

# NOT POSTED

S.E.A.S.O.N.S. of the Untold



**a motivational memoir**

Composed by: *Tabitha D. James*

TABITHA D. JAMES

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S.H.E. thought She could, so She did.

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## DEDICATION

“I KNEW I could because she believed I could.”

There are no words to describe my humble gratefulness for a mother who has never doubted my dreams. Truly grateful! In our struggle, I found my strength and the rest was history.

To my “village”, you are indeed a miracle, you’ve molded and shaped me to be all I could have ever imagined and more; from the bottom of my heart, thank you!

To you -yes you- the one currently reading this, thank you for your support; it means more than I can actually express. Enjoy 😊



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## FOREWARD

This book was never intended to incorporate so much about self, however as I began to tour the country and share bits of my story, the vision began to unfold. As you journey through the S.E.A.S.O.N.S. presented in these chapters, you will conclude with a sense of the Not. Posted. And it is intended that you will have the motivation to empower by the untold.

It is my ultimate hope as the “composer” of this memoir that you finish this book empowered to reflect on the untold or “not. posted” aspect of your own life. How can it empower others? Better yet, how can you use it to empower yourself? Despite your battle , it is inevitable that we have all overcome something in life. We cannot ever erase our past however we can grab a new sheet of paper to write out, sketch out and plan out the future. Be inspired!

Oh, and, this is as authentic as it gets. There were no major edits to this as it is an original memoir, from my desk to the printer. You may see a typo, you may even catch a misspelled word and that is okay. We can't always edit and filter everything, this is to capture the . . . . .

Not. Posted



# 1 STRENGTH

THE QUALITY OR STATE OF BEING STRONG, IN PARTICULAR.  
A GOOD OR BENEFICIAL QUALITY OR ATTRIBUTE.

Imagine the strongest person you know? Why do you believe that they are strong? What stands out about their strength? Do you now have a person in mind? If so, great; if not keep thinking before you go on! Now imagine yourself in their situation. Can you even imagine such a thing? Do you even really know their situation or do you only know the filtered version that has helped you to develop a perception that may or may not be accurate.

There isn't necessarily an accurate way to get an "inside scoop" on someone's story or the magnitude of their strength unless you actually get to know them. Even once you get to know them, a certain level of trust has to be developed for one to breakdown the barrier for sharing stories. It is human nature for us to judge based on the "posted" or perceived nature of one's life.

Even before social media, there was a saying "what happens in this house, stays in this house" that blocked the revealing of "real truths". This saying and the like have subconsciously made people develop a sense of strength, or dealing, through silence. Issues plaguing the family such as outside children, mental illness, financial hardship, rape and the list goes on, all silenced by "what happens in this house, stays in this house". Though highly unlikely, maybe you haven't experienced any of the previous scenarios. In the case that you haven't, I'm

willing to bet that if someone close to you will disclose the unfiltered story of the past, you have been directly or indirectly impacted by such a situation as exemplified. How do I know? Well it is highly unlikely that throughout the duration of your family's existence that every person was 100% honest about all the situations that occurred. Many families however are better at keeping the "real truths" hidden to protect the peace of those around them. Though this may seem decent and beneficial on the surface, it can potentially have a negative impact in the long run.

Despite the negative aspects of hiding pertinent information and shameful situations, it definitely builds a sense of subconscious strength because not only do the affected have to deal with the situation, they must also deal with the secrecy around the situations. Take for example the child that was wrongfully abused – physically, sexually, or mentally – by someone who was deemed trustable. Over years this child must grow, this same child may grow to have trust issues or built anger as a subconscious reaction to a situation from their hidden past. Maybe that young girl or boy could never find the strength to "tattle-tell" or just maybe they tried to tell but was ignored or called a liar because hey, Uncle Leroy would never do such a thing. And dear heavens not Aunt Sherry, she's too saved for anything of such nature as rape or verbal abuse to occur in her household.

Twenty, thirty, forty years later, that same child may have never gained the strength to overcome what happened all those years ago. Their children have suffered, their spouse has suffered, their colleagues are

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bothered by their never ceasing sense of anger, the neighbors are wondering why they never speak pleasantly or wave with a smile. All of these people impacted for years just because “what happens in this house, stays in this house”. Strength has been acquired in an abnormal sense of defense, a sense of anger, a sense of blockage. The abuser was never forgiven nor forgotten.

Hopefully this scenario isn't your life or that of anyone close to you; however if in fact it is, I am requesting that you forgive. Find the strength to forgive the person that doesn't even know to say sorry. Releasing the anger, the guilt and the bottled up emotion will help alleviate the pain. Easy? No, now I did not say that, I just simply said do it – find the inner strength.

