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SOUL CENTERED LIFE COACHING

KEEPING SECRETS



by Pirie Jones Grossman

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Have you ever heard the expression, “You’re as sick as your secrets?” Isabelle Holland, an author of children’s books penned that phrase.

What is that secret in your life you don’t want other people to know? That’s actually eating you up? Holding onto a secret prevents you from living up to your fullest potential. It gets in the way of your growth and success because...

Your secret is a liability.

Our secrets are our “proof” that we’re unworthy or unlovable. They exhibit to the world that we’re damaged goods. So ask yourself, what “lie” are you protecting? And more importantly, why and from whom? By holding onto a secret, you effectively put yourself in isolation and unconsciously inhibit connecting with others. And, what’s worse is that even when you don’t have to hide your secret, you may still be thinking about it frequently enough to damage your physical, mental and emotional wellbeing because...

Your secret is alive.

What’s the scariest ingredient in your secret? It’s dying for exposure and its truth is constantly trying to escape.



And, keeping any of it buried invites obsession, addiction, and psychological destruction in the form of shame, guilt, dishonesty and stigma. However, random or ill-advised confessions can be disastrous because...

Your secret is infected.

Our secrets are simply parts of our life stories, ourselves, that have been forced into hiding. The very act of secrecy makes us inaccessible to love. We believe we’re hiding our secrets, but really they are hiding us. The more secretive we are, the more separate we feel from our own bodies, our own lives and our own truths, but...

Your secret is yours alone to release.

And, by releasing it you will be free from its actions and beliefs to heal and live in peace.



The Four Steps to Release Your Secrets:

I. ACKNOWLEDGMENT OF SECRETS

What secrets should you confess? You only need to confess the secrets that diminish your ability to live an authentic life.

If any of the following statements describe you, confession is a MUST.

1. I’m keeping a secret to protect someone, possibly myself, from the natural consequences of an ongoing destructive behavior (for example alcoholism, violence, or sexual abuse).
2. My secret makes me feel constantly ashamed.
3. I conceal the truth because exposing it will make someone angry.
4. I would not want to associate with anybody who has my same secret.
5. I’m sure I’ll be rejected by anyone who learns this secret.
6. My secret is so awful I can’t stand to think about it.
7. My secret makes me want to pull away from people I want to trust and love.

8. I’d rather end a relationship than tell another person my secret.

9. I’m doing something that violates my moral code.

II. WHO TO CONFESS TO

1. Yourself first. Admit to yourself the secrets that you have done or the secrets that have been done to you. Use real words: adultery, stealing, bulimia, child abuse, etc. Calling something by its real name is the best way to gain power over it!
2. Another human being. Yes, I’m making a distinction here between human and animal. Often we’ll find ourselves talking out loud easily and candidly to our closest companions because they don’t judge nor do they respond (when was the last time your dog failed to greet you at the door because you unloaded your deepest secret upon it?) So, in this instance, someone you trust who will accept you and your secret without judgment. Choose someone who is not directly influenced by your actions. Examples: therapist, counselor, pastor, a 12-step group or a sponsor.

III. WHEN TO DISCLOSE

When should you confess your secret? When is the right time? Listen to your intuition! If you start thinking, “I could tell my secret right now... I really could... I will,” then trust those thoughts. Trust your yearning over your fear. If you resist it, you’ll experience nausea and the pain of holding it in rather than exposing it. Let go of that toxicity inside your body, mind and soul. Release it!

Here are some signs that it’s time to share. If you begin to experience any of these decisive and meaningful side effects, then it’s your turn to open up and set that secret free.

1. A deep chasm between you and the people you love.
2. Your feelings for significant others have flattened as you disengage to avoid telling the truth.
3. You feel your secret is a heavy burden, dragging you down with it.
4. You're filled with anger and/or hopelessness when you think about your secret.
5. Your secret haunts you.
6. You argue about anything and everything by creating conflicts that are never resolved because you're not talking about the real issue!
7. You compulsively talk around what's bothering you.
8. You find yourself confessing to random people while lying to your loved ones. When you disclose, you will feel lighter naturally. This is no surprise, but rather a long-deserved gift for your honesty and bravery because there is nothing left to carry, lie, protect, or hide. You can fully forgive yourself and release the past.

"There is no secret of the heart which our actions do not disclose." —Molière

IV. GIVE YOURSELF COMPASSIONATE SELF-FORGIVENESS

After disclosing your secret, work on making everything in your life better. You can begin by forgiving yourself. This forgiveness frees you from your past. It's an essential first step to take before you can move forward in your life. Forgiveness is an act and the reward of Self-Love.

Compassionate Self-Forgiveness is a process that dissolves judgments and produces healing among places where emotional pain resided. Often forgiving ourselves first helps us forgive others. Finding compassion for ourselves encourages us to see the other person's humanness and from that we find our compassion for them. Here's an example of what giving Compassionate Self-Forgiveness looks like:

Place your hand over your heart with the intention of releasing the pain out of your heart and letting it go! Then say out loud, "I forgive myself for..." whatever it is that will release any judgments you have of yourself. By doing this you're letting go of judgments inside your consciousness to a place of loving yourself through the healing power of forgiveness.

In closing, confessing our secrets and forgiving ourselves is the most courageous act of self-love. If we can accept that every experience that we've ever had, every person we've ever known, every place we've ever been, every decision we've ever made, every thought we've ever had and everything we've ever done or that has been done to us is part of who we are, and whether we understand it or not, it has all served a purpose, then we are well on our way to discovering what has made us into **who we are** today. That beautiful, crazy, complicated, one-of-a-kind human being is an original work of art that can speak to the world with kindness and humility, with love and acceptance, with lightness and grace.

Now go commit the best act of self-love by letting go of your secrets. Play big! The world needs you and your life can make a difference to others. Please don't keep that a secret!

"Letting Go of Secrets" Worksheet

I. List three of your most thought about secrets.

- 1.
- 2.
- 3.

II. What secrets do you need to confess the most? The ones that keep you from living your life authentically?

- 1.
- 2.
- 3.

III. List a particular person for each secret that you feel comfortable confessing to?

- 1.
- 2.
- 3.

IV. Compassionate Self-Forgiveness

I am free to accept that I deserve to have a fabulous life and that all my dreams can come true!

- 1.
- 2.
- 3.

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