

## **Kate's Story – I Set A Bad Example**

There are so many guilty memories. I did some terrible things, and sometimes I still feel haunted in my dreams.

The ones that hurt the most are the times I hurt my children. For years my children and I have shared my awful secrets without talking about them, how I raged at them when they were innocent, how I accused them when they hadn't done anything wrong, how I embarrassed them in front of their friends.

Years later, I still haven't actually apologized. But now we have the habit of sitting down for dinner at the table. They regularly hear me give thanks for having loving and forgiving children.

Someday I may find the courage to express myself more directly, to say "I'm so sorry this happened in our family". I'm so grateful it won't be too late. I set a bad example and they didn't follow it.