On the reverse, maybe this scenario isn't your story. Great! I wouldn't wish it on anyone. I do ask for you to find a sliver of patience with others for situations such as exemplified are very common. Many we interact with on a daily basis are fighting battles of which aren't posted, aren't discussed and have never been acknowledged. Before you flip, before you judge, before you form a preconceived notion, take a moment to reflect. The not . posted, unfiltered person may be missing the strength of overcoming past experiences. Is this an excuse for unpleasant behaviors? Well not really, however it is simply one of the reasons why many are uneasy, always bitter and all around displeasing to interact with. Their strength is sourced from a place of defending mechanisms opposed to defeating mechanisms.

Get to know your surroundings and things such as this will become much easier to pinpoint. We are often attracted to develop friendships and relationships with people whom we connect with on the surface. I find that the most healthy connections are those that are intentional, transparent and genuine. The ones where a filter is not needed. The YOU that YOU are is openly exposed and unashamed. It takes pure strength to even form such relationships. Often times even those you've known the longest, have no idea what you've been through or experienced. They know what you've chosen to share.

Now, don't think I am preaching for you to become an open book. Not by any means is that where this is going however just try releasing a piece of you that is not . posted. You'll realize quick that the "not . posted" alignment has very little to do with social media. Depending on age, life alignment and other demographics, social media not even play a factor in your life directly. Not . Posted speaks to the you that nobody knows but YOU. The you that may be of help or hindrance to self and others if not handled properly.

The strength in accepting you for you is step one to much greatness. Not professional greatness, not educational greatness, but intrinsic greatness. The type of greatness that empowers you to be a better you for yourself and your family. Oh Tab, how do you know? Uh, I thought you'd never ask . . . Well when weak isn't an option one finds strength -period-.

## A GLIMPSE OF THE UNTOLD: STRENGTH

People's perception of you is formed based on when they met you – thus stating, if you meet someone strong, it's automatically assumed they've always been strong. As a mentor, a motivator, a person of high enthusiasm it is often perceived that I just popped out the womb happy. Hmm... I'm sure I was smiling but life had its twists and turns to aid the development of true strength. What happens in this house, stays in this house . . . Haunting words as I reflect over my life and piece together the various situations where protecting piece ruined my judgement, my perception, my overall understanding.

From being sheltered from certain family members to being denied true identity basically being persuaded that I was someone I was not, all aided in the development of subconscious strength. In the season of subconscious strength, I resorted to outside acceptance as a form of relief. The urge to be liked, to be acknowledged by any and all means. This meant doing things both seen and unseen that never correlated with my true character but were an anesthetic for the pain.

It wasn't until I did just what was suggested earlier, practiced forgiveness, that I found real strength. Strength to move on in spite of, strength to accept whatever was thrown my way, strength to say "I shall not be defeated". Forgiving meant accepting apologies that were never given. It meant being grudge-free. Parents, family members, friends of family – all having to be forgiven

for imaginary apologies. Never realizing that the strength was being built as I was merely surviving. So many times giving up seemed easier, and by giving up I don't mean dropping out, nor quitting; I am relating this to the ultimate escape. Feeling that I wasn't strong enough to stay; it would be much easier without me. Feeling as if I was a nuisance. I'm still not sure what happened, I think I was too scared to harm myself or maybe I knew the devastation it would cause for my mother. Whatever it was, I am glad it blocked the thought. Still here!

The season of acquiring strength was long, in fact it's ever evolving. I share this to say to you, forgive, move on, keep pushing. Someone may have hurt you, hit you, abandoned you – accept the apology that has yet to come and tap into your season of strength. On the other spectrum, maybe you've been striving towards a certain dream and experienced defeat after defeat. Allow that defeat to fuel you not define you; keep pushing . . .

*“If you're defined by your weakness, you're allowing whatever has temporary control to ultimately win. You're defeated. If you're instead defined by your strength, you're confirming power over your life. You're victorious.*

## ABOUT THE AUTHOR



Tabitha D. James “Tiny Tab”, is a native of the rural South.

She is originally from Lake View, SC, a very small town located about 45 miles north of the tourist destination Myrtle

Beach. She can be classified as an entrepreneur, educator, facilitator, philanthropist, life-learner, woman of God and several other things as it relates to her accolades; however she is not the biggest fan of titles.

She is simply and authentically herself, a humble servant.

**A Survivor, Helping to Empower.**

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