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## ask diane

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### WHAT ARE SOME OF THE WAYS PEOPLE GIVE THEIR POWER AWAY? AND HOW CAN I REGAIN MY POWER?

We give our power away when we don't have good boundaries. When we let people treat us badly--and perhaps don't notice, or notice but choose to continue the relationship without speaking up.

If you desire something, whether it is food, money, alcohol or companionship, you may also compromise yourself. When the desire is so great that you don't honor what is right for you, you are giving your power away. It can create a downward spiral in your life. And it can also eventually lead to physical illness.

The good news is you can heal your boundaries and dissolve any addictions.

By intention and contemplation you may become aware--or you may already be aware--of desires that rule you, instead of you being the master. In these situations, set your intention to heal the underlying energies.

Very often people give their power away because of a lack of true self-esteem. You may feel you need this person or substance in your life, whatever the cost. You don't realize that your life would be fine--perhaps even much better--if you simply had the courage to let go.

In addition, people give their power away because of unresolved feelings. If you suspect that might be true for you, set your intention to get in touch with the feelings that motivate you to give your power away, either through a friendship that doesn't serve you, or by an addiction to food, sex, money or companionship.

Simply by letting go, you will start to build your self esteem. Every time you take right action, it enhances your self-esteem.

To get in touch with feelings that motivate you to reach out for a person or substance that doesn't really nourish you, simply pause before you make that call or reach for that substance. Just being present with the feelings, instead of acting on them, will start to dissolve them.