

Separation

When I was younger, I remember sitting outside of my elementary school watching kids get dropped off by both of their parents and thinking to myself “why can’t that be me? Why can’t my parents be married like them?” as a child I could not understand why my parents could not work out their differences to keep “us” together... as a family. I was embarrassed. Sometimes as kids we have a hard time processing why things in life aren’t as easy as “we” see them. “Why can’t you guys just be together?” I mean, it sounds easy enough... right? Wrong. When dealing in relationships, sometimes to do what is best for both the parents and the children requires making hard decisions like separation or divorce and in some cases becoming an only parent.

I remember going through a period of being angry, not ever realizing where the anger came from. I was angry with my parents for not working things out, and with God for not making them. Then my self-confidence took a dive. Watching other families made me self-conscious of my own because of our “lack of togetherness.” . Only later on in my life did I find that I was blessed to been raised with two homes instead of just one.

The first step in recovering is resolving your anger. It is ok to be angry, but never at the expense of other people who didn’t deserve it. Talk to someone; get everything you think you need to say off of your chest. You’ll find that talking is one of the best forms of healing.

Secondly, you must stop having a pity party. If this was the hand you were dealt, then work with what you’ve got. Some days you won’t feel like getting up, but you have to. You have to learn to push past where you are to get the job done remembering that God will never give you more than you can bear.

Thirdly, realign yourself with God. Take both your parents and your situation to Him. When you give your problems over to Him, He will ease your pain. He will “fill in” in places where someone or something is absent, but you must be willing to surrender yourself to Him, completely. Never think less of yourself because of your situation. You are one of God’s most precious gifts and you are destined for greatness no matter what your background is you don’t have to be a statistic.