

Unraveled *roots*

Chapter 6: Where Do I Grow Now?

KARIN BARBITO | MELINDA MEANS | LISA ROWE, LCSW
FOREWORD BY KATHY KOCH, PHD, PRESIDENT, CELEBRATE KIDS, INC.

Unraveled Roots: Exposing the Hidden Causes of Damaging Behaviors

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Unless otherwise indicated, all names of people in the stories and examples in this book have been changed. Stories are based on interviews and correspondence with the authors. Specific, identifying details and circumstances have been altered to protect their identities and/or the identities of others referenced in their stories. Accounts have not been verified and are based on the remembrances and perspectives expressed by the persons interviewed.

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Chapter Six

Where Do I Grow Now?

By now, we are hoping you are feeling unraveled in a good way. That your eyes have been opened to the reasons behind the choices you've made and the destructive cycles you've been trying so hard to break. And we acknowledge that you may also be feeling unraveled in a vulnerable way. A little bit at loose ends. You know the "why" now, but you don't fully know the way. The way forward. *How do you move forward into a new way of living? What does that look like? Can your life really be different? Are you really strong enough?*

Healing comes in layers. We encourage you to get connected with a local support group or church community.



Each of us—Karin, Melinda, and Lisa—at different times and in different ways, have been at this very same crossroads. Feeling weak, weary, inadequate, and weighed down in our dysfunction. In fact, we have been and will be at this place numerous times throughout our lives. Change and

growth is an ongoing journey. Healing comes in layers. The best news we can possibly leave you with is this: You *do not* have to do this alone. You weren't *meant* to do this alone. We encourage you to get connected with a local support group or church community. We have been greatly inspired and stretched through our personal relationship with God and our continually growing relationships with others who are positive and encouraging. God Himself wants to walk alongside you in this new journey. We can't end our time together without sharing with you about Him because He has made all the difference in our journeys. This book is the fruit of the healing God has done in each of our lives. We didn't earn it. We were just desperate for a love that would never leave us. In that desperation, each of us, in our own way, cried out, "God, show me more of Who You are.

If You really love me, if You're really there, show me a better way." *And He did.*

That's a prayer we believe God longs to answer. In our experience, a real relationship with God always starts with a sense of His love. Knowing we're loved is essential to trust. God doesn't just want us to have a "better" life. He wants us to have a relationship with Him. But it's our *choice*. Often it's a choice we make when we are out of other options. For Karin, it was when she realized that sex and substances could not numb her pain or fill the longing in her soul for unconditional love and acceptance. For Melinda, the moment came when she had exhausted all her efforts to earn God's love, "fix" her family, and heal her tortured mind and ailing body. For Lisa, that moment came when she found herself pregnant and realized that the marriage she had fought so hard to save was literally crumbling before her eyes, along with her shaky self-esteem.

Someone bigger than ourselves was going to have to show each of us a better way. Sure, it was risky. But we were just desperate enough to take the risk. We are different people because of ex-



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periencing God's love. Real love didn't magically change our circumstances, but it did radically change our perspective. It empowered us to keep walking when it was hard and heavy because we knew the journey was being led with love. A continual, close, and loving relationship with God is the only choice that brought us peace and lasting fruit.

We have additional resources in the back of this book if you're interested in learning more about how to pursue this journey of faith that has made all the difference for us.

Embrace the journey

You're at a crossroads. Which way will *you* go? A new path *is* risky. We warned you about that from the very beginning of this book. Be patient with the process. Be kind to yourself. You didn't get here overnight. You won't

establish healthier habits and patterns overnight either. There will be ups and downs. It's going to be tremendously hard at times. There will be days when you feel like you're making no progress at all. Some people may fight to keep you in unhealthy patterns because it's in *their* best interest. It allows them to continue in *their* unhealthy patterns. You'll feel like giving up. You'll try to convince yourself it's not worth it.

Take it from three women who have been walking this new path out for quite a few years now: It *is* worth it. Change—even good change—feels scary and unpredictable, but it will get *easier*. Choices that seem so hard at first will eventually become a natural way of living. No matter what your past looks like or how many mistakes you've made, growing new, healthier fruit *is* possible. One choice at a time. One step at a time.



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Remember this: Your journey up to this point has just led to more pain. This *new* journey will also be painful and difficult. But here's the key difference: The pain of this *new* journey has a beautiful purpose. One step at a time you can now walk toward a healthier, freer place. You will be leaving a healthier legacy for your family, community, and world. You will inspire others around you, too. Share this book with them. Share your journey. The path is always sweeter with encouraging fellow travelers.

Whatever you give up or lose along this new pathway, you will gain much, much more in return. Which way will *you* go? It's your choice. May your journey be fruitful. We're rooting for you.



“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit . . .”

John 15:4-5 (NIV)

Resources

Alcoholics Anonymous (AA)

212-870-3400 | <https://www.aa.org>

Narcotics Anonymous (NA)

818-773-9999 | <https://www.na.org>

Support After Abortion (SAA)

844-289-HOPE (4673) | <https://www.supportafterabortion.com>

Overeaters Anonymous (OA)

505-891-2664 | <https://oa.org>

National Eating Disorders Association

800-931-2237 | <https://www.nationaleatingdisorders.org>

National Suicide Prevention Lifeline

800-273-8255 | <https://suicidepreventionlifeline.org>

National Domestic Violence Hotline

800-799-7233 | <https://www.thehotline.org>

RAINN: Rape, Abuse, Incest National Network

800-656-4673 | <https://www.rainn.org>

Childhelp National Child Abuse Hotline

800-422-4453 | <https://www.childhelp.org/hotline/>

The National Center on Elder Abuse

855-500-3537 | <https://ncea.acl.gov>

Co-Dependents Anonymous

888-444-2359 | <http://coda.org>

Lifetime Adoption Hotline

800-923-6784 | <https://lifetimeadoption.com>

National Alliance on Mental Illness

800-950-6264 | <https://www.nami.org>

National Human Trafficking Hotline

888-373-7888 Text 233733 | <https://humantraffickinghotline.org>

Grief Resource Network

828-726-9554 | <https://griefresourcenetwork.com/crisis-center/hotlines/>

Grief Anonymous

<https://griefanonymous.com>

American Pregnancy Helpline - Miscarriages

866-942-6466 | <http://www.thehelpline.org/>

National Problem Gambling Helpline

800-522-4700 | <https://www.ncpgambling.org/>

Sex Addicts Anonymous

800-477-8191 | <https://saa-recovery.org>

Crisis Text Line

Text 741741 | <https://www.crisistextline.org>

Christian Broadcasting Network with the 700 Club Prayer Line

800-700-7000 | <https://www1.cbn.com/prayer>

Joy FM Prayer Line

877-800-7729 | <http://florida.thejoyfm.com/>

Trinity Broadcasting Network Prayer Line

888-731-1000 | <https://tbn.org/>

Daystar Prayer Line

800-329-0029

Breakthrough Prayer Line

800-424-8644

Life Outreach International Prayer Line

800-947-5433 | <https://lifetoday.org/>

Morris Cerullo Prayer Line

866-756-4200 | <https://mcwe.com/>

Crossroads Prayer Line

866-273-4444 | <http://www.crossroads.ca>

Family Broadcasting Corporation Prayer Line

800-365-3732 | <https://familybroadcastingcorporation.com/>