

The Beauty Of Being A Single Parent

All I ever hear is how difficult it is to be a single parent. Almost every single parent I've ever met laments about how terribly difficult it is. I'm a single parent and don't find it to be all that difficult. It is what it is. Parenting isn't the easiest thing I've ever done, but hey, what is when you first start out? I liken this whole situation to when I quit smoking. When I was "trying" to quit, all I heard was how difficult it was going to be. Everyone had an opinion. It wasn't until I let go of all of that and said to myself how simple it was going to be, that I quit. In my mind being a single parent is the same. And so far (my daughter's now 3) it's not that difficult. In my opinion it would be much harder to have arguments with my ex in front of my daughter, than it is being a single parent. My point is that being a single parent is as difficult as you think it is. If you think about how hard it is, and how you wish the situation were different than it is, guess what? The situation is going to be difficult and hard. You can think about your situation in the opposite way. You can spend your mental energy focusing on what's great about the situation. Such as how much time you get to spend with your child and how blessed you are that he or she came into your life. As you know, having a child incarnate into this world is an outright blessing, and it should be treated as such. The bottom line is that being a single parent isn't difficult for me because I spend my energy focusing on what's great about it, rather than what's not so great. At the end of the day, it is what it is, and the important thing is you're child. Harrison Ford hit the nail on the head when he said, "Parenting is an impossible job at any age." I would also add, whether there are one or two parents present. It's an impossible job, so all we can do is the best we can.

About the Author

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