

When You've Lost Yourself in Someone Else: Rediscovering Your Identity and Reclaiming Your Life



Disentangle: When You've Lost Your Self in Someone

Else by Nancy L. Johnston

★★★★☆ 4.9 out of 5

Language : English

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 269 pages

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Have you ever lost yourself in a relationship? Have you ever felt like you've given up so much of who you are to make someone else happy that you're not sure who you are anymore?

If so, you're not alone. Millions of people lose themselves in relationships every year. It's a common problem, but it's one that can be incredibly painful.

When you lose yourself in a relationship, you can feel like you've lost your identity. You may not know what you like or what you want anymore. You may feel like you're living someone else's life instead of your own.

This can be a very difficult and confusing time. You may feel like you're going crazy. You may even wonder if you'll ever be able to find yourself again.

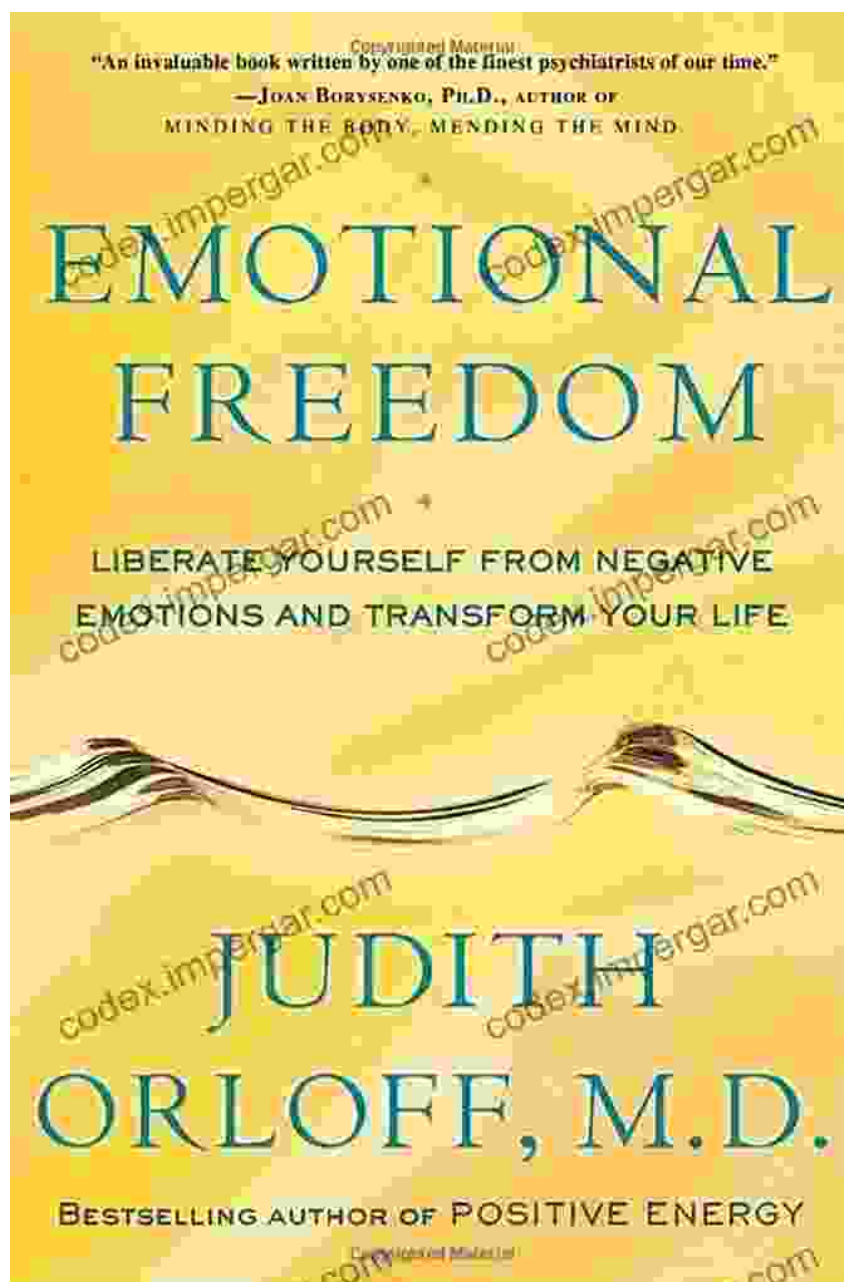
The good news is that it is possible to rediscover your identity and reclaim your life. It takes time and effort, but it's definitely worth it.

In her book *When You've Lost Yourself in Someone Else*, author Judith Orloff offers a 5-step process to help you find yourself again:

1. **Acknowledge that you've lost yourself.** The first step to finding yourself again is to acknowledge that you've lost yourself in the first place. This can be a difficult step, but it's important to be honest with yourself.
2. **Spend time alone.** One of the best ways to get to know yourself again is to spend time alone. This will give you the opportunity to reflect on your thoughts and feelings and to start to rediscover what you like and what you want.
3. **Connect with your inner child.** Your inner child is the part of you that is still innocent and full of wonder. Connecting with your inner child can help you to rediscover your creativity and your joy.
4. **Set boundaries.** Setting boundaries is essential for protecting your own identity. When you set boundaries, you're telling others what you will and will not tolerate. This will help you to maintain your own sense of self.
5. **Create a life that is true to you.** Once you've rediscovered your identity, it's important to create a life that is true to you. This means ng

things that you enjoy, spending time with people who make you happy, and pursuing your dreams.

Rediscovering your identity and reclaiming your life is a journey. It takes time and effort, but it's definitely worth it. If you're ready to start living a life that is true to you, I encourage you to read *When You've Lost Yourself in Someone Else* by Judith Orloff.



You can find more information about the book on Our Book Library.

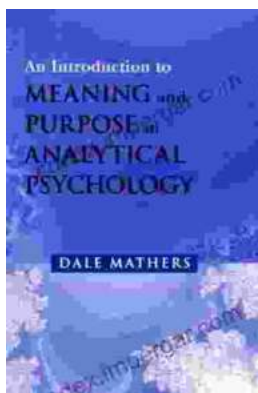


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