



Amy Davis

## THE ANSWER IS INSIDE OF YOU: Writing your own story in the book of generational pain

I started with a panic attack...the realization that something was very wrong. I couldn't run from the body that I lived in, one that held all of the memories. Many of them were filled with uncertainty, fear, criticism, and the feeling that I didn't quite belong. My grandma told me

I was special, and in the moments that I couldn't grasp my purpose, I held on to her words which also lived in my body, in my heart. They say that love heals all, and in my case, it has been the driving force to keep going. There are moments in life that stand still in time, those moments are catalysts for healing. This for me was the passing of my mom, in which the death certificate states she took her own life. My life was shattered, and it was up to me to pick up the pieces and put myself back together. I was a mom myself, and I needed to teach my daughters that life is worth living. To do this, I had to heal the generation wounds that were given to me as a gift I was forced to open, one that I chose to look at with the eyes of a hurt little girl, a scared woman, and a role model for my daughters. I knew I had to change the narrative. "Why me?" turned into, "Why not me?", and began the journey with my babies by my side. Many beautiful memories and obstacles to overcome led me to my career in the mental health field. I don't work, I get to sit with my clients and have real conversations, ones that are raw and sacred, ones that heal. I see who they are when they can't see themselves. We are all covered up in the pain of life, protecting our hearts from the hurt that is inevitable. Being vulnerable is the bridge to connection, and connection is love. There is power in facing your fears, choosing a different way, and living your life with your eyes wide open. Yes, life can be painful, but in that pain lies the beauty of living. Our hearts keep us alive, honor it by feeling it in the moments of truth.

I was a single mom the entire time I was a full-time college student. There

wasn't anything that would stop what I knew I had to do for my daughters, and myself. I had to teach all of us that we can do anything we set our hearts and minds to-just like our Grandma Frances would say.

I immersed myself into motherhood as I mothered myself. My message to the reader is to never lose sight of the life that you dream of. It is already inside of you, waiting to be discovered. Therapy helps you take away the layers of protection that used to keep you safe, but now keep you lonely. I see you because I finally see ME. \*

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#### Amy Davis, MSW, LISW

Amy is a mom, wife, Clinical Social Worker, advocate for mental health, public speaker, and soon to be published author. Since losing her mom to suicide in late 2011, Amy began her journey of healing with the understanding that it was up to her to heal and change generational wounds. This meant seven years of advanced education as a single mom, showing herself, and her daughters, that they could do anything they set their hearts and minds to. Amy now is married and has a beautiful blended family with four amazing children, who are all on their own path of self-discovery.

Website: [diamondhearttherapy.com](http://diamondhearttherapy.com) • Email: [amy.davis.lisw@gmail.com](mailto:amy.davis.lisw@gmail.com)

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