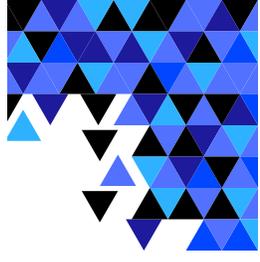


# As Told by Kole

#PodcastNotes

Episode 14



We are continuing our 30 Days of Gratitude! If you missed the scoop about why we're celebrating, be sure to check out Episode One. Yesterday, we talked about one of my suicide attempts. If you missed it be sure to check it out. Today, we're going to be discussing Day Fourteen's topic: Knives in Your Back.

Wow! The tea I could spill when it comes to THIS! Honey, they will smile in your face, stab you in your back and then blame you for bleeding! Do NOT get Na'Kole started this good ole morning.

Betrayal is a terrible thing. It works for your good like everything else does, but it doesn't feel good. We know that betrayal is what sent Jesus to the cross, but had it not been for that betrayal, the ultimate goal for Jesus' life would not have been accomplished. That doesn't make betrayal feel any better though, right? Right.

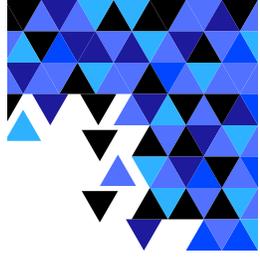
If you are ever in a situation that presents an opportunity for you to betray someone, remember how it felt when you were betrayed. Just because all things work for our good doesn't mean that we should just go out betraying folks.

The pain of betrayal is real. It hurts when we think people are on our side and we find out that they had bad motives the whole time. It's painful when we trust others with our secrets and we hear our secrets out in the street. Betrayal is a painful wound that is inflicted upon the heart. There's no denying that.

In my book, I talk about how Jesus was betrayed... but then I flip the script as I so often do, and I talk about how we betray ourselves. How do you betray yourself? You betray yourself when you go against what you know to do. You betray yourself when you're not true to who you really are. We focus so much on others betraying us that we forget about how often we betray ourselves. Staying in relationships we know are not good for us? Betrayal. Eating things we KNOW we shouldn't eat? Betrayal. Saying things like, "I'll never make it", "This will never get better", "I'm a failure", "I can't do anything right"... Betrayal. Think about that for a moment. Think about all the times you have betrayed yourself. Just think about it.

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Now that you've thought about it, go ahead and come out of agreement with those negative words. Go ahead and come out of agreement with the things you have spoken over yourself. Go ahead and apologize to yourself for the times you betrayed yourself. Forgive yourself. Don't beat yourself up, but definitely take a moment to acknowledge the truth of what you now know.

And now... Fill your space with gratitude. **Be grateful that you are stronger than what you have endured. Be grateful that the betrayal of others didn't result in your demise. Be grateful that the times you betrayed others were forgiven. Be grateful that you now know not to betray yourself any longer.**

Knives in your back are never good... especially when they come from you. You're wiser now, though... so I thank God that you are moving forward. Have an amazing day today. Show love to yourself AND others. If you want to download my podcast notes and learn more about me, just head over to [NaKoleWatson.com](http://NaKoleWatson.com). Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

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Kole