

# THE ENOUGH MANIFESTO, PART I

BY TRACY MAXWELL

**I AM NOT** A COLLECTION OF COMPLAINTS, **NOR**  
**SHORTCOMINGS,** **AM I**  
MISTAKES, WOUNDS, OR VICES.  
**A COMPILATION OF SUCCESSES, HONORS,**  
HAPPY MOMENTS, BREAKTHROUGHS, TRIUMPHS OR JOYS.

**I AM NOT MY PAST. NOT MY STORIES.**

## **I AM NOT MY BODY**

MY APPEARANCE, MY PHYSICAL SCARS, MY EYE OR HAIR OR SKIN COLOR.

I AM NOT MY  
**EXPERIENCES,**  
OR INSIGHTS  
**OR ILLNESSES.**



I AM NOT MY  
**FAMILY, OR**  
SOCIOECONOMIC STATUS  
**OR OCCUPATION.**

I AM NOT THE HOUSE I LIVE IN OR THE CAR I DRIVE,  
**THE CLOTHES I WEAR OR THE THINGS I OWN.**

I AM NOT MY HUMILIATIONS, MY TITLES, OR MY AFFILIATIONS.  
**I AM NOT MY ABILITIES, MY TALENTS OR MY CONNECTIONS.**

I AM NOT MY GENDER, MY RACE, MY SEXUAL ORIENTATION, MY ETHNICITY  
**OR EVEN MY DNA.**

**I AM NOT**  
**MY FINGERPRINT,**  
MY PHOTO,  
MY FACEBOOK PROFILE,  
**MY ADDRESS OR**  
MY LAST NAME.

**I AM NOT**  
**MY CITY,**  
MY COUNTRY,  
**MY BODY TYPE,**  
MY WEIGHT OR  
**MY AGE.**

**I AM NOT**  
MY MARITAL STATUS,  
**MY HOBBIES,**  
MY BELIEFS,  
**MY RELIGION OR**  
MY FRIENDSHIPS.

I AM NOT THE LABELS YOU GIVE ME, OR THE ONES I GIVE MYSELF.

**I AM NOT MY GRIEF OR MY CELEBRATION.**

I AM NOT MY CHILDHOOD OR MY ANCESTRY.

I AM NOT WHO YOU THINK I AM. I AM NOT WHO I THINK I AM.

**AND NEITHER ARE YOU.**