

# Being Imperfect Together – 09-03-15

## Disconnection: The Need For Forgiveness

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Despite the rumble of thunder and a gently falling rain, a lone house finch sits at the birdbath and sings as though all is well with the world. I envy his care-freeness because all is not well in my world. I am feeling really "disconnected" as I linger over my morning coffee, re-playing an incident that recently happened during a visit from my niece. My distress with her hangs on and with it, sadness for our separation and fear of losing what relationship we did have.

I don't want to focus on her pattern of behavior that triggered our harsh words. It's one all too familiar in my family -- and leaves us all walking on egg-shells. The need to address it is long over-due. And so, I did, quite adamantly...very unexpectedly. And while her colorful verbal reaction to me was somewhat unsettling, I knew that somewhere within the mess of our exchange, she had gotten my message.

At the time, I could walk away feeling satisfied that our painful interaction had not been in vain. To her credit, she did eventually apologize but, for the next few days, I felt the pain of our disconnection and continued to replay the "story" of what happened, verbalizing out loud all that I still needed to say to her. Obviously, I'm still in the process of forgiving her.

Some time prior to this happening, I had discovered Dr. Gail Brenner's blog titled: 10 Life-Changing Facts About Forgiveness. ([www.gailbrenner.com](http://www.gailbrenner.com)) I find myself relating to #3: Forgiving doesn't mean you approve of bad behavior. Here Dr. Brenner states: "Forgiving doesn't mean you let that other person off the hook. It means you're letting yourself off the hook. If other persons have wronged you, they need to walk their own path about what they did. Your path is your business. You can't control what happened or other people's behavior, but you can control how you meet your own experience."

As long as I persist in focusing on her behavior and verbal attack, I can get stuck in ruminating on what happened. This feeds my resistance to letting go and being able to shift my perspective to the larger view -- to re-frame what happened in the context of our entire relationship.

During these weeks that have passed since our painful encounter, I have had time to ruminate, reflect and begin to re-frame this experience. I am trying to create a space within my heart to repair and restore how I am in this relationship that I so cherish. I suspect we've both learned more about ourselves and about each other, which opens us to either further distancing or, reconnecting. I'm counting on the latter.

Our heart knows what our mind has forgotten -- it knows the  
Sacred that is within all that exists, and through a depth of feeling we can  
Once again experience this connection, this belonging.

Llewellyn Vaughan-Lee

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