

Excerpt from “Do It Anyway! The Single Moms Guide to Living Life and Achieving Her Goals”

## Chapter 1: Heal

I sat across from one of my best friends on a sunny Saturday afternoon in my apartment listening attentively as she spoke. We were having girl talk while our kids played video games. Our usual “girl time” was when our kids were enjoying each other. Well, truthfully, she was whining again. The conversation was typical. Nothing new. This was our much needed “mommy break” but we were spending it on old news. It went something like this: “I don’t know why he doesn’t help me with the kids. Every time I ask for help, he gives an excuse”, she said again for the millionth time. I was thinking, ‘*Are we really having this same discussion again?*’ Now, do not get me wrong, I had those moments, too. A very long time ago, I was bitter, disappointed, and tired of the lies just like my friend. I have learned that it is so pointless to complain about a person who, for whatever reason, is not fulfilling their parental responsibility. I learned to let it, and them, go. My girlfriend eventually had to learn to do the same thing. Her children deserved better. She deserved better. Her new wonderful man that she would eventually meet deserved better. Get the picture? Healing is a necessary to have what you truly want.

You might say, “Well, how was she broken? Or, how were you in need of healing?” The answer is simple. When you love someone and they hurt you, you go on a roller coaster ride of happy, sad, misused, abused, etc. The emotions swell. You are in love on and off. There is mistrust. Compound this with children and it is a soap opera that’s really real. So, you, I, she, we have to detox from these wrong lessons about love. The messages that say love is this up and down rollercoaster ride and one day it will work out. It won’t and you will have to walk away from it and all the drama. You will have to do the emotional work to where you are yourself again. You love again. You smile. You truly are alive and enjoying life. That is what I mean by healing. The heart is a beautiful thing. But, when it is hurt, it shows in your words, your actions, your facial expressions. People withdraw, become distrustful, and downright bitter. This does not describe Ruth. And if you are looking for Boaz, he is not looking for these qualities in a woman. You want a whole man. He wants a whole woman. Healing is needed to be able to accept real love.

It may be painful to admit that you need help. But, let me tell you it’s exactly what you need. Are you are someone you know still going around this same mountain? It’s okay if you are. I just want you to know talking about it will not change him. Worrying and thinking about it will not change him. What you must do is *heal*. Keep reading to find out why and how.

It was through many tears, prayers, laughs, and conversations like the one above that my friend realized she was better off without him. And, so were her kids. Awful isn’t it that a person could walk away from some beautiful babies who did nothing to them? But, it happens every day. Maybe you decided to have a baby without the father being in you and your child’s lives? Maybe you are divorced and it was so unexpected that you are still reeling from it? I’m not sure; but what you, I, and my girlfriend have in common is that we are single parents. We do this remarkable work of love- *alone*. That connects us,

gives us common ground, and creates community. I sincerely hope you and every single mom you know have learned to connect, encourage, and inspire another sister whether she's white, black, brown, or blue. Rich or poor. We all need a village. No one in their right mind asks or even wants to parent alone. (I said right mind) But when it happens, we must not spend time on why. Instead, we must mobilize and live on. After all, we have babies to take care of and they only deserve the best. It is not easy to do, but do it you must. You must take care of them AND you. In order to get to the good part, and trust me there is a good part, you've got to go through this stage. Do not pass it up pretending to be Super Woman. You are human. It's okay. I'm just saying do not stay there longer than needed.

### *Let Go*

Letting go of who is not there is the best thing you can do for yourself. But, it is not easy. I know. I've been there. And, I've done that. But, it is the best move you can make and ultimately will make your life so much easier. Your objective is to live at peace, in love, and in good health so you can be around to see your children grow. You must devote your energy to doing the best you possibly can for you and your children. No one should be able to cause you to have less than God's best for your life even if that someone is you. In this book, I want to talk about ***The Ultimate 12 Steps*** you need to move you in the right direction for your life. You cannot smoothly move in the present and reach for your future, if your past is still open. If you are reliving what someone else did or bringing it up in every conversation you have, you will not progress as you should. If you are whining and pining for the past, you cannot see the gifts the present has for you. If you are not awake in your present, your future is certainly delayed. It will take you longer to have the best because you will not let go of less and heal. So, I beg you sister (for your present and for your future which is limitless) let it go.

