

No Room for Seconds

By: Janie Foley

That feeling of absolute satisfaction. You know, being full to the brim. Any more and you might explode. Many of us know that feeling. I'll bet the first thing that popped into your mind was the last time this happened, did it involve food? What was it you ate? A big juicy steak, loaded baked potato, and macaroni and cheese? A fully dressed burger, fries, and a cold one? Maybe it was all sweets.. ice cream, cookies, or the cake you've had your eye on for a good minute. In a society where food is the common thread among us all, it's expected that this is where your mind has gone. Don't worry; you aren't alone.

What if, instead, you didn't initially think of food when we talk about complete satisfaction and fullness? What if, instead, you thought of yourself? Have you ever considered that? Being so full of you that you are completely satisfied is such a foreign concept for many. Additionally, it will come off as completely arrogant to many who do not recognize self-fulfillment, and we don't want to be that person, do we? Don't get me wrong, there is a fine line in confidence and cockiness, so we have all heard. However, to those who lack self-fulfillment, there is no difference in the two. Do you know the difference? Have you ever felt it?

The phrase "full of yourself" has a negative connotation, I know. Hear me out, though. When you are aligned with self-fulfillment and uphold your self-worth and value, you are at your fullest. You are not lacking. You are not insufficient. You do not come up short. You are perfectly full, to the brim, and because of this, there is **no room for seconds**. What do I mean by this? If you are first to yourself, there is never enough room for yourself as someone else's second. And when it comes to relationships, putting yourself first is what eventually allows you to genuinely and purely put your significant other first, as long as their role in your life benefits you. To learn to truly put another first, by choice, is only by putting yourself first, by demand.

To be someone's second, it is to give someone the power over you. It is to devalue you. It is to run away from the very things you owe yourself. It is to tell him or her, "I am not my own being." To allow yourself to someone's runner-up, you are forfeiting the race you didn't even attempt to run. It costs you at the expense of another, and because of that, it is convincing you that you will never be complete, whole, or of enough value without someone or something else. Second place, in this aspect, creates a sense of dependency and subordination for someone or something that preys on insecurity.

What if you loved everything about yourself that you currently hate? Now I've hit something pretty personal to you. I've called you out on your level of self-hate. Taboo. But really think about it, how full would you be then? How satisfied would you feel? Would you be your own first place? Would you still fall short enough to be considered "second best"? Would your new list of self-love be longer than your old list of self-hate? I'll go ahead and assume so.

Learning to become so fully and truly satisfied in and of yourself is a hard thing to do. Don't expect it to change overnight. Remember and realize that it's taken you years to develop and learn the mindset you have right now, so changing it will take time. Some days will be better than others. Some days, you'll be full to the brim. Others, you'll feel like an empty vessel, looking for your fill. It is part of the process, and what a beautiful one it is. You deserve to be so full of yourself that you have no room for seconds. You deserve to be full to the brim, nearly exploding, with self-love, value, and respect.

In Context, It is all about you and you control you.

Be your choice, leave no room for seconds.