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ALONE

There will be times when it is best for be to leave or avoid unhealthy people.
And, I will be

Alone.

When I am Alone, I must know that I am still worthy.
Then I can learn how to be Alone without fearing being

Lonely.

Sometimes when I am Alone, I will feel Lonely. When I am Lonely,
I must know how to nurture myself in healthy ways, so that I will not
become

Desperate.

For if I become Desperate, I cannot endure being Alone.
And, I will settle for unhealthy relationships with toxic people that will
destroy my self-esteem, self-respect, and life. I must learn that

I can be Alone without being Lonely.
I can be Lonely without being Desperate.

Then I won't settle for losers! I can be healthy.
I can find Dignity and Happiness.