

Reply ID: Uife

Daniel Labbe

Hi Susan,

Thank you for your thoughtful support. I can definitely see how this pain that comes up can be a source of motivation for making sure I never return to the dysfunctional lifestyle I once led, to do all I can to heal myself and lead a healthy life. I guess I just have to trust that my ex-wife and daughter are going through their own healing process. Because I am the one who caused their woundedness to begin with there is a strong desire to wish I could do something - anything - to help them. But I know this is not possible right now so like you said maybe I can put that energy into being a source of love and kindness for someone else. If in my relationships I can be a source of peace, love, kindness, and maybe even healing that would be meaningful.

Thank you again.

Peace,
Daniel