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Monthly Motivation 10 - Consider Reconciliation for Peace of Mind

Ongoing litigation, hostilities or adverse relations with your child's other parent can leave your life in flux. Similarly, the attributions you have assigned to goal impediments leave those out-of-reach and you in a state of despair. Now I have for your consideration the power of reconciliation to allow you to fulfill your commitments to self or your children.

When I speak of reconciliation here I am not implying reunification or re-establishing the familial relationship much the way children want parents to reconcile after separation. Nor I am offering that you should just come to accept that you are stuck being the way you are because of the hand that fate has dealt to you. Rather, I speak of reconciliation in the sense that you acknowledge and accept the change that has occurred and your role in determining your station in life. I seek to have you allow yourself to perceive your station in congruence with the reality. There are many tones of reconciliation. The most widely used would embrace the action of bringing to agreement, concord, or harmony. That is mending a relationship that has been estranged. In 1494 Fabyan wrote, "Wherefore by fayre and easy meanes he called home his sone and reconcilid hym, and forgave all trespase." In that sense the father had forgiven his son for the transgressions that he perceived his son to have made and then sought to henceforth have an amicable relationship with him. Another form of reconciliation has us reduce conflict between opposing positions. This may be being overweight while desiring to be fit. All too often that is reconciled as "I am just a big person" rather than the active assessment which can lead to goal achievement that says "I got big because of my decisions." It is this proper reconciliation that will lead to your success.

For embattled parents you may be thinking that there is no way that the ongoing hostilities which exist in the embittered relationship you experience with your child's other parent can be reduced to a harmonious friendship. However, it can still be reconciled. In 1694 Locke wrote that "[t]rials often reconcile us to that, which at a distance we looked upon with aversion." His sage words express the interplay of wisdom, the subjective knowledge that we gain through experience. If our desire is to play and frolic in the fields then the intermittent flow of rains would be adverse to that quest. When nourishing ourselves through the fruits of our gardens while contemplating their coming to being an appreciation of the rain may suddenly subdue the previous aversion to the precipitant that quelled our frolicking. So while that other parent may be a storm cloud that cast the rain and stones of hail upon us the peppering of precipitation upon our children will contribute to their development and, when done in a healthful manner, their well-being.

It is up to us to ensure that reconciliation produces a healthful outcome. It need not be two-way or reciprocated to be effective. If you are goal oriented then the reconciliation will be with yourself. Froude in 1879 said, "Not subdued only, but reconciled to subjugation." Thus, you may have to abrogate your desires, rights and opportunities in

derogation to that other parent or your own decisions. At the onset this will be seen as a loss when measured in the win-lose spectrum. That is applying the wrong standard though. Instead we must apply the cognitive win-win spectrum.

Imagine getting cut-off in traffic by some blazing hammer-head hard pressed for time to get somewhere. Win-loss says you lose until you regain that position and put that SOB back in his place. Your heart races, adrenaline is pumping and the immune response system is suppressed while the battle ensues which could result in a wreck. Either way, the wreck or frustration on your part and that of the other driver is a loss-loss. But instead if you just let it slide, calmly proceed and think about how fortunate you are to not be in such a rush and that you may have helped someone who was, then you achieve a win-win. Likewise, when you reconcile your contribution to where you are against that of fate then you are in a win-win position – you get to decide when and how you will achieve your goals rather than suffering the mental anguish of waiting for fate to hand it to you . . . if ever.

So now it is time for reconciliation. Let go of your demands and excuses which must be satisfied to fulfill your objectives. Get rid of what ought to be, what could be and what had been. Satisfy your desire to win by accepting the reality of your current station. Understand that what is, *is*. Adaptation in the evolutionary world brings about the winners and survival of a specie.

Your adaptation to what is will result in reduced conflict and better outcomes for yourself and your children. You may just find, that as an added bonus, the mending of a relationship that has been estranged and additional accomplishments you thought that you could not achieve.

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