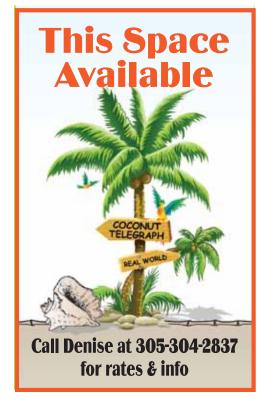
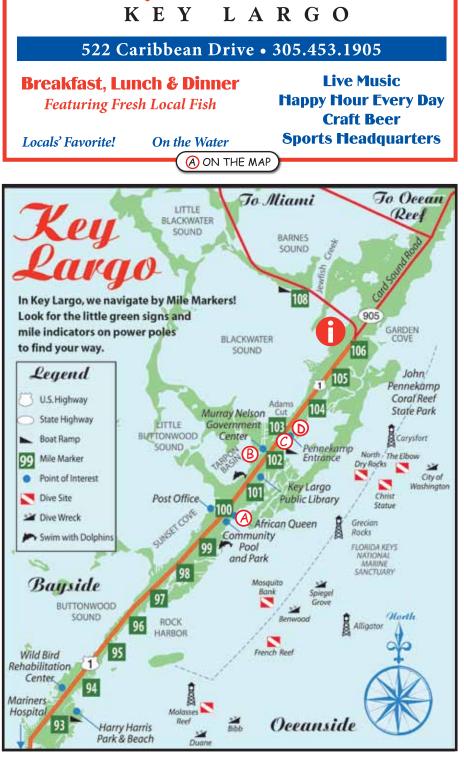
Open Late!



ON THE MAP









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## Confessions of a Therapist

I get Botox.

And sometimes when I receive text messages or voicemails from my parents, I think, "oh no, what did I do wrona?"

Also, I lose my temper with my daughter.

And, last month, my husband and I got into a threeday argument that ended like this:

Me: I noticed you got groceries today. Were we out of something?

Him: Oh YEAH. You made it explicitly clear we were out of bandaids.

Me: What? I said I was out of contact solution...did you get contact solution.

Him: Crap, I completely forgot the contact solution. Six minutes of me asking

confused follow-up questions. Me: Honey - I meant we

are out of bandaids for the problem we were fighting about (3 minutes of hysterical laughter).

Why am I telling you all of this? Because I know how easy it is to compare yourself to other people and assume you're falling short.

And in case you got it in vour head that I'm not as human as the next person I wanted you to reassure you that I struggle too.

There is no shame in struggling. There is no shame in imperfection.

Know where you can find heaps of shame? There is shame in comparing. Every time we make a comparison to determine if we are doing better or worse than the next gal, we are shaming them or shaming us. I promise if you lined up all of your

personal heroes and were able to see their deepest, darkest struggles; you would realize what I'm saying is

by Dawn Wiggins, Ed.S.

And all of that comparing comes from an urge to get relief from struggle and imperfection. But comparing reinforces a more profound struggle. The effort to believe that you are enough iust as vou are.

Each of us has a growth path (a fancy way of saying 'struggle'). Personal development won't make your life struggle free. But it will lead you down a path of personal freedom self-acceptance and greater love.

So this month I urge you to trade in comparison for something far more powerful. When you're feeling weak, not good enough or

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lost, make a list of things you are proud of yourself for. And keep that list close to you. Add to it regularly.

This practice is the opposite of shame and will be an investment in knowing your worth.

## Adopt a Key Largo Animal Shelter Pet the Key Largo Animal Shelter I flyou are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is











Meet a few of the animals who are currently available for adoption at









