

# NEWSLETTER FOR THE FELLOWSHIP

## VICTOR VALLEY INTERGROUP CENTRAL OFFICE

18888 HIGHWAY 18, SUITE 107, APPLE VALLEY, CA. 92307

PHONE: (760)242-9292 EMail: newsletterforthefellowship@gmail.com

WEBSITE: <https://www.victorvalleyaa.org>

January 2025



### HAPPY, JOYOUS, AND FREE NEW YEAR WELCOME 2025

#### STEP ONE

*“We admitted we were powerless over alcohol, that our lives had become unmanageable.”*

The action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve. *Alcoholics Anonymous Big Book* ©pg xxviii *The Doctor’s Opinion* Reprinted with permission of A.A.®, World Services, Inc.

#### TRADITION ONE

*“Our common welfare should come first; personal recovery depends upon AA unity.”*

The moment this Twelfth Step work forms a group, another discovery is made—that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not. *Twelve Steps and Twelve Traditions* pg. 130 Reprinted with permission of A.A.W.S., Inc.

#### CONCEPT ONE

*“Final responsibility and ultimate authority for AA World/ services should always reside in the collective conscience of our whole fellowship.”*

Bill asserts: “The AA groups are to be the final authority, their leaders are to be entrusted with delegated responsibilities only.” The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and God to insure that our democracy of world service will work....”

*P-8 The Twelve Concepts for World Service Illustrated, Reprinted with permission of A.A.W.S., Inc.*

#### Step One Prayer

*“Dear Lord,  
I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction”*

Eventually every alcoholic will have his last drink. Those of us in AA get to talk about ours.

#### Step One

## HONESTY is the Spiritual Principle of

The perverse wish to hide a bad motive underneath a good one permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought Learning daily to spot, admit, and correct these flaws is the essence of character building and good living

The deception of others is nearly always rooted in the deception of ourselves.

Somehow being alone with God doesn’t seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

As Bill Sees It, pg 17 “Toward Honesty”; Reprinted with permission of A.A.W.S.

**ALCOHOL IS NOT A REWARD.**  
Alcohol is a toxic substance that kills your connection to life.

**VICTOR VALLEY INTERGROUP CENTRAL OFFICE  
GENERAL SERVICE BOARD**

**CHAIR** Kara K  
**CO-CHAIR**  
**TREASURER** Shelly J  
**SECRETARY** Sandy B  
**OFFICE MANAGER** Melissa S  
**ASSOCIATE MEMBER** Kim W  
**NEWSLETTER EDITOR** Sandy D

**CITIES IN THE DISTRICT**

ADELANTO, APPLE VALLEY, BARSTOW, HESPERIA,  
LICERNE VALLEY, NEWBERRY SPRINGS, PHILAN,  
TRONA, VICTORVILLE, WRIGHTWOOD, & YERMO

**PANEL 74 DISTRICT 19/GSR COMMITTEE BOARD**

**DC MEETING CHAIR** BOB O  
**ALTERNATE DCMC** SERGIO V  
**REGISTRAR** BOB O  
**SECRETARY** LIZ Y  
**TREASURER** STACEY  
**ARCHIVES** LESLIEE A

**CHAIRS AND LIAISONS**

**Grapevine/La Vina (Chair)** OPEN  
**Hospitals & Institutions (Liaison)** Shelly J  
**CPCM** (Chair) Sandy D  
**Intergroup (Liaison)** Robert V  
**CEC** (Chair) OPEN

**GSR HOME GROUP**

**Bob O Soldiers for Sobriety/Grapevine/Daily Reflections Ft Irwin**  
**Bob O** Big Book/Happy Hour Barstow  
**Anthony** Into Action Men only Barstow  
**Courtney Q** Rule 62 Women only Barstow  
**Jerry M** Tumbleweed  
**John** Phelan Sober Phelan  
**Liz Y** T.G.I.F. Church of the Valley AV  
**Rita R** Sun Eve Campfire Nano Club AV  
**Mike M** (W) 11am Wmn Ch of the Nazarene AV  
**Dan (ALT)** H.U.G.  
**Tom W** Wed Men's Stag Wrightwood  
**Michelle C** (M) Women BB 12x12 Wrightwood  
**Daniel H** (Su) Jam Participation Wrightwood  
**Lesliee A** (Fr 7pm) Serenity Now Wrightwood