### *How do you let go?*

I can hear you say, "But, I love him!" Yes, you do. But, does he love you? Is he there showing you his love and providing for you and your family? Does he show signs of maturity and progress and even of wanting to return to do his part? You have got to ask those questions. No living in the memories of the past here. Just facts. Ask the hard questions and believe what reality is showing you. Who you still love may not be who he actually is. Hmm. That's good. Think on that. Soul ties are real. Those connections to people that keep you bound to them. They are usually from romantic relationships gone sour. One party is left still loving because they are connected by the physical ties, yet the other person has moved on because they no longer desire the connection. For whatever reason, this is just the truth. The way to cure that, again, is to focus on reality. What are their actions showing you? Not their words. Their actions. And also, spiritually how are you all fit? I guarantee you are not the same. You have to do some praying to remove unhealthy relationships from your life. If it is too much for you, get some help. Soul ties are real. Look closely to see if there is actually relationship. It could be comfort masquerading as relationship because you can relive the good times with a person so much that you forget about how they actually are.

Still, letting go is not easy. I admit it. It is especially difficult if you loved hard and complicated the matter by having a child(ren). Do not get me wrong. I am not saying it is easier to get over a heart ache without kids. I am saying it is just different. It is a hard thing to heal while you are expected to keep living as if the heartache did not happen. Unfortunately, that my sweet sister, you must do. "How do you do it?"

you say? Well, there is no easy fix, but first, you must decide to move on. Moving forward offers you many opportunities.

Let me tell you what got me going in my healing process and on to letting go. My boys were 2 years old and 2 months old when I realized there was no working things out with their dad. I mean I really saw that this person and I could not and would not be able to function as a family unit. It was hard to swallow. 'I hadn't planned on dating him let alone having 2 kids and you mean to tell me I'm a single momma!.' This is all I was thinking when I got pregnant. However, this is why I say you must have a plan for your life and guard it. You'll end up places you do not want to be being nice to folks who never should have been spoken to, but that is another book. (LOL! I'm so serious!) So, as I was thinking 'This could not be my life,' I had to prepare for my first child. It was not supposed to be like this. I was supposed to be married, in love, ready, nice home, dreams chased, etc.! When the babies came, and we fell apart, all I could do was look at those beautiful unsuspecting faces and resolve to Do It Anyway. Yes, it sucked. Yes, it was not right. But, I knew I had to make sure they had food, shelter, clothing, safety, and most importantly- love. I knew I needed to make sure they had it whether he helped out or not.

#### *Unbearable pain and Open doors*

The first years of my boy's lives I tried to make things work with a man I hadn't plan on doing anything with but holding a conversation. I took what I shouldn't have, listening to the advice of everyone but myself and really tried to have the American dream made from an American mess. There was no fixing this. It was too much for me to forgive and accept. (Have you been there? Can you relate?)

Their dad and I went on to have years of ugly exchanges. He eventually stopped helping, and I became a full-fledged single momma. But, when my oldest was 6, a wonderful thing happened. I changed careers, and an opportunity came up for me to move to a different state. Whether you are a person of faith or not, you have to believe that the way this story is about to take a turn is nothing but the hand of God at work. As I was saying, I was a full-fledged single mom, had changed careers, and an opportunity arose. I was in disbelief. It was exciting. I prayed to see if I needed to go on the interview. I went to the interview and was offered the job. I then prayed to see if I should take the job. I had no sleep the whole weekend. I felt God telling me to go. I had no family in the new city, but would have cousins an hour away if I took the job. It was clear. At the end of the weekend, I knew God was telling me to move. Now, this isn't to say you need to move. But, moving was the best thing I've ever done.

