

Are you my BUT or my AND Partner?

I love you BUT...

BUT negates anything that came before it
So ... maybe you do not love me
Or want to honor what I just said
Or validate me
Or just be creative.....

Yes, and ...BUT stops our thinking
Is scared
keeps you ...us trapped in the past
and
stuck like concrete in the moment

Yes, and ... BUT is judgmental not curious...
like you, a life long learner

AND connects,
is a pause
allows the next thought to move forward, flowing, connecting
interconnecting ...reflecting reality
as separation is an illusion BUT fosters

AND builds on the previous moment, idea, story
building a bridge...believing in your brilliance and wisdom
by constructing and improvising as you walk across into the
unknown

AND supports imagination
possibilities, reveals potential, a promise to one Self

Who are we to each other
as we move forward
influencing and changing our world?

Do our words reflect our values?

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