I know you are angry. I understand that and I respect that. People under the level of mental stress and pain that I was/am in is so severe that people kill people over it. There have even been instances where such people have gotten off with some insanity plea or a greatly reduced sentence in consideration of that level of pain and stress. Obviously I could/would never hurt (let alone kill) anyone no matter what the pain or stress level. But I am still human and normal people under those levels of stress often act worse than I did. I am not trying to minimize or excuse. I’m just saying that I’ve never done anything like that before nor would I again and if that is the worst thing the kids are ever exposed to, they’ll be fine. It is an isolated incident, not a pattern by any stretch of the imagination. Even that kook we went to see a while back categorized it the same way and she wasn’t trying to cut me any slack, that’s for sure.

You may feel like you can’t forgive this right now because you are angry. But I promise you it is not an unforgiveable. Your anger will subside and if you allow yourself to see it in the proper perspective, I promise you it will be okay. This can absolutely be put behind us and in “the grand scheme of things”, you will see that it is not so bad as it seems now-I promise you baby.

If you are still unconvinced, consider it from this perspective: I am angry and cannot forgive my husband because I told him we were getting a divorce and he was upset and told the kids that we are getting a divorce and especially because my son seems affected by it.

Keeping something like that from your kids is statistically rare because of how high emotions can run in those situations. What’s more, they usually find out something as negative as that in a negative way.

Ask yourself:

Is my son better off if I forgive my husband and treat him like I used to (thereby normalizing things in the home and sending positive signals to my son and he won’t feel bad for dad if dad is normal and not distressed)?

After being told his parents are divorcing; Is he better off now if we really divorce or reconcile?