

HOW TO OVERCOME INSOMNIA ALL BY YOURSELF by Antoinetta Vogels EXCERPT

Some children grow up in a supportive environment, with parents who give them the freedom to discover their true Self and encourage them to feel good about who they are. Others of us are doomed to constantly earning parental approval over the course of our lives because we've never felt acknowledged or accepted. How we deal with that situation will differ, depending on our individual temperament, character, and the way we learned how to deal with our emotions.

Feeling like you don't belong creates a negative self-image because the message you receive is that you aren't good enough to be included. But feeling invisible can be a self-fulfilling prophecy—when you aren't seen or heard or taken into consideration, it's a natural reaction to shrink in on yourself and not do anything to stand out.

I remember very well how I felt on those occasions. It was a feeling that always haunted me. One day, when I was about sixteen years old, I stood on the beach looking out over the sea, and I noticed a pole rising above the water. I imagined that the sea was full of people and I was sitting on that pole, removed from everyone around me and unable to reach them. It felt terribly lonely. The endlessness of the sea only made that sense of isolation stronger.