

Chapter 4- WHY ME!?!

Key #2 Everything Happens For a Reason

WHY ME!?! This is the burning question ~~that~~ many people struggle with when any kind of major trial or disappointment comes along in their life. This seems ~~to be~~ especially true when we are doing everything we can, giving 200%, yet nothing seems to ~~work be working~~ out! ~~In that moment, we~~ ~~It is easy to start to~~ feel "picked on" when everything we hope and dream for ~~is~~ blowing up in our face, despite our best efforts.

I remember asking "Why me?" over and over in my mind grasping for understanding after my divorce and even more so when I ended up in jail. ~~Sometimes it would come out as a scream through anger, and frustration, or as a desperate plea for understanding through sobs of hurt, betrayal and disappointment. During these incredibly difficult times I simply could not understand why this was happening to me! I had been kind, loving, and forgiving in both of these relationships. I had given them my all, yet the payment I received was divorce, heartbreak, and jail!~~

~~I could not help but scream Why me!?! I found that this is~~ As a very common question amongst divorcees, ~~Especially~~ especially when the divorce was a result of the other person's poor choices, ~~many find anger or bitterness when they don't find an answer, or a lack of effort on the partners part to save the marriage and make it successful.~~ We all get married with a heart full of hope for a blissful union and our own "happily ever after," yet for so many, that does not happen. I think the sting of this disappointment can be especially brutal for those of us who were planning on eternity for our marriage. When we look at difficult trials from a mortal perspective, ~~we find it seems that there is~~ a lot of injustice. However, when we take an eternal perspective, it is easier to understand why these things happen. We are all here on this earth to learn and grow, this learning and growth often stems from or includes trials.

When Adam and Eve partook of the fruit of the tree of the knowledge of good and evil in the Garden of Eden, God told them ~~that~~ they would have to learn through their own experience to distinguish good from evil. ~~There is a dichotomy in all things. To know joy, we must know pain; to know peace, we experience anger; to know happiness, we know sadness, and so forth.~~ This is the purpose of mortality. ~~W~~We are to learn through our own experience and become like God. ~~If we choose to let them, and~~ our experiences here bring us closer to that end goal.

~~if we choose to let them. There is a dichotomy in all things. To know joy we must know pain, to know peace we experience anger, to know happiness we know sadness, and so forth. We would not comprehend the light and the joy good without knowing the pain of evil and suffering.~~

The Savior suffered all things, so ~~that~~ He would know how to succor His people. ~~B~~because He ~~had~~ experienced each of our pain, He truly knows how each of us feels as we face trials, disappointment, and adversity. ~~I believe~~ This concept is the same for us; sometimes

Commented [KC1]: All redundant as this was expressed in your story originally.

Commented [KC2]: I included this. I just moved this all up to an earlier point as it flowed better there.

we have to suffer through things so ~~that~~ we know how to help those who come on the path behind us. Everything happens for a reason. ~~I believe T~~that reason is to aid in our growth and enable us to help those around us, as well as to help those around us.

Why bad things happen to good people-

Sometimes when we go through difficult experiences and have major trials, ~~we it is easy to~~ doubt God's existence or His love for us. Realizing that God really does love ~~us—and us and that~~ these experiences are given to us for our own learning and growth and ~~progression—helps progression is key to us~~ healing from heartbreak. Bad things do not happen to us or those we love because God is angry at us, or because He wants to punish us. ~~I do not believe in that type of God. I believe B~~bad things can happen when we make poor choices and don't obey the guidelines ~~that~~ the Lord has set for us, but these are natural consequences to those choices and not a punishment from God. ~~not because we are being punished by God, but because these are the natural consequences of those choices.~~

Commented [KC3]: Em dash used for emphasis

Commented [KC4]: Rewrote to fix awkward wording

~~I believe~~ God gave us commandments to protect us, not to restrict or control us. When we are being faithful and obedient to His commandment (both personal and general commandments) He wants to pour additional blessings on us, but when we are not following His laws, he can not. Obedience is not about punishment, but rather it protects us it is about protecting us from harming ourselves through natural consequences, and allows Him wanting to shower His blessings on us.

All ~~of these~~ things we have been commanded to do follow bring blessings through obedience. However, ~~that~~ does not mean ~~that if~~s we are obedient, everything will go our way. ~~I used to think this was the case which is why I was so angry and disappointed when my marriage failed miserably despite me following the commandments and doing my best.~~ Following God's laws will not make life ~~free from trial~~trial-free; it will, however, make it easier to endure our trials, and though and it will help prevent self-inflicted suffering from poor choices.

Just as with the brother of Jared when he was trying to light the barges to cross the ocean, God can tell us what won't work to bring light to our lives, ~~(commandments)~~, but it is up to us to make choices and figure out what will work.

Commented [KC5]: This doesn't make sense here. You said won't work....The commandments are what doesn't work in our lives?

Commented [KC6R5]: Also, the format up above is because I moved the whole brother of Jared part to the last paragraph. I didn't belong with the idea that other's choices can cause you pain.

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We also must remember that others have their free agency just as we do and God can not take this away to protect us. Sometimes, ~~as was the case when I went to jail,~~ we suffer for the poor choices of others. I ~~did~~ very little to deserve such dire consequences; ~~the reason~~ I was there ~~was~~ largely because of the selfish and poor choices of others. However, I did receive a great blessing: a greater understanding of the Savior's Atonement. One of the greatest blessings of that whole experience for me was a better understanding of the Savior's Atonement on so many levels. I learned how it felt to be betrayed, and got a small taste of what it feels like to suffer because of others' mistakes.

