

# Vow Exchange

I understand I made a vow to pursue no one but her, I understand that I made it from deep love, fear, grief, and a desire to repair what has been broken. I now release any part of that vow that binds me to another person's choice, limits my healing, or turns love into attachment. I do not release my responsibility, my accountability, or my commitment to becoming a better man and father. I replace this vow with a healthier one. I vow to act with integrity, to respect her autonomy, to protect my children from emotional chaos, to heal honestly, and to love without control. If reconciliation becomes possible, I will meet it with maturity. If it does not, I will not use devotion as a cage for myself or for her.

## Questions For Kiara:

- How did this all feel for you? What were your emotions?
  - She felt dirty and gross. I damaged her feeling of self worth?
- What does progress look like without the guarantee of reconciliation look like?
  - Actually being a good person, keeping promises
- What parts of what I did made you sure you can't be w/ me?
  - Denying/Lying, She hated how I was a coward, and she said this was my last chance.
- What other things have I done to hurt you that you still feel and think about?
  - I sent her to the hospital because I made her feel crazy.
  - Leaving for Virginia while she had to sleep on the floor. She had no food for her or Kass while I was careless and did have food and a bed.
  - My actions showed her that she was nothing to me.
  - Always lying about things when caught, avoiding accountability, turning things on her and gas lighting.
- What would you need to see change over time for an 'Us' again?
  - Be a good person.

- What is it that bothers her about me being around to see the kids for an extended period of time
  - Irritated when schedule is thrown off bc I'm around her
  - Not comfortable with me at her house alone

- When Kaius is crying, no extra noise.

- What is her main concern about me seeing the kids for Kaius birthday? I understand why asking to stay there is a big ask.

- She made plans on Saturday with her mom to take the kids to the zoo.

- She doesn't want me to be crazy.

- She doesn't love me romantically anymore

- Said she loves me but feels nothing romantically at all anymore. I can't assume she would ever love me again.

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Yeah, that makes sense. I really need to accept she has moved on. Even before, we always admitted we still loved each other. Maybe it's possible that I am meant to feel pulled to her this way even while her romantic feelings toward me have dissolved into nothing. That is ok if it's true, my spirit chose this life before it got here. I can't imagine I'd choose to do this and hurt her, and also choose to feel this way, for nothing. I will accept whatever comes or doesn't come acting with maturity.

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- Oh nevermind, she said she loves me romantically.
  - Why would she lie about that?

• What made her feel like she was already able to do download tinder or pursue other people?

- She feels like at this point she doesn't love me and just needs to pick herself up by her britches.

- She is almost 30, and doesn't want to wait.

• She said she actually does love me. I wonder why she said she didn't yesterday, that that really made me feel pain. I don't have a better word for it.

• Does she believe that I believe it when I say that I won't ever hurt her again?

- "Idk man"

• After my dream last night I feel much better. I told Kiara about it and I got emotional telling her that I was scared to open the door because I didn't know what was behind it, and she might not have been there.

• Idk if this annoyed her a lot.

• I told her I was more sure of my pull towards her  
- Did NOT mention how sad it was at the same time to wake up and realize it was a dream.

• I was in a room that reminded me of the mothers day page. Kiara also said that it's the first time she has ever felt seen by me.

- I think my dream was a reminder that on top of the other things I learned, I must remember to make her feel seen.

Things to keep doing:

- Stop, and slow down when things start to turn into an argument, or if someone is angry
- Instead of saying I will just do something that will affect her and the kids, ask about doing it so it doesn't come off like a command or absolute.
- Just try and live life. Accept things as they come.