

Permission to Disappoint

This may be the hardest and most freeing part of the journey.

Growth almost always disappoints someone. Not because you are doing something wrong, but because you are changing the pattern. When you stop over-giving, over-functioning, over-explaining, or over-accommodating, people may need time to adjust.

This part explores boundaries, guilt, people-pleasing, and emotional responsibility.

You can care about people without organizing your entire life around their comfort.

Disappointing someone is not the same as harming them.

