

# Personal Growth Concepts™

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**Q&A Forum - Review**

## Healing The Pain Of Abandonment

[5-Sep-2003]

Fellow Q&Aers,

Greetings and welcome to another Q&A. This week we welcome Lisa and Colette to our list. We now have 129 members and are growing at the rate of 1 or 2 names per week. Keep on spreading the word.

We would like to thank Nancy, Gwen and Patty for their contributions to our bonuses this week. A couple of them were emailed to me back in 2001 and I have others going back as far as Jan of 2000!

I have no more questions left in the hopper, so if you want a speedy answer, now is the time to submit a question. I also appreciate the in-person and email feedback I get on my responses, mostly favorable and enlightening. I will try to share some of the feedback with you in the future.

Now to our question.....

**Q:** My mother left my father and me plus four other siblings, and never came back. It devastated our family, and our father sank into such deep depression that he also abandoned us kids, but emotionally. Now that I am a mother, I struggle with emotionally connecting to my kids, and I notice that I avoid spending one-on-one time with them. In my mind, I know that I need to spend more time with them, and I have the time, but I can never seem to bring myself to do it. Is this a result of my upbringing, and if so, how can I overcome it so I can be a better parent?

**A:** There's a part of you that knows your children will one day grow up, and leave to live their own lives and you will be feeling abandoned again. Indeed, I have already dealt with a couple of cases since Labor Day where parents are experiencing the "empty nest" syndrome as their college age children are leaving for their freshman year experiences. I think it best you try to deal with the issues in your life now, rather than wait for them to be compounded later when your children leave.

Parenting is a lot about common sense, skill, thinking things through, consistency, good communication and persistence. In your situation it is also about removing the obstacles (or working around them) that interfere with your being the person you want to become, not only with your children but in your life as well.

I strongly suggest you find a counselor and share with her/him your question and my answer. Several sessions with the right counselor should begin to turn the tide. I would think that, after a few sessions, a small caring group therapy experience would also be helpful. Please contact me again if I or any of my staff can be of further assistance.

I wish you peace in who you are and in all that you do. - John

Quote: "If you judge people, you have no time to love them" - Mother Teresa

2d Quote: "Stop telling God how big your storm is. Instead tell your storm how big your GOD is."

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### Bonus 1: IT MATTERS WHAT WE BELIEVE

Some beliefs are like walled gardens. They encourage exclusiveness, and the feeling of being especially privileged. Other beliefs are expansive and lead the way into wider and deeper sympathies.

Some beliefs are like shadows, clouding children's days with fears of unknown calamities. Other beliefs are like sunshine, blessing children with the warmth of happiness.

Some beliefs are divisive, separating the saved from the unsaved, friends from enemies. Other beliefs are bonds in a world community, where sincere differences beautify the pattern

Some beliefs are like blinders, shutting off the power to choose one's own direction. Other beliefs are like gateways, opening wide

vistas for exploration.

Some beliefs weaken a person's selfhood. They blight the growth of resourcefulness. Other beliefs nurture self-confidence and enrich the feeling of personal worth.

Some beliefs are rigid, like the body of death, impotent in a changing world.

Other beliefs are pliable, like the young sapling, ever growing with the upward thrust of life.

Bonus 2:

Recently (circa 2001 or earlier) Julie Andrews is reported to have done a concert for AARP at which she sang her hit from the Sound of Music, but the words were changed.

Here are the new words to this tune.

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses,  
Polident and Fix-o-dent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak, When the bones creak, When the knees go bad,  
I simply remember my favorite things, And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heat pads and hot meals they bring,  
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin,  
Thin bones and fractures and hair that is thinin,  
And we won't mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache, when the hips break, When the eyes grow dim,  
Then I remember the great life I've had, And then I don't feel so bad.

### bonus #3 **PRIORITIES**

I asked God to grant me patience.  
God said, No.  
Patience is a by-product of tribulations;  
it isn't granted, it is earned.

I asked God to give me happiness.  
God said, No.  
I give you blessings. Happiness is up to you.

I asked God to spare me pain.  
God said, No.  
Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.  
God said, No.  
You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life.  
God said, No.  
I will give you life so that you may enjoy all things.

I ask God to help me LOVE others, as much as he loves me.  
God said... Ahhhh, finally you have the idea.

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