

## CONFESSIONS 101: MAKING PEACE WITH THE PAST

(Excerpt From *Woman First Mother Second* By Nicole Walker)

For me putting the past behind me was a hard thing to do. It still is when you've lived a rough life like I have. But each day I am living. I work hard to put a piece of my past behind me. Whether through getting closure, moving on or simply forgiving someone who has done me wrong. I never want my past to be the reason I don't live for today. Or the reason my future is distorted. I know my children need me and as their mother I know I have a job to do.

Today there are occasions I might get emotional when I think about the pain I have experienced. Or how I wish I would of loved myself harder back then. But I remind myself that I am human. And that these are the mistakes that have helped create the strong, beautiful woman I am today. So I really cant complain. All can do is continue to put my past behind me. Letting go of all the negative energy I may possess. Engaging in positive and enlightening activities. That can enhance my growth as a woman, mother and wife.

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