District 19 Correspondence  
P.O. Box 3096 Victorville, Calif 92393  
E-mail: msc09d19@gmail.com

**MID-SOUTHERN CA AREA 09**

PO BOX 51446  
IRVINE, CA. 92619-1446  
<https://www.msc09aa.org>

MSCA 09 Panel 74 Delegate: Alex W.  
Email: [msc09.delegate74@gmail.com](mailto:msc09.delegate74@gmail.com)  
or: [delegate@msc09aa.org](mailto:delegate@msc09aa.org)  
Call or text: 954-654-3149

NEWSLETTER for the Fellowship  
is on our website at:  
[www.victorvalleyaa.org](http://www.victorvalleyaa.org)

For e-delivery contact:  
[newsletterforthefellowship@gmail.com](mailto:newsletterforthefellowship@gmail.com)

Get your AA Birthday Published  
e-mail your info to  
[fellowshipbirthdays@gmail.com](mailto:fellowshipbirthdays@gmail.com)

send the following:  
AA Members: Home Group  
SOBRIETY DATE,  
FIRST NAME & LAST INITIAL

Share your groups news and events with us  
**MONDAY JANUARY 27, 2025 6PM**  
is the DEADLINE for  
FEBRUARY 2025 publication

**PANEL 74 DISTRICT-19/GSR COMMITTEE  
MEETS THE 4<sup>TH</sup> SUNDAY EACH MONTH 12:30 PM @ THE H.U.G.**

15885 MAIN ST, SUITE.310 (S/W CORNER. 8TH & MAIN) HESPERIA, CA. 92345  
ZOOM ID: 89040765566 PASSCODE: 254586  
BUSINESS MEETING~GSR REPORTS

DECEMBER 22, 2024

Liz-AV TGIF meeting is getting good attendance. Chips for monthly sobriety weekly and Birthdays and cake celebration last Friday. They have a couple of newcomers. Last week, sobriety countdown was 89 years 1 month

**Dan- HUG** Marathon Christmas Day and New Years day. Celebrated with potluck

**Daniel-WW** Sunday 9am at the Old Firehouse. Celebrate Birthdays w/ Birthday cake or Birthday pie. Donuts weekly. They had 36 people in attendance at the last meeting

**Shelly-(Courtney)** Barstow, Women's Rule 62 800 S. Yucca Ave, Tues 7pm had 7-8 ladies in attendance. They will be closed Christmas Eve but open New Years Eve

**Sergio- Barstow Los Coyotes Men Stag** meet at 7pm 129 W White street. They are averaging 20 people. Celebrate B-days there on 4th Friday w cake on White st, at 6pm and again at the Alano club on last Saturday. They have a couple of newcomers making progress.

**Bob- Ft Irwin** meeting will be dark Christmas Eve and New Years Eve. Most of the soldiers will be with families.

**Bob O-Barstow Monday 5pm** 800 Yucca They ave. They host the Saturday Birthday celebration. They have 12-13 people in attendance. It is focused on Daily Reflections. They participate in panels and are also involved in donating quarterly 30 to General Service Dist 19 and Central Office.

**Bob O-Saturday 9:30 Desert Barstow Group Big Book** study. They have 6- 10 people in attendance. They currently have a couple of newcomers.

*THE GSR's below ABSENT for the month of DECEMBER, no report*

**Jerry: Victorville Tumbleweed**  
**Michelle: Wrightwood, Women's Big Book**  
**Rita: Apple Valley, Women's 11am,**  
**John: Phelan, Sober Group**  
**Lesliee WW Serenity Now ~ online**

**VICTOR VALLEY INTERGROUP CENTRAL OFFICE**

**BUSINESS MEETING 3<sup>RD</sup> SATURDAY EACH MONTH 8:30 AM @ CENTRAL OFFICE**  
**18888 HWY 18, STE 107 (CORNER OF TAO RD & HWY 18) APPLE VALLEY, CA.92345**

**MINUTES  
NOVEMBER 16, 2025**

**Call to Order** Meeting was called to order at 8:31 am by Melissa S. Kim W prayed in with Serenity prayer. Introductions around the room were done with positions if one held.

