

Do I Matter?

I know I have asked myself the question 'Do I matter?' from time to time. I know of other's who also find themselves struggling with that question. At such times it seems common to look outside for evidence, and when we actively look it seems that often the world conspires to assert that we indeed don't matter. Hmm! What to do?

The best person, and only person capable of truly affirming your value, is you. Other people may help, may provide support, may be there at times to lift you when down, but no one other than you is always with you. The challenge is finding the truth of your value within yourself when all your learned behaviours and protective patterns support your fear that you do not matter. And when you do negatively judge yourself that is when you seem to draw negativity towards you like a massive, unrelenting magnet. Even more important then, it is crucial that you are able to connect with yourself, with your needs, and dive below the seaweed of fear and muddiness of hurt to the place of unencumbered beauty and light that does exist deep within you. First you must step into the apparent darkness to find it.



Willing to dive deep

What do you identify with as defining your value? Do you refer to external feedback and measures such as popularity, praise from others, financial or other success, possessions, rivalry with and one-upmanship of others? Do you have access to your own inner voice that speaks to you of your value irrespective of

Author

[Stephen Harrison](#)

Abstract

Rather than looking outside yourself for confirmation you matter, dive deep within yourself, and strengthen your connection with your essence, and develop love and acceptance for self, so that you carry the voice of certainty that you do indeed matter.

Keywords

Acceptance, appreciation, attend / presence, inner critic, love

First Published

19 March 2013

Copyright

© [Harrison International Ltd](#), 2013. This document may be transmitted & reproduced in its entirety.

the feedback from the outside world? Can you weather the buffeting of an unwelcoming or critical world that rips you down rather than builds you up? When the world does turn on you, how do you find your worth then? How do you remain connected with or reconnect with your worth and that you matter in those dark moments?

One key thing at such times is to truly love and accept yourself as you are. If you have hit a dark patch you may well be working really hard to do the right thing. You may find that lots of energy and activity is undertaken in an effort to save yourself from the abyss you secretly fear will swallow you? You may be using distraction and procrastination to avoid engaging with your fear of your circumstances. You may know you must work hard and then get annoyed as you get distracted by petty diversions you know do not help. You may work really hard to help others at your own expense (because there are things you need to be doing for yourself) so that even if you perish you know you're a worthy being. Whatever your pattern, however you manifest your inability to apply yourself as effectively and productively

as you know you should, love yourself for who you are. Accept yourself as you are. Forgive yourself for your shortcomings. Show true compassion to yourself. Open your heart to your own inner self, and drop any expectation of any particular performance. Reconnect with yourself, and recognise should, must and other such directive words are from your critic. They lack love, and will not support you as a person who is currently hurting. Own up to your pain, to the emptiness within, and pour

the light of your own love into your soul. If you do have a friend who can support you in that moment all the better, but there is not greater gift that you can offer yourself than to love yourself in that moment when you do not feel worthy of it. Then you get to start learning how much you matter to yourself, and actually begin to demonstrate that it is true, attend to yourself and your needs in a gentle and authentic manner.

For more information related to themes in this article, refer to: Harrison, S. G. (2012). [*Appreciate the Fog: Embrace Change with Power and Purpose.*](#) Auckland, New Zealand: Xlibris Corporation.

Coaching can support you create the best outcome when working with areas covered by this article.

Follow these links for coaching information:

- [Coaching Overview](#)
- [Individual \(Leadership/Executive\) Coaching](#)
- [Team Coaching](#)
- [Group Coaching](#)
- [Why Sponsor Coaching?](#)
- [**Offer: Free Individual Coaching Session**](#)
- [Stephen's Profile](#)