

# **HARD CONVERSATIONS by BJ**

## **Communicates**

### **EXCERPT**

Our gifting often becomes our prison. I wrote this book to pull back the mask on our experience in the hopes that it compels us to confront our learned ability to whitewash our pain with our talent and giftings. We are often taught that the greatest value that we bring to the world is solely present in what we do, what we earn, or how well we play. In reality, our greatest value is in the stories that we can articulate to those we influence once we have reached the other side of trauma. Trauma that tried to silence our voice, trauma that caused a part of us to die in the fight, and trauma that threatened us to stay silent after our experience with it because we should just be grateful that we made it to the other side.