

BOOK TWO: THE OWNERSHIP



Now That *She* *She Knows* Better

— *The Work of Becoming* —



Own it. Change it. Live it.



Tatiana Andrea



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Now That She Knows Better

The Work of Becoming

A woman's guide to accountability, healing, reciprocity, and
becoming safe for the love she says she wants.

Reader Sample

This sample includes the opening, Part One, and Chapter One
from Now That She Knows Better.

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Before You Begin

Book One was the awakening. Book Two is the ownership.

This reader sample is for the woman who knows better now, but is ready to ask the deeper question: Am I doing better?

Read slowly. Pause when the mirror feels close. Let the questions meet you without shame.

Because knowing better is the invitation. Doing better is the work.

Introduction: Knowing Better Was Only the Beginning

Just because she knows better does not mean the work is finished.

Knowing better is the invitation. Doing better is the work.

There comes a point where a woman cannot keep using what hurt her as the reason she refuses to grow. Yes, she may have been disappointed. Yes, she may have trauma. Yes, she may have learned hard lessons about boundaries, discernment, and self-worth. But healing does not end with recognizing what others did. Healing deepens when she becomes willing to examine what pain taught her to do.

Did it teach her to shut down? To test people? To expect rejection? To demand patience while refusing correction? To call every challenge disrespect? To want love but resist the vulnerability it requires?

That is the mirror of this book.

Not the mirror that asks, "Who hurt me?"

The mirror that asks, "What have I done with the hurt?"

This is not a book about blaming women. It is a book about freeing women from the behaviors we keep excusing because pain taught them to us. Because knowing better is not a personality or a shield. It is a responsibility.

And the woman who knows better must eventually ask herself: Am I doing better? Am I loving better? Am I becoming safe for the love, peace, and partnership I say I want?

Because a woman can have standards and still need self-work. She can have trauma and still be responsible for her behavior. She can want a healthy man and still need to become an emotionally safe woman. She can desire softness,



provision, and consistency while still needing to examine whether she offers respect, peace, and accountability in return.

This is the deeper walk. Not just knowing better. Becoming better. Not perfectly. But honestly.

Because just because she knows better does not mean she is entitled to better without the work. And if she truly knows better, then she must be willing to do better too.

PART ONE

Value Without Entitlement

There is a difference between knowing your value and expecting someone else to clean up what you refuse to face.

That is where this part begins.

Because many women have learned how to say, “I know my worth,” but not enough women have learned how to ask, “Am I living like I know it?”

Knowing your worth is not just about what you expect from a man.

It is also about what you require from yourself.

It is easy to say you deserve a healed man, a provider, a protector, a communicator, a leader, a safe place, a soft landing, and someone who can love you with patience and consistency.

But the deeper question is:

What have you prepared within yourself to receive that kind of man?

Because what makes you think a good man is supposed to come in and pick up garbage you have been sitting beside, pretending it does not stink?

That may sound harsh.

But sometimes truth has to interrupt the fantasy.

If there is unhealed bitterness sitting in the room, it stinks.

If there is unresolved trauma controlling your reactions, it stinks.

If there is poor communication, silent treatment, emotional punishment, and defensiveness, it stinks.

If there is entitlement disguised as standards, it stinks.

If there is a lack of discipline, lack of humility, lack of ownership, and lack of reciprocity, it stinks.

If there are old wounds you keep making new people pay for, it stinks.

And just because you have gotten used to the smell does not mean someone else is obligated to move in and call it home.

That is the accountability.

Not shame.

Not condemnation.

Accountability.

Because a woman can be valuable and still be carrying things that need to be cleaned up.

A woman can be worthy and still be unhealed.

A woman can deserve love and still need to become safer to love.

A woman can have standards and still be operating in entitlement.

A woman can know better and still have work to do.

That does not make her less valuable.

It makes her human.

But maturity requires her to stop confusing value with exemption.

Your value does not exempt you from self-work.

Your trauma does not exempt you from accountability.

Your beauty does not exempt you from humility.

Your femininity does not exempt you from reciprocity.

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Your standards do not exempt you from examining whether you are offering what you require.

And your past does not give you permission to keep making other people responsible for the healing you have avoided.

The Garbage We Get Used To

One of the hardest things about dysfunction is that after a while, it can start to feel normal.

You can sit beside emotional mess long enough that you stop noticing the smell.

You can become so used to your own reactions that you call them personality.

You can become so used to shutting down that you call it protecting your peace.

You can become so used to defensiveness that you call it standing up for yourself.

You can become so used to testing people that you call it discernment.

You can become so used to chaos that peace feels suspicious.

