

WHO AM I?

The popularity of Facebook, twitter, etc., prove it's important for us to let others know who we are. We thrive on making connections, posting our activities, sharing our pictures and thoughts. And as we do we define ourselves, we reveal "who we are." Likely if every person on the planet had the technology, we would see the majority of humans with their own accounts.

Why? Because we are relational beings at our core. It's in our DNA to connect, it is how we're wired. We crave to be **SIGNIFICANT**, to be seen as meaningful and valued.

Sharing who we are fulfills a legitimate need we have to be known. And not just to be known, but to be **ACCEPTED**. We live to feel others "like" us.

Underneath it all rests our most basic need, which is to feel **SECURE**. Think about it, don't we get a major sense of security from both the "likes" and the number of "friends" we have? We connect on FB and then we count (friends) as one means to validate this need. When all of these: significance, acceptance and security needs are met, we feel and know we are **LOVED**.

Does it matter how I see myself? Oh yes it does!

What we THINK is directly tied to what we DO, how we LIVE, and the CHOICES we make in life. If we believe an *untruth* about ourselves we behave differently and chose differently; we live based on information that is fake/a lie, not fact. And that's not safe. **Believing lies about yourself puts your physical, intellectual, emotional and spiritual health at risk.**

You may have never heard a message like this before. You may have had experiences in life that sent you a different message. Perhaps you never had a parent, a family member, a friend tell you the truth about yourself. You may be believing a lie.

Check this out, this is who you are...

<http://www.youtube.com/watch?v=tUJeOb1-mZ0>

[Truth.](#)

[Really, really.](#)

Want to find out more about the TRUE YOU? Talk to a nurse or Advocate!