**Present:** Melissa S, Sandy B, Shelly J, Kim W, Shannon W, Sandy D, Liz Y, Courtney Q, Sergio V, Leah J, Elaine K, Julia J

**Call Outs:** Kara K

Sandy read minutes from 10/19/24. Shannon motioned to accept minutes with Shelly J corrections:

One correction: New business District Officer to District 19.

One check corrections: #1070. Kim W seconded, AIF.

**Intergroup Reports**

• **Chair:** Kara K — Called out. It was noted that this is Kara K seconded call out in a row.

• **Co-Chair:** Open — No report.

• **Secretary:** Sandy B No report

• **Treasurer:** Shelly J - report follows:

**October Financial Report:**

Shelly J filed a new statement of information which cost \$25.00 and listed individuals on form as follows: CFO: Shelly, CEO: Melissa, Secretary: Sandy B, Officer: Kara K. Shelly used Central Office information instead of personal. This will need to be completed again in 2025. Shelly J verified that 2019, 2020 & 2021 taxes need to be done and will need to get bank statements to complete. 2023 tax check cleared so those are filed and complete.

*See attachment for details:*

Beginning Checking Account Balance: \$3,839.86

Beginning Savings Account Balance: \$3,504.89

**Deposits Total:** \$5,815.67

**Expenses:**

Rent - \$490.58

Utilities - \$111.98

Office Expenses - \$382.63

Literature \$2,151.99

Manager SALARY - \$1,000.00

**Total Expenses:** \$4,137.18

**Net Income:** \$1,678.49

Checking Account Balance: \$5,178.35  
Savings Account Balance: \$3,504.89

CONTINUED ON NEXT PAGE

Kim W motioned to accept Treasurer's report. Shannon W seconded, AIF. Shelly confirmed we are up to date with World Service and EDD. The EDD account is now closed. Kim W acknowledged that the income has doubled since the new office manager started. Good job Melissa!  
**7<sup>th</sup> Tradition collected \$ 30.00.**

**Office Manager Report:** Melissa S

Office visits:	48
Info calls:	64
12 step calls:	0
Call Forward Info calls:	18
<b>Total Info calls:</b>	<b>82</b>

Melissa S said she received notice from EDD for part of payroll. We do no do payroll, office manager is on 1099, but past position was on payroll. She did some research Betty B was the person on payroll and she completed form with Betty and got it to EDD and they confirmed account is now closed. Resolved. Melissa informed the group the amount of work that is required to get Central Office is significant and she is as up to speed as possible — taking one step forward to three steps back to get through all that needs to be in place. Sandy B assisted Melissa S with copier (ink cartridge issue) and Excel formatting for Officer Manager report for today's meeting. Discussion was held again about computers versus programs and operating systems. The group decided to move forward with purchasing 2 desktops for Central Office and a flash drive to transfer files and purchase for Office 365. Kim W and Shannon seconded for Melissa to shop around and/or look on Black Friday to purchase 2 new computers. Discussion was held regarding Zoom in that it is under Waylon's personal email and information which costs \$159. Having a difficult time getting this info from him. Julia J will reach out to see if she can assist in obtaining. If not, Kim W offered to assist Melissa in setting up a free Zoom account. Ride for Recovery — permit, form and check is complete \$300.00. Melissa ordered plain language big books and they are selling fast. Need large print 12 x 12. She mentioned that the bike chain token holders price increased and is selling a lot of book covers.

**Donations: October 2024:**

Fundraising:

Bingo: \$2,143.00 profit (see attached report). Correction needed after review to add back in seed money left.  
 New updated total is recorded as: \$2290.00 (2143 + 147 = \$2290.00).

