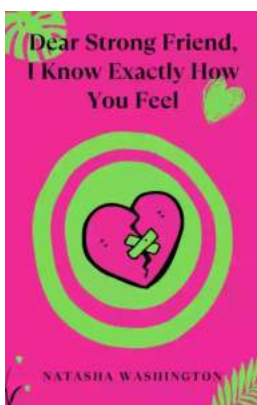


Dear Strong Friend, We Know Exactly How You Feel



Dear strong friend,

We see you. We see your strength, your resilience, your determination, and your unwavering smile. We see the way you carry the weight of the world on your shoulders without ever complaining. We see how you support and uplift those around you while silently battling your own demons. We see you, and we know exactly how you feel.



Dear Strong Friend, I Know Exactly How You Feel

by DM Woods(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 211 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 73 pages



You are the go-to person for advice, the shoulder to cry on, and the rock that everyone leans on. You listen patiently, offer sound guidance, and provide a sense of stability in a chaotic world. But who do you turn to when you need someone to lean on? Who do you confide in when your own strength wavers?

It's okay to admit that you're not always okay. It's okay to acknowledge that you have your own struggles, fears, and doubts. You don't have to bear the weight of the world alone. You deserve support, understanding, and compassion just as much as you give it to others.

The Pressure of Strength

Being the strong friend comes with its own set of challenges. People automatically assume that you have it all together, that you can handle anything that comes your way. But behind that strong facade lies a person who sometimes feels overwhelmed, exhausted, and in need of a break.

Often, you feel the pressure to always be strong for others, fearing that showing vulnerability or asking for help will make you appear weak. But strength isn't about never breaking; it's about picking up the pieces and persevering even when life gets tough. It means acknowledging your own limitations and allowing yourself to lean on others when necessary.

The Weight of Expectations

As the strong friend, people often turn to you with high expectations. They believe you have all the answers, that you can fix any problem, and that your own

struggles are insignificant compared to theirs. But the truth is, you're just as human as everyone else.

It's essential to recognize that you're not responsible for solving everyone's problems or carrying the burden of their emotional well-being alone. It's crucial to set healthy boundaries and remind yourself that your needs matter too. You don't have to answer every phone call or be available 24/7; it's okay to prioritize your own mental and emotional health.

The Loneliness Behind the Smile

While you may always be there for others, it can feel isolating when you don't have someone to lean on yourself. It's common for the strong friend to feel like they can't burden others with their problems, fearing that they will be seen as weak or incapable.

But suppressing your emotions and hiding your struggles can take a toll on your mental well-being. It's essential to find a support system of people who can hold space for you, listen without judgment, and provide the comfort and understanding that you need.

Embracing Vulnerability

Dear strong friend, it's time to give yourself permission to be vulnerable. Vulnerability is not a sign of weakness but rather an act of courage. Opening up and expressing your emotions can pave the way for deeper connections, authentic relationships, and a healthier mental state.

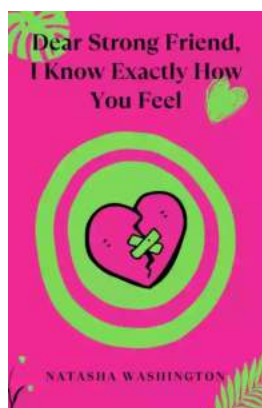
Reach out to trusted friends, family members, or even seek guidance from a therapist or counselor. Remember, you don't have to face life's challenges alone.

Allow others to support you, lend a helping hand, and remind you that it's okay to put your own needs first sometimes.

To the strong friend, we understand you more than you know. We know the weight you carry, the expectations you juggle, and the loneliness you sometimes feel. But you are not alone. You deserve love, care, and support just as much as anyone else.

So, dear strong friend, it's time to prioritize your own well-being, to practice self-compassion and self-care. Surround yourself with people who uplift you, who remind you of your own worth, and who encourage you to embrace your vulnerability.

You are not defined by your strength alone. You are a multi-faceted individual with hopes, dreams, and struggles like everyone else. And when you allow yourself to be vulnerable, you open the door to true connection and a world of endless possibilities.



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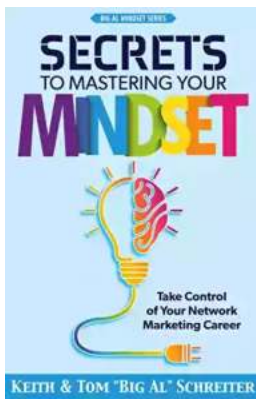


Are you tired of being the strong friend? I know I was...

A vast majority of people recall having the unfortunate position of being the strong friend. The one EVERYONE leans on for support yet they are also the ones NO ONE is there for when they need support.

Why is that? It's simple. Being the strong friend devalues you as a human and minimizes you to being nothing more than an ESP (emotional support person) to the non strong friend counterpart.

This book will show you how you ended up in the position of the strong friend in the first place, what you can do to restore the balance in your life and the seven types of non strong friends that I've identified over the years I was the strong friend.



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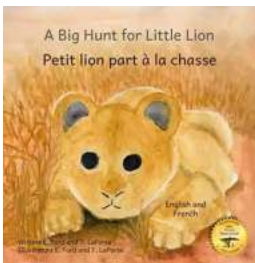
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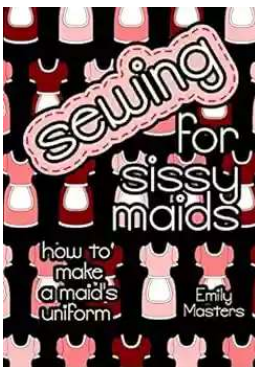
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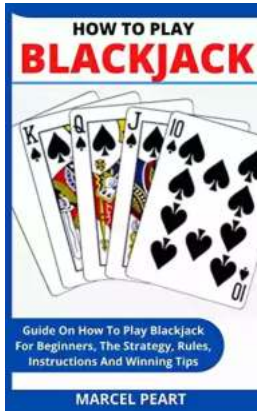
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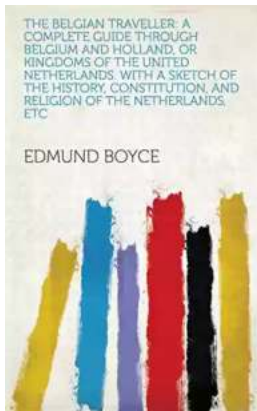
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