Due to heeding the call to move, I had 3 years of peace and absolute bliss in my new city. Now, the ex could not promise to come get them anymore and not show up (he still did but not as much), I did not have to deal with the women he slept around with pretending to be my friend, and I had the opportunity to start anew. Now, I just included some details that I had not mentioned as of yet. I won't go into detail, but us not being together was the best thing I could have done for me. Raising my boys alone was a blessing in the absence of emotional and mental abuse, infidelity, etc. Let me say something here. As women, we put up with a lot that we should just walk away from in the beginning. We call it love when it is abuse, indifference, incompatibility, lust, etc. I thank God often for moving me physically, so he could heal me emotionally of that whole experience. It was time to heal. Let me show you how I did it.

As a side note, I mentioned the infidelity and messiness with women so you can see why I was elated and ready for a change. I mean all of this was happening in a small college city. My heart ached, I did not understand why this was happening to me. He had women everywhere or so it seemed to me. I was hurting. I knew I had to heal. I had to make a clean break. You must as well. So, if you are dealing with a man like that, you know you are not alone. Do what is best for you and your kids. Hands down. You can do so much better!

I say the move was good because before I moved, tired was my constant state. Have you been there? If so, just know it's okay and normal. Just try and see what you can cut out to get more rest. You keep on providing for you and your babies. It is worth it. Exhausted with tears in your eyes, keep providing. My family and friends were so helpful. I am so thankful for them. But the emotional toil of it all was keeping me up at night. "Is she my friend" Did he sleep with her, too?" Loving a man like that is foolishness. Girl, let it go! The disrespect I saw and heard- Chile! I will write when I feel like dealing with that again if it will help someone. Other than that- I MOVED ON!

#### *What my move taught me about releasing the past and Living again*

Do not count out the benefits of you doing something for you. A change of scenery will do you good. Simply being in a new space brought on excitement, rejuvenation, adventure, and happiness for me. I was able to lie down at night and sleep. My kids were safe. We were happy. I had 3 years of bliss unbeknownst to me. Now, when he called, I wasn't disappointed when he never made good on his promises because I couldn't say he was just 15 minutes away and could get his boys on the weekend. Now it was 4 and a half hours. Of course, people drive further than that for items incomparable to their kids. I offered to meet him half way and to bring them during summers. No takers. As usual. But, I was OVER IT because *I had found my life*. So, get on with living your life with someone who wants to treat you and your children well.

As I was starting out in my new city, of course, it was scary. I'm not going to tell you I was fearless. I was excited yet cautious. The boys were young, so I did not feel I had negatively impacted them by the move. So, the person that needed order, peace, and a plan was me. Here's what I did to get over my ex and on to living my best life:

1. I made prayer a constant
2. I did the hard work of forgiving myself
3. I did the hard work of forgiving him
4. I focused on my boys
5. I made new friends and tried new things
6. I spent time alone figuring out what I wanted
7. I started new endeavors even with fear present
8. I stayed focused on my faith
9. Even when I felt sorry for me, I dealt with the lies and did not allow them to stop me
10. I nurtured my family so it could be strong

I didn't make a plan and decide to get over him. I made conscious steps to get and do better. That's all you have to do to get moving- make a decision.

### *No Matter What, Forgive!*

I don't care what it was or who it was that hurt you, you have got to move past it. I had to unlearn some things that life had taught me and you will, too. Just because you went through it doesn't mean it is the final truth. Just because it happened doesn't mean this is it for you. Reteach yourself the good you want to see. It's hard. You may need to get help to do it. But, by all means, do it. Release the past so you can have your present and your glorious future.