You can become so used to being difficult to reach that you call yourself “guarded” when really you are unavailable.

And then one day, you finally see it.

You see the pattern.

You see the reaction.

You see the silence.

You see the defensiveness.

You see the expectation.

You see the emotional mess you have been sitting beside, explaining, excusing, and normalizing.

That first look inward is powerful.

It matters.

It is the moment awareness enters the room.

But awareness cannot become another excuse.

That is where some women get stuck.

We discover the reason behind the behavior, and instead of using it as an anchor for growth, we use it as a justification to stay the same.

We say:

This is why I shut down.

This is why I do not trust easily.

This is why I test people.

This is why I need so much reassurance.

This is why I get defensive.

This is why I react the way I do.

And maybe all of that is true.

Maybe there is a reason.

Maybe there is a wound.

Maybe there is a history.

Maybe there is an experience that taught you to protect yourself that way.

But understanding why you do something is not the same as being free to keep doing it.

The first look into yourself should be an anchor, not an excuse.

It should ground you in truth, not give you permission to avoid change.

It should help you say, Now I understand where this came from, not, Now everyone else has to deal with it.

Because the point of seeing the dysfunction is not to decorate it with language.

The point is to stop living beside it like it belongs there.

Healing language can become dangerous when it gives dysfunction a softer name.

Suddenly, avoidance becomes “protecting my peace.”

Defensiveness becomes “standing on business.”

Emotional unavailability becomes “being guarded.”

Testing people becomes “discernment.”

Refusing correction becomes “knowing my worth.”

But if the behavior still keeps love from breathing, if it still makes truth unsafe, if it still punishes people for wounds they did not create, then it needs more than a new name.

It needs ownership.

A woman can be valuable and still have patterns to confront.

She can be worthy and still need healing.

She can deserve love and still need to become safer to love.

She can have standards and still be operating from fear.

She can know better and still have work to do.

That does not make her less valuable.

It makes her responsible.

Because once you see the mess, you cannot keep pretending it is not there.

You cannot keep asking people to step over what you refuse to pick up.

You cannot keep calling it healing when you are only explaining the wound but not tending to it.

You cannot keep saying, This is why I am this way, without eventually asking, Do I want to stay this way?

That is where value without entitlement begins.

It says:

I am worthy of love, but I am also responsible for the condition of the woman love is meeting.

It says:

My past may explain my patterns, but it does not get to excuse them forever.

It says:

The mirror showed me the truth, and now I am responsible for what I do with it.

Because knowing better is not just realizing what happened to you.

It is realizing what you have been carrying because of it.

And if you truly know better, then the first look inward cannot become the final destination.

It has to become the place where ownership begins.

Knowing Your Worth Should Make You Cleaner, Not Careless

Knowing your worth should not make you careless with how you treat people.

It should not make you demanding without being reflective.

It should not make you walk into relationships with a list of expectations and no willingness to be examined.

It should not make you believe that because you have been hurt, everyone else must now adjust around your pain.

Knowing your worth should make you more intentional.
More honest.

More humble.

More aware.

More willing to clean up what no longer belongs in your life.

Because if I know my value, I should not be comfortable living beneath it.

And living beneath it is not only about the men I choose.

It is also about the behaviors I excuse in myself.

- If I know my value, why am I still entertaining chaos?
- If I know my value, why am I still avoiding hard conversations?
- If I know my value, why am I still refusing to heal?
- If I know my value, why am I still using my past as an explanation for behavior I know is unhealthy?
- If I know my value, why am I expecting someone else to bring peace into a life I keep making chaotic?

That is the mirror.

Because a woman who truly knows her worth does not only raise the standard for who gets access to her.

She raises the standard for who she becomes.

Accountability Mirror

Ask yourself:

- What emotional mess have I gotten used to living with?
- What behaviors have I excused because of what I have been through?
- Have I expected someone else to tolerate what I refuse to heal?
- Do I call my standards “value” when they may actually be entitlement?
- Am I prepared to offer the peace, consistency, respect, and humility I say I want?
- What garbage have I been sitting beside while waiting for someone else to clean it up?
- What would it look like to clean my own emotional house before asking someone to live there with me?

Closing Reflection

Value without entitlement begins with truth. A woman can know her worth and still have emotional garbage to clean up. She can deserve love and still need to become safer to love. That is not condemnation; that is maturity. Because just because she knows better does not mean someone else is responsible for cleaning up what she refuses to face. The woman who knows better must be willing to clean her own house. Not perfectly. Not overnight. Not with shame. But honestly. That is the work. That is the ownership. That is the deeper mirror.

