

YOU ARE NOT YOUR LABEL

A Free Guide to Releasing the Labels You Carry

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Becoming Whole

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Welcome.

If you're holding this, chances are a label has been sitting heavier on you than it should be: broken, forgotten, or simply not who you thought you'd be by now.

This short guide won't fix everything in one sitting, and it isn't meant to. It's meant to be a first step, a place to name the label you've been carrying and start replacing it with something truer.

Your story isn't finished yet.

Where Labels Come From

A label isn't the same as a fact. A label is something that got placed on you by a hard season, a hurtful word, a comparison, a failure, or simply life not going the way you expected. Over time, if no one challenges it, a label starts to feel like an identity.

The truth is simpler and harder to believe some days: your identity was never meant to be decided by what happened to you. It was decided before any of that happened.

Before I formed you in the womb I knew you, and before you were born I sanctified you. — Jeremiah 1:5

I am fearfully and wonderfully made; your works are wonderful, I know that full well. — Psalm 139:14

Four Common Labels

"Not Enough"

This label whispers that whatever you do, it won't measure up. It often started with one moment: a comparison, a criticism, or a disappointment, and quietly became a filter for everything since.

"Broken"

This label shows up after loss, failure, or deep hurt. It tells you that something in you is now permanently damaged. But being broken open is not the same as being finished.

"The Strong One"

This label often looks like a compliment. But underneath it is exhaustion, the belief that you're not allowed to need help, rest, or care, because everyone else needs you to hold it together.

"Forgotten"

This label tells you that you don't matter enough to be remembered by people or by God. It's one of the loneliest labels to carry and one of the most common.

A Few Questions Worth Sitting With

Take your time here. You do not have to answer every question today.

Which of these four labels feels most familiar to you right now?

Where do you think this label first started?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

If this label disappeared tomorrow, what would change about how you see yourself?

[illegible]

A Short Declaration

You don't have to feel every word of this today to say it. Sometimes truth needs to be spoken before it's fully felt.

I am not what happened to me.

I am not the worst thing anyone has said about me.

I am not finished, even in the parts that still feel broken.

I am known, I am seen, and I am not forgotten.

I am becoming whole.

A Closing Prayer

Father, thank You for seeing past every label life has placed on me. Where I have believed I am not enough, remind me that You made me on purpose. Where I have felt broken, begin the work of making me whole. Where I have carried the weight of being strong for everyone else, teach me to rest in You. And where I have felt forgotten, remind me that You have never once looked away. Amen.

Your Next Step

This guide is just a beginning. If you're ready to go deeper, working through the specific wounds behind your labels with guided reflection, scripture, and space to process at your own pace, the "Becoming Whole" workbook was built for exactly that next step.

You can also find the Becoming Whole podcast, digging into a new label each week, and the Becoming Whole community, where you don't have to walk any of this alone.

Visit www.mariawamsher.com to find all of it.

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