

17.

So you don't want to be a burden to anyone.

Okay.

But what if the people who care about you hear
"I don't need you."

What if other people **want** to be needed by you?

Consider being proud and grateful instead of tentative and
apologetic to people who want to help.

Sample of Finding Your Integrity by Greg McBride.

Please visit gtmcbride.com/blog for the full book!