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CHAPTER ONE

Knowing Your Worth Is Not the Finish Line

There is a moment when a woman finally starts to believe she is valuable.

Not just say it.

Not just post it.

Not just repeat affirmations in the mirror hoping one day they will feel true.

But actually believe it.

She starts to understand that she is not something to be mishandled. She is not something to be casually accessed. She is not something to be chosen halfway, loved lazily, or emotionally borrowed by people who do not have the intention to honor her.

And that realization can be powerful.

It should be powerful.

Because for some women, knowing their worth came after years of not knowing it.

Years of shrinking.

Years of accepting less.

Years of confusing inconsistency with potential.

Years of measuring themselves by whether someone chose them.

Years of believing love had to be earned through over-giving, silence, patience, proving, and enduring.

So when she finally realizes her worth, it feels like freedom.

It feels like waking up.

It feels like taking back something life, love, disappointment, or rejection tried to convince her she did not have.

But here is where the deeper mirror begins.

Knowing your worth is not the finish line.

It is the starting place.

- Because the question is not only, Do I know I am valuable?

The question is:

- Am I living like a woman who values herself enough to keep growing?
- Did You Think Knowing Your Worth Was Enough?
- Did you think that finally letting it settle in what you are worth meant, Now I am amazing, come and get me?

That may sound funny.

But many of us have lived that way without saying it out loud.

We do the healing work just enough to realize we should not be treated poorly anymore.

We learn boundaries.

We learn standards.

We learn the language of self-worth.

We learn to say, "I know what I bring to the table."

We learn to stop begging for bare minimum love.

We learn to walk away from what does not feel aligned.

And then somewhere along the way, we may start believing that knowing our worth means we are finished.

As if the moment we realize we are valuable, the world owes us the love, patience, provision, consistency, attention, and effort we desire.

As if self-worth alone makes us emotionally mature.

As if standards alone make us ready.

As if saying, “I know my value,” means we no longer have to examine how we communicate, how we react, how we love, how we listen, how we apologize, how we handle disappointment, or how we treat people when we do not get our way.

But knowing your worth is not the same as being whole.

Knowing your worth is not the same as being healed.

Knowing your worth is not the same as being easy to love in a healthy way.

Knowing your worth simply means you have finally stopped agreeing with the lie that you are less than what God created you to be.

That is beautiful.

But it is not the end of the work.

It is the invitation to begin the next layer.

Self-Worth Is Not Superiority

There is a quiet danger that can happen when a woman moves from low self-worth into self-awareness.

At first, the growth is necessary.

She stops tolerating things that wounded her.

She stops accepting scraps.

She stops letting people make her feel crazy for wanting clarity.

She stops shrinking herself to be chosen.

She stops acting like she has to earn love by being endlessly understanding.

But if she is not careful, the pendulum can swing too far.

She can move from “I am not enough” to “No one is enough for me.”

She can move from being overly accommodating to being impossible to reach.

She can move from having no boundaries to having walls with a cute name.

She can move from wanting to be valued to believing everyone must now prove themselves while she avoids being examined.

That is not healing.

That is pain wearing confidence.

Self-worth should not make a woman arrogant.

It should make her grounded.

Self-worth should not make her entitled.

It should make her responsible.

Self-worth should not make her look down on others.

It should help her stop lowering herself.

There is a difference.

A woman who truly knows her worth does not need to devalue anyone else to feel valuable.

She can move with wisdom without making every man pay for a past he was not part of.

She does not need to make people earn basic kindness from her because someone else mishandled her.

She does not need to call herself “the prize” while refusing to ask whether she is showing up with humility, care, and

emotional maturity.

Because if my worth requires me to become unreachable, prideful, dismissive, or unwilling to grow, then I may not be walking in worth.

I may be hiding behind it.

“I Know What I Bring to the Table”

We love to say, “I know what I bring to the table.”

And that is not a bad thing.

A woman should know what she brings.

She should know her heart.

Her effort.

Her loyalty.

Her softness.

Her wisdom.

Her strength.

Her ability to build.

Her ability to love.

Her ability to nurture.

Her ability to stand beside someone in real life, not just in fantasy.

But knowing what you bring to the table should also make you ask:

- Is what I bring still healthy?

Because some women bring loyalty, but it comes with resentment.

Some women bring love, but it comes with control.

Some women bring support, but it comes with keeping score.

Some women bring standards, but it comes with no room for correction.

Some women bring beauty, but it comes with entitlement.

Some women bring softness, but only when things are going their way.

Some women bring strength, but it comes with emotional unavailability.

Some women bring a good heart, but it is guarded by poor communication, silent punishment, defensiveness, and unhealed reactions.

