

Used

If you feel used right now, that means a part of you feels that you have been taken advantage of. You really hurt. Perhaps you're angry by this. Your ego is saying, how could he or she or they do this to me? When your ego does this, you're giving your power away. If you attach that to someone else, you don't have power over the situation. Your empowered self wants you to use the signal of feeling used, to ask yourself how could I allow he, she, or they to do this to me? I know that can be hard to hear, because that feels like you are being blamed for what happened. But this isn't about blame. This is about recognizing the power that you have. So that you create situations where you feel protected, so that you aren't taken advantage of. What is really happening is, your empowered self wants you to know that you have needs that you ignored. You ignored them based on fear.

So your empowered self is asking you to look at the situation where you just felt used and realize what assumptions, what beliefs were you holding in regard to the situation where you were tied to fear. Because when you're tied to fear, you're not going to assert your needs, you're not going to assert healthy boundaries. That's what's needed. So your empowered self says, you feel used right now? Well instead you use this situation to teach you. Teach you to gain certainty and clarity about what you need. What you need to set up, what you need to establish. Claim that no matter what. So that others can't take advantage of you. So that you don't allow it anymore, because you know you are too precious of a commodity to ever, ever allow this to happen to again. You are too precious of a being and through your self-love, you are now willing to protect yourself regardless of the fears that tell you not to. This is how you use feeling used, to empower and strengthen you. Bring it back to yourself, because that's where your true power exists.