### *Release you*

You thought this was all about the other person? The bad one, the one who didn't stay? Nope. It's also about you letting go of the hurt you continue to inflict on yourself. I've been there. See, no one party has all the blame. You can beat yourself up about what you should have done, said, or been, but in the end it's over and you are a single parent. You have to deal with this. It sucks. I get it, but for you, your sanity, and your kid's sake- let go. This song will replay in your head and out in your life until you release it. Let God have it. He does a great job with our messes. Being upset with where you are will not change where you are. Only you can make it better from here on out by releasing *you and him*. Read on.

### *Forgive*

You've got to forgive them and you've got to forgive you. If they don't want to see you to hear your apology, you do the work and walk on into your new life. To truly be able to Do It Anyway, you've got to heal. Forgiving is part of healing. Do it! It is for your benefit. Now, I'm not saying forgive so that it only benefits you. I'm saying forgive for you and them. This is something I know well. I have seen it. I had to do it. It wasn't easy. I did it and picked it up again. On and on it went until my journey to healing was over and I was healed. It may be easier for you or it may be harder. For you and your family, you have to do it anyway! Do it mad, glad, indifferent, sad, etc. DO IT!

Years removed from being with my kids' dad, I still had not forgiven him. I was at a church service and the pastor said something so poignant. He said, "*Even if the person is not physically present, alive, or even wants to see you, you forgive them.*" 'What?' I thought. That can be done? That clicked so hard for me because I was living a better life, but it wasn't my best life. Not yet. I was no longer complaining about him. In fact, I thought I was over him, but the hurt still lingered from time to time. Every time I looked at my beautiful boys, I saw him. God took me through a healing process when I changed states. No one knew it. I was happy and doing it. But deep down, I had not forgiven him or myself. Praise God I was in that church service. I prayed and I let go. I asked myself for forgiveness and forgave their dad and all the women who had been my fake friends, etc. My life began that day and I have not looked back. Are you ready to begin living? Then let it go. Forgive him, them, or whoever and LIVE!

You cannot have your best life being bitter. It doesn't work that way. Like the Geico commercial where the grandma is showing her friend her Facebook and she's using actual polaroids (fail), you cannot harbor unforgiveness and draw goodness to you. Now, I'm not saying you don't have a nice life. I'm

saying you're not experiencing all you can because you are bound by unforgiveness which breeds anger, jealousy, discontent, crankiness, separation of relationships, etc.

The rest of your life is waiting on you to get past the hurt. Yes, it's hard raising children and having to heal at the same time. Betrayal, infidelity, divorce, death, they all hurt; but live on you must. *Isn't it time you got to the business of what you are made to do?* Isn't it time you got ready for the good part of your life? You will have what you want when you heal. Now, we have some bitter folks as examples who have been successful, so I'm not saying it is not possible. I am saying that for you to have your best life, you've got to be okay with that part of your life being OVER. Do not carry the hurt any longer. Pray for them and then release them. Pray for you and the path for you and your kids to take. You must be healed in order to walk into your future.

**How to get to your Healed Place:**

- a. Release him, them, or whatever is holding you back.
- b. Do the work. The work is letting go. Go through whatever you must to get to the place of peace you desire.
- c. Pray a lot.
- d. Try again when you get mad and remember the pain and/or you want to have a pity party.
- e. Repeat A-D as needed.
- f. Understand this is a process. It won't be over until you are ready to finally let go. The good news is you can heal and move on. Are you ready?

Take a moment and journal the steps you are going to take to move toward your future. There is power in writing down your goals. God bless! You're coming out of this!

***Action Steps to Heal:***

---

---

---

---

---

---

---

---

---

---

---

This is an excerpt provided to you to help you on your journey. Please do not duplicate, alter, or use in any manner other than the intended purpose. All rights reserved and belong to Kaywanda Lamb.

Copyright by Kaywanda Lamb ©2015

Do It Anyway! The Single Moms Guide to Living Life and Achieving Her Goals