

Are You Thinking Of Reconnecting With Someone?

Anyone who has made the decision to end a relationship has no doubt thought about resuming that relationship at some point, no matter how bad or even abusive it was. This is especially common when a person ends a relationship with someone in their family.

I really think this is because God made people to need relationships, in particular those with our families. Ending a familial relationship is simply abnormal, no matter how valid the reasons. It goes against nature so it's very painful to do & also to live with. As a result, it's only natural to reconsider the decision to go no contact with family. When parents are involved, that decision is doubted even more often.

If you're reconsidering your decision to end that relationship, first of all, please know you aren't abnormal, a glutton for punishment or anything else bad you may be feeling right now. You're normal. In spite of the tremendous amount of prayer & consideration that goes into going no contact, I seriously don't think there is one person who doesn't have doubts about it at some point. I certainly haven't talked with anyone who hasn't doubted their choice. I can honestly say every single person has, including myself.

Even when you end a relationship with a family member, chances are slim that person will be out of your life entirely. You may see each other at family parties, reunions, weddings & funerals. Even if you haven't spoken to each other in a long time, you still share relatives & that means that they will mention that person at some point. They may mention what is new in that person's life or that they saw that person recently. If that person develops health problems, you are guaranteed to hear all about it, whether you want to or not.

When you see that person after ending the relationship or when a mutual friend or relative mentions that person is having health problems, those are especially likely times for you to consider reconnecting. Before you do that, please pray & think long & hard before you do anything.

When you pray about it, listen to what God has to say. He probably won't give direct orders by saying, "Thus sayeth the Lord...." Instead, you may feel a "knowing" about what you need to do. Listen to that! I firmly believe those "knowings" are from God.

Also think long & hard about what this person you're considering reconnecting with is doing. When your mutual friend or relative talks about that person, do you see old familiar patterns in that person's behavior? Is that person still controlling? Critical? Abusive? If so, reconnecting is a terrible idea!

Another thing to watch for- if that person has told someone to tell you that they are sorry, do that person's actions back up the words? Has the person accepted responsibility for their abusive actions? Did she mention specific acts that she was

apologizing for or did she say non apologies like "I'm sorry you feel I was mean to you" or "I'm sorry for whatever it is you think I did wrong"? Non apologies are NOT real apologies! They are said only to lure you back into the relationship.

Also watch the person's behavior. Does that person respect the fact you wish to stay no contact or try to contact you even years later? Safe people don't like when someone ends a relationship with them, but they respect that person's decision. They don't inundate them with phone calls, texts, emails, posts on social media, etc. They stay out of the life of the person who ended contact with them. Unsafe people are much different. If they don't want to end a relationship, they often harass, stalk, & bully. My mother & I stopped speaking to each other in 2016, & all was fine.. until my father was dying in October, 2017. Suddenly she called & sent me notes in the mail often & the flying monkeys attacked constantly. Two months to the day after he died, & also two days before Christmas, I received a letter from her lawyer in the mail trying to force me to talk to her. This behavior shows me that nothing has changed with her. She still believes what she wants is what matters.

So if you are considering reconnecting with someone, then please consider what I said. Pay attention to what you hear & observe about the person before allowing that person back into your life. And most of all pray! God will NOT lead you wrong!