

In any relationship, we all need to be spacious and gracious.

Spacious in that we give people room to be themselves and to grow in different ways, whether or not that lines with our own selves and growth.

Gracious in that we all fall short in one way or another on an ongoing basis and accepting that about ourselves allow us to accept that about others as well.

Someone recently shared: Respect symptoms but don't fear them.

True intimacy is so exquisitely intoxicating and makes alcohol seem like the cheap poisonous Kool-Aid that it is.

If someone has a trauma history, you cannot really know them as a person unless you have a good understanding of their trauma history and the full implications of it.