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"Should" Girl Gone Bad: How My Heart Finally Overruled My Head

Katherine Turpin

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This is a story of breaking free from “should”, on turning down the volume of what religion, convention, family, and other external voices told me was right for me. Learning discernment. Stepping out of my head and choosing instead to listen to and follow my heart

There are ten lessons. Each chapter tells a story about a wakeup call and its subsequent message:
• Do What You’re Called to Do
• Just Because You Can, Doesn’t Mean You Should
• Give Yourself Permission to Leave
• Don’t Stay in a Job (Even a Good One) If Your Soul is Dying
• Say ‘yes’ to yourself more often
• Incorporate Pleasure
And more.
My parents worked hard. They were intelligent people and wanted to do things the right way. They insisted that we get good grades. They taught us good manners, proper grammar and respect for our elders. I thank them for insisting that we learn those skills, which have served me well.

What I didn’t learn was how to feel. My parents didn’t know anything about emotions, and you can’t teach what you don’t know.
For years after leaving home, I continued on in emotional ignorance. I did what was expected, the "shoulds", often at the expense of my true desires.

Following my heart has created a life full of zigzags: two marriages, a bunch of cross-country moves, two divorces. But I wouldn’t trade it.

When faced with self-doubt, I remind myself that my life is a unique and precious journey. It needs to be lived from inside out. As does yours.

Follow your heart, my love.

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