Group Donations:

SNCF: Sun night	\$ 92.38
Coffee Talk:	\$120.00
Pride:	\$120.00
LGBT:	\$120.00
Thurs Men Stag:	\$150.00
AV Original BB:	\$100.00
Sat Night	\$20.00
AV OLD Tues:	\$200.00
Barstow Happy Hour:	\$ 25.00

Individual Donations:

Private:	\$20.00
Steve & Heidi:	\$25.00
Gayle B:	\$50.00
Left-over Donations:	\$10.48
7 <sup>th</sup> Tradition (11/16/24)	\$30.00

**Updated Total Donations (Fundraising/Group/Individual): \$3,472.86**

**BE STRONG ENOUGH  
 TO STAND ALONE,  
 SMART ENOUGH TO  
 KNOW WHEN YOU  
 NEED HELP, AND  
 BRAVE ENOUGH TO  
 ASK FOR IT.**

- **Newsletter:** Sandy D — Sandy D requested that the approved electronic minutes be sent to her on a regular basis so she can insert into the newsletter and asked for suggestions if anyone had an idea to put into the newsletter.
- **Webmaster:** Open - No report — Melissa S said Jim is still willing to help but we do need a new person. Shelly J nominated Courtney Q, Leah J seconded, AIF. Courtney Q accepted and is now the new webmaster.
- **GSR:** Open - No report
- **Associate Member:** Kim W — No report

**Old Business**

Melissa S informed the committee that she learned we owe \$2151.99 for World Service literature from 2023 and she has received the invoices and confirmed legit. Shelly J requested that all invoices be reviewed and reconciled as something is not adding up. Melissa S will be doing this. Melissa Said Central Office may need new computers due to outdated technology. Halloween bingo fundraiser is on Saturday, October 26<sup>th</sup> at 3:00 pm. Shelly J will talk with the District Office and see if they are able to support assisting with any funds to help support computer upgrades. Melissa S asked permission to join a HP ink ongoing service for \$6.99. Shelly J motioned to accept and to try it for 6 months and evaluate costs. Shannon seconded, AIF. Melissa S discussed phone times for volunteers and there is a need to find new coverage for Saturday call time due to a volunteer. Julia volunteered for Saturday all for every Saturday through end of year only and then re-evaluate. Melissa S received the debit card for manager role. She will be renewing Grapevine subscription that was expired. Directories have been updated and back in format and the website has been updated. Melissa Spoke with the Webmaster and he will be stepping down. Sandy D has been assisting with the website. Shelly J noted we have the following reoccurring bills that need to be set up for payment as well: Amazon Prime \$16.50 monthly, High Desert Alarm \$149 every three months and His Cox Insurance \$247.50 every 6 months. Melissa S will switch those over for payment. Melissa S said that there has been review and feedback from members of the Bylaws Committee that we need to reconsider the format and utilize a different format (perhaps similar to H&I) so that will be worked on in separate committee. Melissa S shared with the group a gift for Doug for his service and requested a check for Jennifer P for \$40 for the box. Melissa S issued check #1080 for Jennifer out of new checks. Sandy D suggested that general business office cards be made for those needing to hand publications out and it was decided that the stamp would suffice for now. Melissa S asked for volunteers for Saturday Bingo. Sandy B is doing a snack bar and Shelly J will assist. Melissa S has someone for the front desk. Volunteers are asked to be at VV Alano Club at 1:00 pm.

**New Business** Shelly J thanked Melissa S for the great job she is doing at Central Office. Elaine K reported out that she spoke with AA Main New York offices and Central Office can sell whatever they want to. Melissa S brought up topic of board members and meeting attendance and with Kara calling out two times in a row the need to vote in a new Chair. Melissa S also mentioned that Kara K communicated that she did not care if they found someone new. It was noted that the following positions are needed for the Board: Chair, Co-chair and Co-treasurer. Bylaws were discussed and deferred to January. Safe needs and office keying was discussed and will be explored further.

**Close of Meeting**

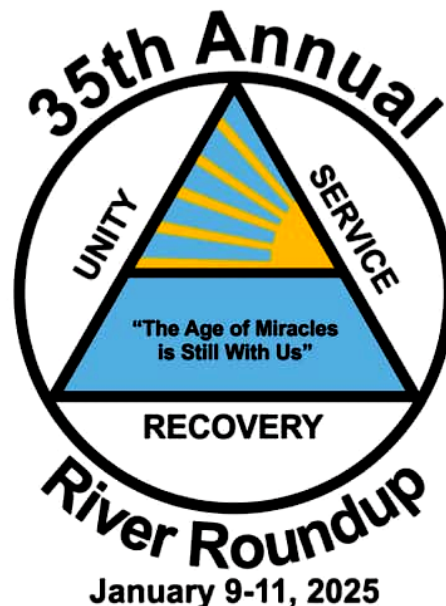
Kim W motioned to adjourn, Shannon W seconded, AIF. Meeting adjourned at 9:48 am. Leah J prayed out with the Serenity prayer.  
 Respectfully submitted Sandy B.



