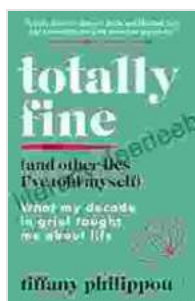


# Totally Fine: And Other Lies We've Told Ourselves

We all tell ourselves lies. Sometimes they're little white lies, meant to spare someone's feelings or avoid an awkward conversation. Other times, they're bigger lies, the kind that we tell ourselves to protect our own fragile egos.



## Totally Fine (And Other Lies I've Told Myself): What my decade in grief taught me about life by Tiffany Philippou

★★★★☆ 4.3 out of 5

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Enhanced typesetting	: Enabled
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The problem with lies is that they have a way of snowballing. The more we tell them, the more we start to believe them. And once we believe them, they start to shape our thoughts, our feelings, and our actions.

The lie "I'm totally fine" is one of the most common lies we tell ourselves. We say it when we're feeling overwhelmed, stressed, or anxious. We say it when we're struggling with a difficult situation or relationship. We say it when we're simply not okay.

But telling ourselves that we're "totally fine" doesn't make it true. In fact, it often makes things worse. When we deny our true feelings, we're not allowing ourselves to process them and heal from them. We're just pushing them down, where they can fester and grow.

So why do we tell ourselves these lies? Why do we pretend that we're okay when we're not?

There are many reasons why we might tell ourselves lies. Sometimes, we're afraid of what others will think of us if we admit that we're not okay. We don't want to be seen as weak or vulnerable. Other times, we lie to ourselves because we don't want to face the truth. We don't want to admit that we're struggling or that we need help.

Whatever the reason, telling ourselves lies is never helpful. It only serves to keep us stuck in a cycle of self-deception and denial.

If you're tired of telling yourself lies, it's time to start being honest with yourself. It's time to admit that you're not always "totally fine." It's time to face your true feelings and start healing from them.

## **How to Break Free from Self-Deception**

Breaking free from self-deception is not easy, but it is possible. Here are a few tips to help you get started:

- **Be honest with yourself.** The first step to breaking free from self-deception is to be honest with yourself about your thoughts and feelings. Ask yourself what you're really feeling and why. Don't be afraid to admit that you're not okay.

- **Challenge your thoughts.** Once you've identified your thoughts and feelings, start to challenge them. Ask yourself if there's any evidence to support your thoughts. Are you really as weak or vulnerable as you think you are? Are you really as incapable of handling your problems as you believe?
- **Talk to someone you trust.** Talking to a friend, family member, or therapist can help you to see your situation from a different perspective. They can offer support and encouragement, and they can help you to challenge your negative thoughts.
- **Practice self-compassion.** Be kind to yourself. Don't beat yourself up for your mistakes or shortcomings. Everyone makes mistakes. The important thing is to learn from them and move on.
- **Take care of yourself.** Make sure you're getting enough sleep, eating healthy foods, and exercising regularly. Taking care of your physical and mental health will help you to feel better about yourself and to make healthier choices.

Breaking free from self-deception is a journey, not a destination. There will be times when you slip up and tell yourself a lie. But don't give up. Just keep practicing and you will eventually break free from its harmful grip.

When you finally do, you will be amazed at how much better you feel. You will be more confident, more resilient, and more capable than you ever thought possible.

So don't wait any longer. Start being honest with yourself today. It's the first step to a healthier, happier life.



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