

Sue

Expert Profile

Autumn Edition

The Woman in the Mirror Isn't Who You Think She Is

For years, I was convinced I had to become someone else to be worthy. I became a chameleon of sorts. I changed my identity, values and conversations based on who I was with and what I thought their expectations were. I learned this from childhood. It was safer to become what others needed me to be than to stand in my truth.

From an early age, many of us receive messages that eventually shape who we become. As a little girl, I learned three simple lessons: be good, be quiet, and look pretty.

Be good taught me to meet other people's expectations rather than listen to my own heart.

Be quiet taught me to doubt my voice, suppress my opinions, and believe that everyone else knew better than I did.

Look pretty taught me that my value rested in how I appeared and how others perceived me.

Those childhood messages evolved into even more powerful beliefs, such as: You must strive to be perfect in the eyes of those who are judging you, because they are always judging you. You must earn approval by doing/saying what people want to hear, not using your own voice. You must prove your worth by agreeing to everything. You must earn love; it is not just freely given.

Somewhere along the way, we stop asking who we truly are and begin asking who we need to become to be accepted. The result is an identity built on performance instead of authenticity. We become people pleasers. We struggle with boundaries. We over-function, over-give, and slowly abandon ourselves in exchange for belonging.

Sometimes it shows up professionally. We build careers that look successful on paper but leave us emotionally empty. Other times it appears in relationships where we lose ourselves trying to keep everyone else happy. Many women eventually find themselves living what I call an "uncomfortable comfort zone" a life that no longer fulfills them, yet feels too familiar to leave.

Eventually, the question begins to surface: If I stop being who everyone expects me to be...will I still be loved, accepted, appreciated? For nearly two decades of coaching women, I have found that this question sits beneath countless struggles. It isn't a lack of confidence that keeps us stuck. More often, inherited emotional patterns, unconscious beliefs, and survival strategies that once protected us no longer serve us.

I know this because I lived it. Between the ages of twelve and fourteen, I experienced my parents' prolonged and painful divorce. The stability and security every child longs for disappeared, replaced by resentment, generational alcohol addiction, and very little

emotional guidance. My siblings and I learned to navigate life largely on our own.

Long before that, at the age of six, childhood trauma embedded itself into my subconscious. It was never to be discussed; instead, it added to the programming that my voice and feelings don't matter. As a result, it shaped how I viewed myself and the world around me for years to come.

By the time I became an adult, survival had become familiar. I married young, stepping into a relationship that reflected many of the same dynamics I had witnessed growing up. It wasn't healthy, but it felt normal because I knew how to survive it. At the time, I didn't realize there was a difference between surviving life and truly living it.

When my first child was born, I was haunted by a promise I had made to myself as a young girl: My children will never experience divorce. Yet by the time my second child arrived, I realized that keeping that promise meant sacrificing something even more important - myself. Choosing divorce became one of the hardest decisions of my life, but it was also the first true step toward breaking the very generational cycle I had vowed to end.

Looking back, I understood something I couldn't see then. I wasn't broken. I was living from programming that was never mine. That realization changed everything.

It became the foundation for the Soul Mirror™ Method, a transformational process that helps women separate who they truly are from everything they were taught to believe they were.

The Soul Mirror™ Method isn't about fixing yourself because you were never broken. It's about gently uncovering the beliefs, emotional wounds, inherited patterns, and protective identities that have covered your truth for years. As those layers begin to fall away, something remarkable happens: You remember who you've been all along.

Every woman already possesses the wisdom, strength, resilience, and wholeness she has been searching for. Sometimes she simply needs a different mirror, one that reflects her soul instead of her conditioning. When you begin living from that place, your relationships change. Your decisions become clearer. Your boundaries strengthen. Joy returns. Peace replaces performance. And the life you build is no longer based on fear or approval, but on truth.

The woman in the mirror isn't who you've been told you are.

She is the woman you've been searching for all along.

By Sue Campanella

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