

50 things that are different now

38 years ago today, the Lord broke the hold that Satan had in my life. After that, it was mostly dealing with the emotional shattering of the DID, or MPD as it was called way back then.

I was thinking through what is different now for me compared to back then. As you read, may it give you hope that, no matter how much inner chaos there is now, it won't always be this way. Here's what's different for me:

THEN

NOW

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| 1) I had a volcano inside that was always about to erupt. | Now it's gone. |
| 2) I was cutting on my arms. | I never even think about doing it. |
| 3) I had a constant lust for suicide. | That drivenness to kill myself is gone. |
| 4) I could "see" demonic forces inside me. | They are all gone. |
| 5) I had a circular motion inside keeping things hidden. | There is an inner stillness and calm. |
| 6) I could hear my parts choosing the darkness. | There are no separate parts now. |
| 7) I would choose not to do something harmful but what I wanted didn't seem to matter. | What I choose goes! |
| 8) I was afraid to fall asleep at night. | Now I am not afraid. |
| 9) I had demonic forces come at night and do sexual things. I am safe now in my bed. | |
| 10) I often had terrifying nightmares and would wake up screaming. | No more nightmares! Ever! |
| 11) I was constantly having mind pictures of atrocities | The pictures are gone. |
| 12) Sometimes I would have body memories in places where they hurt me. | No more body memories! |
| 13) I had to constantly keep busy doing something. | I can rest and relax now. |
| 14) I could always hear voices, demons and music in my mind. | Now there is quietness and peace |
| 15) I was afraid of my family's spiritual power. | The generational hold on my life is |

- gone. I'm not afraid because I serve the greater God!
- 16) I felt that satan's hold on my life couldn't be broken. I am free!
- 17) I was afraid to go to church because of the candles and other scary things. I can go to church and not be afraid.
- 18) I was afraid of people is they wore black clothes. I've disconnected black things from the enemy and can wear any colors I want!
- 19) I couldn't walk down the isle of the church if a man was standing in the same isle. I can go anywhere I want!
- 20) When I walked down the street, I was afraid that a man would grab me from behind. I am not afraid anymore.
- 21) My eyesight was always changing. I only need one pair of glasses now.
- 22) Sometimes I felt like I wanted to kill someone. I never have that thought now.
- 23) I was afraid that someday, I might. That fear is completely gone.
- 24) I thought my heart would break when I found out about the little ones. God has comforted me and taken the sharp pain away.
- 25) I had a deep, deep sadness and grief as I found out what was done to and by me. The sadness is gone.
- 26) I was embarrassed when the little ones inside did something crazy. They have all taken their rightful place inside me and are now totally a part of the one me.
- 27) I took overdoses to kill myself. Not anymore! I want to live.
- 28) I would punch myself in the face and do other things to hurt or punish myself. I have learned to be gentle and kind to my body.
- 29) I had made my body totally numb so I couldn't feel anything. When I touch my body I can feel it.

- 30) I detested myself. I really like who I am!
- 31) For years, there was non-stop screaming inside. It is totally gone now.
- 32) Sometimes objects flew around my apartment. I am not scared of the demonic now.
- 33) Bad people called on the phone and scared me. I don't get any of those calls now.
- 34) Halloween terrified me. Now, I have power against the forces behind it.
- 35) I would fixate on the full moon each month. I am free from its power now.
- 36) I always wanted to die. I want to live now!
- 37) I thought that God wanted to strangle me. I now know who God is and what He is like. He really likes me!
- 38) I couldn't touch a Bible. I would throw it across the room. I read the Bible every morning.
- 39) When I finally was able to read the Bible, I would forget what a sentence said even before I finished it. I can remember now.
- 40) I was claustrophobic if someone was between me and the door when I was in a room. It doesn't bother me at all now.
- 41) I would often take off in my car and drive for hours. I don't do that anymore.
- 42) Many times I would run out of the house and race down the street in terror. That never happens now.
- 43) Sometimes I would "come to" and find myself in a different state, like Delaware or new Jersey. I know where I am all the time now.
- 44) I could never make up my mind about what to wear or what to eat in a restaurant. I can decide easily now.
- 45) I missed blocks of time. I don't miss time. I am always aware.
- 46) The parts used to "take over." I get to be in charge all the time.

47) Sometimes I would go mute and couldn't speak.

That never happens now.

48) I felt totally unprotected all the time.

I feel safe now.

49) Sometime men used to follow me or yell out obscene things to me as I walked down the street to terrify me.

I am a "daughter of the King!"
Don't mess with me!

50) I believed that it would never be different, that I would never be whole.

It IS different now. I am free. I am healed. I am whole.