Kindergarten vs. Graduate school

Commented [KC7]: I suggest having a different title. Kindergarten vs Grad School—Not comparing ourself to others. (something to indicate what this section is about)

~~Another thing-~~ I have found ~~is that~~ when things go wrong, it is very tempting to look around and compare our lives and experiences to ~~that of~~ those around us. We may look at the woman who seems to have everything together and has been blessed with the home and family that we want and feel it's unfair. We may see the person who doesn't seem to try nearly as hard as we are, yet they have the job, car, home, family ~~ect~~ of our dreams. This is part of the WHY ME!?! ~~Dilema~~dilemma.

~~it is easy to look at them and go why can't I have that? Why is everything so very easy for them when everything seems to be a battle for me?~~

Commented [KC8]: Redundant

I certainly felt that way when I ran into Cristian and Bernice a couple years later. He was driving a nice new jeep, wearing nice new clothes, and she had a giant rock on her finger, while I was struggling just to survive. Why did she get the marriage I wanted? Why hadn't she suffered the consequences of her sins?

In a spiritual seminar, I heard a women describe what seems to be inequality of trials this way: Some souls are older, wiser, and more experienced than others. So some of us are taking graduate level courses in the school of life, while other souls are still in ~~k~~Kindergarten. When we are in Grad school, ~~we could it is easy to~~ look down on the Kindergarteners and think how wonderfully easy life must be. ~~We may even be envious.~~

However, we need to remember that we ~~each experience are each given~~ the trials ~~and experiences~~ that will help us ~~to~~ become better. Just as you wouldn't give a 3 year old a triple scoop ice-cream cone, God only gives us what we ~~can are capable and ready to~~ manage at that time. For those in Kindergarten, the problems they ~~are~~ experiencing are just as difficult for them as our ~~problems~~ are for us. Also, ~~you should it is important to~~ remember ~~that not everything as as it seems from an outsider's perspective,~~ others may have major trials ~~that you don't see, have no clue about. When feeling discouraged and like life is not exactly fair, know that it isn't, with greater trials come greater blessings either in this life or the next.~~

There are no accidents-Blessings in disguise

~~I wholeheartedly believe that E~~everything happens for a reason, ~~meaning this does not at all mean that bad things happen because people somehow deserve it. It means that~~ our lives are perfectly orchestrated. ~~Our~~ Heavenly Father, the Savior, and our own eternal spirit, knows the plan and where we are headed. Each experience we have ~~is to help~~ us learn and grow, and prepares us for something down the ~~re~~ road, either in this life or eternity. ~~I do not believe in coincidence, the universe does not work that way.~~

Commented [KC9]: FYI, I am taking out all of your "I believe" statements because it weakens your book. You want to help me and convince them, not wishy washy say this is just your opinion. :D

~~There are no "accidents" in our lives. It is not just a randomly thrown together series of experiences. We all have a specific journey and mission and each experience prepares us for that.~~ The Savior suffered all things so ~~that~~ He would know how to succor His people. ~~B~~because He ~~had~~ experienced each of our pain, He truly knows how each of us feels as we face trials, disappointment, and adversity. ~~I believe T~~this concept ~~applies to is the same for us,~~ sometimes

Commented [KC10]: Redundant

we have to suffer through things so ~~that~~ we know how to help those who come on the path behind us.

~~I know. We~~ all have stories of disappointment when something happened in our lives that was not what we had planned for, or expected. I'm sure each of us also has at least a story or two of when that perceived disappointment actually turned out to be a great blessing in disguise. This ~~just goes to show~~ how the Lord has perfectly planned ~~out~~ our lives ~~are~~.

For example, when I was inspired to write this book and begin my seminar company to help LDS divorcees, I was really struggling financially. Ever since the incident with Cristian that ~~had~~ landed me with a criminal record, ~~I could not find it was nearly impossible for me to work in my field—health education. field. Health education was already such a competitive field without having a record that caused me to be completely weeded out and even unable to apply for many positions I would enjoy.~~ I kept praying, fasting, and asking God what I should do. Over and over again, ~~I received the same answer: the answer was the same~~ share your story to help those who are struggling with divorce and heartbreak.

This was not something I wanted to do at all. ~~Being a private person. I had always been very private about my personal life and~~ the last thing I wanted was to share my painful and humiliating story. ~~the story that was so painful and humiliating to me. I felt like B~~ by doing so, ~~I felt~~ I would get stuck in the past reliving the experience over and over, and ~~that~~ everyone would ~~be judging~~ and ~~making~~ incorrect assumptions about my character. ~~I just wanted to leave the whole awful experience in the past and move forward with the valuable lessons I had learned.~~ Yet, nothing worked out as far as a source of income, and I kept receiving personal revelation to share my experience, about what Heavenly Father needed me to do with my experience.

After 3 years of severe financial struggle, including homelessness and many months ~~when I could not even buy food, where I was not able to even buy food;~~ I finally got a good paying job offer in Arizona. I moved to Phoenix to start this job and quickly realized ~~that it wasn't what I was told. not at all the job I was told it was. I thought was under the impression that~~ I would be working as a telephonic Health Coach, however, I ended up in training to work at a health plan call center. I did not like the job, however, I desperately needed a good income to pull myself out of a financial mess. Due to this, I committed to stay at myself that I would stay there at least 6 months or more until I found another good paying position.

I was praying and fasting for the strength I needed to work at this dead-end job. do this job that I was not excelling at or happy doing. One night ~~while I was~~ wrestling with the situation in my mind, ~~I then~~ wrote out all the reasons I needed to keep the job and made a plan to about how I would use the money to pay off my debts and get my business going. I felt peace about this as I walked into work the next morning. ~~However, Wouldn't you know it, that is the morning they~~ pulled me into the office and let me go because I wasn't catching on quickly enough. ~~They said I wasn't catching on to the position as quickly as they would have liked.~~