

Labels

Our lives are filled with labels which attempt to define us. It is important to realize how we have acquired these labels and what they mean to us. There are three main categories in which we encounter labels: (1) given by others (past & present), (2) believed by self (accepted from others or discovered of self), (3) through accomplishments or circumstances (son, teacher, mother etc...)

Labels can become unhealthy if our identity becomes dependent upon a toxic label (stupid, ugly, worthless). A label is only valuable if it helps one practice a healthy identity expression (worthy, lovable, beautiful). Why do we accept toxic labels as our labels?

Our early label development is greatly influenced by those who met our developmental needs. Sometimes we learn even those who were suppose to love us can also hurt us deeply. If a total stranger approached and called you a worthless idiot, you may be upset, yet you would shrug off the comment from this person you did not know. If someone you valued came to you and called you a worthless idiot, you would be hurt and this comment would be difficult to dismiss.

You still own the choice to accept which labels define you. Take these next 30 days journaling the personal labels you encounter or discover. At the end of the 30 days read this list and make it your choice which ones you will accept and express in your relationships.

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