

03-10-18

THE PERSON I CHOSE FOR THIS EXERCISE, IS MY WIFE OF ELEVEN YEARS. MY WIFE AND I ARE CURRENTLY SEPARATED, AND HAVE BEEN FOR ABOUT FOURTEEN MONTHS.

I REQUESTED TO SEE HER, NOT SURE HOW SHE WOULD RESPOND. BUT NOT TOTALLY TO MY SURPRISE SHE GLADLY EXCEPTED MY INVITATION. WHEN I ARRIVED SHE SEEMED HAPPY AND EXCITED TO SEE ME.

DURING THE SEPARATION WE HAVE TALKED MANY TIMES ABOUT THE WELL BEING OF THE TWO CHILDREN THAT WE SHARE TOGETHER. WE RARELY TALKED ABOUT OUR MARRIAGE OR OUR RELATIONSHIP.

THE CONVERSATION BEGAN WITH MOSTLY SMALL TALK, LIKE HOW EACH OF US WERE DOING. EVERYTHING SEEMED FINE, BUT AS THE CONVERSATION WENT ON, I GROW NERVOUS, BECAUSE I KNEW WHAT I WAS ABOUT TO DO

ALL OF A SUDDEN I WORKED UP THE NERVE TO BEGAN THE EXERCISE. I CALLED HER BY HER NAME, [REDACTED] AND I TOOK HER BY THE HAND. I TOLD HER, HOW VERY SMART AND BEAUTIFUL SHE WAS, AND HOW I LOOKED UP TO HER IN SO MANY WAYS.

I told her that I admired the fact that she is such a wonderful and loving mother to our children.

I moved my hands up to her shoulders and I could feel her actually begin to shake. Feeling the power of the exercise, I placed my hands on her face. I looked so deep into her eyes, that I can see my reflection in her eyes. Ever so softly I held her face and finally I said the most magical and powerful words, "I love you".

She exhaled as if the whole world was just lifted off of her chest, and she began to cry uncontrollable. Saying nothing more, I just held her, and allowed her to wet the top half of my shirt with her tears. After a few minutes she looked up at me and said, "Thank you, you just don't know how long I have been waiting to hear you say that."

As for me this has been by far one of the meaningful days of my life.