

?Don't conflate accepting with being a doormat or betraying yourself. Stop if resentment is building and retool. Remember that everyone you encounter was created by divine intelligence and has an important role to play in the universe. Treat them as such. ?Accept this as your mantra and try to live as if it were true: Everything that I experience from another human being is either love or a call for love. Do you need to set a boundary or to change the relationship? Take care of yourself well, without holding anyone else in contempt. Don't do the martyr thing. Let them be who they are, entirely. Then, you decide what you need, in light of who they are. Do you need to make a direct request that they change their behavior in some way? Do you need to take care of yourself better? ?Give of yourself, but never sacrifice or compromise yourself. It helps no one and nothing. ?See their value.