



Don't
discount the
inner voice of
your own
soul!

Who Is Speaking Into Your Life?

by Gloria Thomas-Anderson, PhD, LMSW
Columnist of: Inspiring Insights For Your Soul and Spirit!

Have you ever had someone say something like, "I wouldn't take that if I were you?" or "I wouldn't do that if I were you?" That person may sound so convincing that you feel compelled to listen and act according to their words, even when you sense within yourself it may not be best for you to do so.

Many women are taught to be submissive, especially to men and to those in authority. Sometimes this can be to one's detriment because that voice may not be qualified to advise you. It's great to have people in your life that you can seek out for guidance or direction. However, that is usually limited to a few folks that have your best interest at heart. Knowing the source may keep you from making a choice you regret. Here are a few questions to consider before accepting at face value what appears to be well-meaning advice:

1) Does this person have an invested interest in my life? Have they been there for me in real times of need? Have their past actions proved a concern for my well-being without some condition or requirement to reciprocate?

2) Do I trust them? What's going on in their life? Is it questionable? Is it admirable? Is the information being offered to me coming from a reliable experience or knowledge base?

3) Is there some hidden motivation or benefit to them based on the decision I make? Will it fulfill something they want or need from me at my expense? Is there interest or comments genuinely directed for my good or for theirs only?

Being able to distinguish between a good advisor and one that is not makes a big difference in the outcomes you experience in life. You have a right and responsibility to know who is speaking into your life and why they are doing so. Ultimately, your decisions affect you. Don't discount the inner voice of your own soul and be sure to closely examine the voice of others.