



BOLD DIALOGUE

Dare To Be Bold

Empowering women from the bedroom to the boardroom!

Welcome!

Everyone is feeling the impact of the lockdown in their own specific way. Some of the effects may be universal, such as the salary cuts, parents having to assume teacher roles, everyone having to wear masks, and people opting to treat themselves at home for minor ailments. But some of the challenges are personalised, for example, those on chronic medication for various conditions are having to learn to adjust to living without their medication due to the extreme slowdown of the delivery system. Let us be kind to one another, because we really do not know what others are truly facing in this lockdown.

Love, Peace & Light

Barbs

Misguided Loyalty

Unwarranted allegiance is more often than not a sign of some deep rooted childhood issues stemming from psychological abuse. This grass root abuse would have over the years destroyed one's self worth and left them with serious low self esteem.

Today we are going to look at one of the many faces of misguided loyalty which is seen in the choice of a life partner or spouse. People are drawn to someone who may overtly or covertly resemble the abusive person from their childhood. When these relationships are looked at closely, one finds out that the victim of the psychological abuse is involved with an abusive person because they have a subconscious need to be in the presence of abuse. Unless professional help is sought to find healing from the effects of the childhood trauma, this becomes an unending

cycle of abusive relationships.

Even in instances when an opportunity presents itself for one to escape from the clutches of an abusive relationship, they may find themselves gravitating towards another abusive person. Giving oneself time to heal, time for the scab to grow over the emotional wounds, and time to breathe is a very crucial part of self care.

Self sabotaging is one common trait of people with misguided loyalty. They remain in touch with the abuser because of something he or she said or did that was very significant to them. They continue to put up with the emotional or verbal abuse because the person once meant a lot to them. They do not take kindly to anyone who dares point out to them the toxicity of their ways. They seem to feed off the abuse which destroys their

emotional stability.

Abuse unfortunately breeds abuse. These people in their misinformed devotion to their abusers in turn become abusive and offensive to those wanting to help them move over from the unhealthy connections. They will lie, defend and at times tell the abuser on you. The warped sense of loyalty can end up alienating them from those who genuinely care for them or even destroying friendships. They may not even realise that they are also being abusive. When one is healing from their traumas they can talk about their feelings and they are ok with not being ok at times. But when there is someone with unresolved issues around, the one still carrying baggage from childhood traumas becomes aggressive thinking the other person is talking about them or their abuser. They show a great level of not being ok with other people's emotions.

In some instances, they may even give ammunition to their abusers to use against those trying to help them. Because they believe they owe their abusers some kind of loyalty, in their mind they will be preserving what ever honour they think their abuser has.

It takes a lot of love to love these victims of psychological abuse, one has to make a conscious choice to stick with them and hope they will eventually see their abuser for who they truly are. And hopefully when they do have that realisation they will cut them off and seek the help they so need to stop attracting or being attracted to the abusive types.

Destruction of healthy potential relations becomes them. They will fight off anything that resembles a normal relationship. They are suspicious of anyone who comes with good intentions. It is not because they do not crave for the normal deep down, but it is due to their lack of exposure to what normal is and the only reasonable response they can give is engaging the fight or flight mode. It's nothing personal but it can frustrate others into avoiding them. Like any wounded person, they require bucket loads of patience, love, understanding, and most importantly space to hopefully find themselves.

Another way in which they destroy good and healthy relationships is through secrecy, they love being secretive about things in their lives especially when they pertain to their abusers. They protect them fiercely, maybe because their loyalty feeds off the emotionally harmful relationship with their abuser.

It may seem noble to want to convince someone in a misguided loyalty 'trance' that they need help, that they need to change, or that there are better people out there; but unless they themselves want to change there is nothing anyone else can do for them. Hence, just like one would love their pet hedgehog, we can only do so from a safe emotional distance that allows us to protect our own emotional wellbeing and integrity.

Fun in the kitchen with Bee!

Creamed Mushrooms

Serves 4

Ingredients

Juice of 1 small lemon
450g small button mushrooms
25g butter
1 tablespoon oil
1 small onion, finely chopped
125ml whipping or double cream
1 tablespoon chopped fresh parsley
Salt and pepper

Instructions

Sprinkle a little of the lemon juice over the mushrooms

Heat the butter and oil in a frying pan, add the onion and cook for a minute. Add the mushrooms, shaking the pan so they do not stick

Season to taste with salt and pepper, then stir in the cream, chopped parsley and remaining lemon juice.

Heat until hot but do not allow to boil then transfer to a serving plate. Serve immediately.

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A goddess of the hunt

Stealth is her trade,
Creeping;
Slowly, under the cloak of solitude,
Every step carefully calculated,
To bring perfect misery to her
targeted prey,
Frail!
That's how she prefers them,
She flaunts her unkempt figure like
a beautiful mess,
Her allure, enchanting like a siren
song,
She cannot be ignored,
Like a beautiful damsel
She occasionally plays possum,
Just to draw close to her prey,
Disarm, dominate and devour,
Leaving behind a trail of tears and
sadness.

Views from an African child learning to adult

Be who you needed when you were
a child...sometimes we have to
step up from childhood damage
and generational wounds that were
passed on by our parents when we
became adults. It's our
responsibility to try n step up and
not carry that emotional baggage
that was passed on to us...kids
have to stop blaming their parents
too, they were also damaged by
their parents...some families tend
to have a lot of that baggage
because showing love to kids
sometimes is viewed as spoiling
them..some parents cant even tell
their kids that they love them
sometimes kids want to hear that
too!

- Mncedisi Praise -

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