So yes, ask what you bring to the table.

But do not stop there.

Ask whether what you bring can nourish something healthy or poison it slowly because you have not dealt with yourself.

That is the deeper accountability.

Because a table is not made holy just because you sat down at it.

You still have to examine what you are serving.

Value Still Requires Stewardship

Anything valuable requires stewardship.

A home requires care.

A garden requires tending.

A gift requires responsibility.

A calling requires discipline.

A heart requires protection.

And a woman who knows her worth must also learn how to steward herself.

That means she has to care for the parts of her that are still wounded.

She has to examine the ways she reacts when she feels unseen.

She has to tell the truth about whether her standards are rooted in wisdom or in fear.

She has to learn how to communicate needs without making people responsible for guessing them.

She has to learn how to receive love without testing it until it breaks.

She has to learn how to apologize without feeling like accountability makes her small.

She has to learn how to be corrected without calling it disrespect.

She has to learn how to stop expecting someone else to manage emotions she has refused to regulate.

That is stewardship.

And without stewardship, value can become wasted.

Not because the woman is no longer valuable.

But because she is not handling her value with care.

You can be valuable and still be careless with yourself.

You can be worthy and still be immature.

You can deserve healthy love and still sabotage it because you have not learned how to receive peace without suspicion.

That is why knowing your worth is not enough.

You have to know what to do with it.

The “Come and Get Me” Mindset

There is a version of self-worth that sounds empowered but is really passive entitlement.

It says:

I know my worth, so he needs to come correct.

I know what I deserve, so he needs to prove himself.

I am the prize, so he needs to pursue.

I have been through enough, so he needs to be patient.

I have trauma, so he needs to understand.

I know what I bring, so I am not chasing anybody.

Some of that may be true.

A man should come correct.

A woman should not have to chase clarity.

A woman should not beg for healthy effort.

A woman's past may require compassion.

But the problem begins when "come correct" only applies to him.

- What about me?
- Am I coming correct emotionally?
- Am I coming correct spiritually?
- Am I coming correct with my communication?
- Am I coming correct with my expectations?
- Am I coming correct with my attitude?
- Am I coming correct with my ability to repair?
- Am I coming correct with my willingness to listen?
- Am I coming correct with my ability to give what I am asking for?

Because if I am standing at the door saying, "Come correct," while refusing to examine what it feels like to come toward me, then I am not practicing value.

I am practicing entitlement.

A woman can be the prize and still need preparation.

A woman can be worth pursuing and still need pruning.

A woman can deserve a good man and still need to become a good partner.

That is not an insult.

That is maturity.

Worth Does Not Cancel Work

Knowing your worth may help you stop accepting less.

But it does not automatically teach you how to love better.

It does not automatically teach you how to communicate clearly.

It does not automatically teach you how to manage disappointment, receive feedback, apologize, or become emotionally safe.

That work still has to happen.

And that is where many women get stuck.

They think the revelation of worth is the transformation.

But revelation is not transformation until it changes behavior.

It is one thing to know you deserve peace.

It is another thing to stop creating chaos.

It is one thing to know you deserve consistency.

It is another thing to become consistent in your own healing.

It is one thing to know you deserve communication.

It is another thing to stop punishing people with silence.

Knowing better should produce better.

Not perfection.

But fruit.

The Accountability Mirror

Sit with this honestly.

Not to shame yourself.

To grow.

- Have I treated knowing my worth as the finish line instead of the beginning?
- Do I use "I know my worth" to avoid examining my own behavior?
- Have I confused self-worth with superiority?
- Am I expecting someone else to come correct while refusing to ask whether I am coming correct too?
- What do I actually bring to the table, and is it healthy?
- Can I receive correction without feeling attacked?
- Am I emotionally safe for the kind of love I say I want?

Soul Work

God, help me know my worth without using it as a wall.

Show me what I truly bring to the table, and teach me to steward it with humility and responsibility.

Make me willing to do the work, not just know better.

Closing Reflection

Knowing your worth is beautiful.

But it is not the finish line.



Once a woman knows she is valuable, she becomes responsible for how she carries that value: not as a wall to avoid correction, but as an invitation to steward it wisely.

That means asking whether what she brings to the table is healthy enough to nourish what she says she wants.

Because knowing better without doing better can become another place to hide.

I am valuable enough to stop settling.

And I am valuable enough to keep growing.

Continue the Walk

If this sample met you in a place you are still becoming, keep going.

Now That She Knows Better continues the She Knows Better journey into ownership, accountability, reciprocity, and emotional maturity.

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Book Three: The Recalibration
Now, Recalibrate Your Standards
When Standards Become Demands