

Occasionally.

I've been in situations where I needed to defend myself from accusations of wrongdoing.

My ex-wife accused me of child abuse during our child custody battles, and it was an emotionally traumatic experience. She made up the story because she thought it would help her win custody, and people who didn't know me, Child Protective Services, for example, believed her enough to investigate. So, basically, I needed to prove my innocence. I was found innocent. I noticed recently, because of that experience, I had built a barrier around myself as a form of protection. And it has been real enough to stop people from getting close to me, so my security was ensured.

Imagine telling a friend something private only to learn they then told others. The barrier you might create is to never again tell that person private things. You might go so far as to never tell anyone private things.

I am dismantling that barrier now.

This one will be easy to demolish since barriers are made of thoughts and emotions.

I may have created more barriers, but for now, I'm good with demolishing just this one.

Written by Peter Skeels © 4-20-2024