**THURS-SAT JANUARY 9-11, 2025  
LAUGHLIN NEVADA**

Located at Don Laughlin's Riverside Resort Hotel & Casino

- Speaker Meetings Thurs, Fri, Sat
- AA and Al-Anon Marathon Meetings Thurs, Fri. Sat
- Friday Italian Dinner Buffet
- Saturday Al-Anon Luncheon
- Saturday Night Banquet & Entertainment featuring CHAZZ the Magician
- Rock 'n Bowl Friday night , Riverview Lanes
- BINGO and Photo Booth Friday
- 50/50 and prize raffles
- Golf , Sat. Laughlin Ranch Golf Club Bullhead City
- AA logo shirts, swag and literature for sale
- Hospitality Room and Social Hours
- Fun and Fellowship for All!
- See below for special event hotel rate



**THE AGE OF MIRACLES IS  
STILL WITH US**

Questions? Contact [Riverroundup@rcco-aa.org](mailto:Riverroundup@rcco-aa.org)



**CHAZZ THE MAGICIAN  
ONLY WITH BANQUET  
TICKET**



**ONLINE REGISTRATION ONLY**

To register buy meals and preorder shirts go to:

<https://rcco-aa.org/events/round-up-january>

Early Registration: Sept. 1 - Dec. 8, 2024: \$45

Registration beginning Dec. 9, 2024: \$55



Don Laughlin's Riverside Resort Hotel & Casino

LAUGHLIN NEVADA, January 9-11, 2025

Discount Booking Code: C/RRU25

Call 800.227.3849 or 702.298.2535

## Powerless Over Alcohol?

It means recognizing that one's drinking has become uncontrollable and that attempts to moderate or quit have repeatedly failed. This concept highlights the overwhelming compulsion to drink despite the negative consequences it brings, such as health issues, damaged relationships, and financial problems. Individuals who are suffering from alcoholism often find themselves prioritizing drinking over important responsibilities and activities, and their lives can become consumed by the need to drink. The emotional and psychological toll includes feelings of shame, guilt, and helplessness, which can worsen existing mental health issues like depression and anxiety. Accepting this powerlessness is a crucial step in recovery, as it allows individuals to seek the necessary help and support to regain control over their lives and work towards sobriety.

According to the [National Institute on Alcohol Abuse and Alcoholism](#), alcohol, similar to other drugs, has a potent impact on the brain by generating pleasurable sensations and dulling negative emotions. These effects can drive individuals to repeatedly consume alcohol, despite the potential risks to their health and well-being.

*Excerpt from: <https://enlightenedrecovery>*

## How to Increase Honesty in Recovery

Honesty is a key element of any successful life away from addiction. It is therefore important that people develop this moral characteristic. Here are a few ways to increase honesty in their recovery:

- The key to breaking away from dishonesty is to admit when it has occurred as soon as possible afterwards. Those who are in a Twelve Step fellowship will be asked to do this as part of step 10; continued to take personal inventory and when we were wrong promptly admitted to it. It can be hard to own up to dishonesty, but it makes it harder to be dishonest in the future.
- Developing honesty is like building up muscles; the more people do it the more honest they become.
- Keeping a journal is a useful way to track behavior. It gives people the opportunity to look back on their day to look for any examples of dishonest behavior. Journaling also reduces the risk of becoming caught up in self-delusion because things appear clearer when they are written down on paper.
- If people do not value honesty then they will not put much effort into living a life that is built upon it. Therefore it is vital that the individual has a clear understanding of the importance of honesty, and the dangers of dishonesty in recovery.
- It is usual for people to play down the significance of certain lies – they can justify the telling of white lies. While there are times when telling a lie might be the less of two evils it is not a good idea to view any type of dishonesty in recovery as acceptable. Ideally the individual should be aiming for complete honesty; although they are unlikely to ever achieve this.

**By Alcoholrehab.com**

*Excerpt from: <https://www.aacle.org/importance-honesty-recovery/>*



## PRAYER AGAINST ALCOHOL ADDICTION

Almighty Father,  
I pray for the strength to overcome alcohol addiction. This habit has caused me so much loss in life. I want to quit and make things right. But I can't do this without you, Lord. I need you. Help me. Rescue me. Strengthen me.

