

Sue asked me to write about what I am today and I'm posting what I came up with. For those of you who can't see an end to the pain, I want to tell you that, if you keep doing the work, it will get better. I'm three years out from my D Day and one year out from my divorce, and while I am far from done with my healing, I am in a much much better place than I was, even six months ago. Here is what I wrote:

What Am I Today?

June 2026

I am the stuff of stars encased in humanity.
Once guarded by a brittle crust,
a softer casing now cradles my tender essence.
My raisin-like heart, shriveled by years of neglect and disdain,
after a soaking in tears and love's nectar
is now plump with juice aching to pour forth.
My hands, once clenched, now reach out
to bestow love, create, and gather joyful experiences.
They no longer grasp or repel, but engage with discernment.
I am more open now, not porous and unboundaried as I once was,
and I am wiser after a tempering in the crucible of betrayal and grief.
Like Spring, I have been gifted with new growth after a long fallow Winter,
and I gratefully revel in my many blessings.