Crossing a Threshold

One woman’s difficult journey from Miss to Mrs.

December 3, 2015 As told to Kate Ferguson

Two years ago, I found myself at an unsettling turning point in my life. I’d decided that my boyfriend, whom I’d allowed to re-enter my life after a separation of eight years, was totally wrong for me. I’d resumed our relationship with high hopes. We’d talked about the problems that previously caused the relationship to fail, and felt ready for a redo. But one huge obstacle resurfaced: I still distrusted him and time wouldn’t change this. Once again, we ended the relationship.

This was it for me. I’d decided that I was done with relationships. I was ready to ride off into the sunset—alone. I wasn’t looking for anyone and didn’t want a relationship. I just wanted to get on with my life.

Then I met someone and fell in love. After a while, he asked me to marry him. Although I was convinced this was the right move, I balked. The truth is, I was afraid.

But one day, I confronted my fears and set them aside. Now, I was ready to trust in love again.

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http://beta.docker.realhealthmag.com/article/relationship-turning-point-28149-2691