Give me the willpower to not take in any more alcohol again. Give me the strength to face life sober. When things get difficult, remind me that you are with me and I don't need alcohol to pull through. Help me to get my life together. Help me to make things right in my life.

Fill me with your Holy Spirit, Lord. And let the Holy Spirit be my strength and my guide in all things.

*Anca*

"Learn to calm your own storm instead of venting to other people. It sounds therapeutic to let it all out, but you're reinforcing your negative thoughts. It's no one's job but yours to pull you out of your own shit. Journal, meditate, exercise, and release." And then it all made sense.

## AA Sacramento Convention 2025

The AA Sacramento 48<sup>th</sup> Annual Spring Fling will take place from February 7–February 9, 2025. To have an event posted on the AA Sacramento website, email a flyer, event description, and group information to: [centraloffice@aasacramento.org](mailto:centraloffice@aasacramento.org) by the 10th of the month



## AA SOBERVERSARIES JANUARY 2025

*Another year, without a Drink, SOBER!*

**HAPPY BIRTHDAY to all!**



Pamela W	January 01, 1979	WOMEN'S-4V Church of the Nazarene	Angella J	January 11, 2022	WOMEN'S-4V Church of the Nazarene
Diane Mc	January 01, 1991	WOMEN'S-4V Church of the Nazarene	Paul J	January 13, 1995	BARSTOW
Mando	January 01, 2002	BARSTOW	Tonya T	January 16, 1992	TUMBLEWEED
Rick (Lucky) M	January 01, 2008	MEN'S STAGG ~ Serenity Hall	Ann M	January 16, 2010	TUMBLEWEED
Yvonne R	January 01, 2017	HELENDALE/SILVER LAKES	Don K	January 19, 2015	HELENDALE/SILVER LAKES
Janet T	January 01, 2022	Ladies Going to any Length, Helendale	Maria P	January 19, 2021	TUMBLEWEED
Jacob C	January 01, 2022	TUMBLEWEED	Alexis U	January 20, 2019	TUMBLEWEED
Bree	January 02, 2020	H.U.G.	Daisy P	January 23, 2023	WOMEN'S-4V Church of the Nazarene
Kelly P	January 03, 2001	WOMEN'S-4V Church of the Nazarene	Kathy O	January 23, 2012	WOMEN'S-4V Church of the Nazarene
Lisa N	January 03, 2023	WOMEN'S-4V Church of the Nazarene	Mike P	January 24, 2001	BARSTOW
Aaron C	January 04, 2023	MEN'S STAGG ~ ALANO CLUB	James B	January 25, 2019	HELENDALE/SILVER LAKES
Gina	January 06, 2018	TUMBLEWEED	Paul K	January 25, 2023	BARSTOW
Dilsia C	January 06, 2023	Sisters in Serenity-Serenity Hall	Toni P	January 27, 2001	BARSTOW
Debbie S	January 07, 1999	WOMEN'S-4V Church of the Nazarene	Sarah F	January 27, 2014	WOMEN'S-4V Church of the Nazarene
Norm P	January 07, 2009	MEN'S STAGG ~ ALANO CLUB	Cheri	January 27, 2017	TUMBLEWEED
Beka	January 10, 1982	WOMEN'S-4V Church of the Nazarene	Jim R	January 28, 1983	HELENDALE/SILVER LAKES

### 7 Facts About Alcohol

- Glamorized by society yet deadly
- Responsible for killing millions of individuals every year
- Robs families, friends, men, women, rich and poor (Basically it does NOT discriminate)
- Damages three major organs: Kidney, Liver & Pancreas
- Steals Hope & Purpose
- Deceiver
- Legal Murderer

@queensofsobrietyclub

JANUARY 30—FEBRUARY 02, 2025

## 61st International Women's Conference

**Manchester Grand Hyatt San Diego**  
1 Market Place,  
San Diego, CA, United States

If you have registration related questions, please contact us at [registrariwcb1@gmail.com](mailto:registrariwcb1@gmail.com)

“Being honest with who you are is a superpower. The more honest you are with yourself, the less anyone else can hurt you.”