

## Noticing That You Have Changed Your Mind

Submitted by Sarah Fitz-Claridge on 11 July, 2003 - 09:06

**Here** is a marvellous piece about how one TCS person, Kristel Nybondas, came to realise that a shift had occurred in her thinking and in her life. What she says about noticing that she had changed her mind about some things that she had previously been finding difficult will ring true to many TCS parents. It is absolutely not about self-sacrificing and pretending that they are not (far from it!); what Kristel is referring to is a genuine change of perspective, a genuine change of mind.

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*Submitted by a TCS reader (not verified) on 15 July, 2003 - 10:59*

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This author speaks my experience of TCS. I remember when it dawned on me that I'd changed my mind about a whole lot of things I laughed out loud. I felt kind of silly about what I'd been thinking before but it felt good to know I'd changed my mind. I agree with you that it's different than self-sacrifice. The feelings there are very different as I know from my past experience.

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