconnected from themselves.*
- *They often compared themselves to others, believing they were less competent.*
- *Years of self-betrayal led to a realization about the importance of self-worth.*
- *True change began when they started to trust and listen to themselves.*
- *The speaker encourages others to prioritize their own inner guidance over external opinions.*
- *They assert that everyone has the answers within themselves; it's about learning to listen.*
- *Reconnecting with oneself is crucial for personal and leadership development.*

I think I spent my entire 20s completely disconnected from myself. I didn't trust myself. I didn't listen to myself. I didn't think I was good enough, smart enough, uh competent enough. I always presumed that those who I was with were smarter than me, better than me, more competent than me. I mean, it was just a given. It was automatic. It took years of self-betrayal after self-betrayal, self-abandonment after self-abandonment when I finally began to wake up and realize, wow, why should anyone take me seriously when I literally don't think I am worthy of that? Why should anyone listen to me or follow my leadership when I don't trust myself? The problem wasn't the person on the outside. The problem was my inner connection with myself. And it was only when I began to place bets on myself, when I began to listen to myself and follow my own lead that everything on the outside began to change. It all begins with how much we trust ourselves. Are you listening to yourself? Are you truly following your own inner guidance? Are you asking yourself what you should do before you ask others? Start by following your own lead. Because let me tell you my sister, you know where to go. You know where to take you. You have the answers within you. You've just forgotten how to listen.