

THE SQUEEZE



WHEN EVERYONE
NEEDS YOU...
EXCEPT YOU.

TAMAR BURCH

INTRODUCTION

**You became everything everyone needed.
Except yourself.**

It wasn't one decision.
Or one sacrifice.
It happened so quietly you almost missed it yourself.
One responsibility at a time.
One promise kept.
One dream postponed.
One more person who needed something.
Until, almost without realizing it, you became fluent in
everyone
else's life while slowly losing sight of your own.
Not because you stopped caring about yourself.
Because every act of love asked for a little more of you.
And you kept saying yes.

You probably didn't see it happening.
Most women don't.
Life simply kept asking a little more.
Your children grew, but they still needed you.
Your parents grew older.
A spouse faced new challenges.
Work demanded more than it used to.
Friends leaned on your steady presence.
None of those moments felt unusual on their own.

They simply became your life.
The calendar filled.
The phone kept ringing.
You remembered what everyone else forgot.
The appointment.
The birthday.
The prescription.
The conversation that needed to happen.
The promise you made three weeks ago.
Little by little, your days became filled with keeping
life moving for everyone around you.
From the outside, it looked like you were managing.
Inside, you were carrying.

THE WOMAN EVERYONE DEPENDS ON

**The women everyone depends on become
strangers to themselves.**

It doesn't happen all at once.
No one wakes up one morning and decides to leave
themselves behind.
It happens quietly.
One ordinary moment at a time.
One yes.
One responsibility.
One expectation.
One promise you fully intended to keep.
Until there is less and less room left for your own life.

You don't notice it at first.
Why would you?
Nothing feels different.
You're simply living your life.
Showing up.
Following through.
Doing what you've always done.
Over time...
people begin reaching for you.
Not because you asked them to.
But because they know you'll be there.

When something needs to be remembered...
you remember.
When something feels heavy...
you help carry it.
When someone needs someone...
you rarely look away.

**At the time...
it just feels like life.**

She is still waiting.

The woman beneath everything you've been carrying...
is waiting in the pages ahead.

The journey back to yourself has only just begun.

**Continue reading *The Squeeze: When Everyone Needs
You... Except You.***

