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I met my younger self for coffee this morning.

We were both very nervous about the meeting process.

We ordered a caramel macchiato, I ordered an iced oat milk latte.

We told her how she can't wait to get out from under our parents' house and move out to her own house but for her house. She has to go no longer have to live under those strict religious rules and no longer have her parents or her sister's interference of it.

We asked if we are okay?
Told her most days yes, she was being a little bit more confident than we were but she was happy but she was still a little bit nervous.

We asked her if we called the guy from the concert?
Told her yes! And how she was happy 20 years with him. He's better than we ever could've imagined! I told her pictures of our beautiful life now and our two beautiful children.

We were feeling excited, nervous and a little bit scared for future.

We were feeling grateful for all we had been through and for being here and that we're.

Hope we meet again soon.

00:00:00:10

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I had coffee with my younger self.

She was right on time, I was 2 minutes early.

She ordered a sugar free red bull, I ordered a matcha with honey, cinnamon, and organic whole milk.

We asked if we just wanted our anxiety, hormonal acne, bloating, fatigue, and hypothyroidism.

I told her we're fully healed, but now we're struggling with the same things.

We asked if we ever moved out of our house.

I told her we moved to a beautiful city and currently live in LA in the suburbs.

I hope I get to have coffee with her again soon.

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I met my younger self for coffee today.

We showed up 11 minutes early, so did I.

We ordered an iced caramel latte, I ordered an iced americano with honey.

We wore athletic shorts and a long t-shirt, I wore a suit.

She told me she wants to be a psychologist when she grows up so she can help people.

I told her I went to law school & was a Public Defender.

She told me her family of 5 still lives in an apartment. I told her I own a house & so do my mom & dad.

She told me her dad's business is struggling, I told her my dad owns 3 businesses.

TikTok Self Help Trend Ebook

**Efraim Turban,Carol Pollard,Gregory
Wood**



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