**Fear of loosing loved ones..**

Loving someone is such a vulnerable thing because as you give your heart to that person, you don’t know what will happen to it. There is always a risk in love. I’ve found when I think about the people I love most in life, I sometimes fall into the fear trap. I fear rejection, I fear abandonment, but my biggest fear of all is that I will somehow lose them. What if they get sick? What if they get hurt? What if they die? It’s too much to think about so I shut my eyes and shake my head in hopes I can physically remove the thoughts. I can’t, though .I try to tell myself God will protect them. I think about all these things and then my prayers turn to this: please don’t let anything happen to them while I’m here on Earth. I know they would get to be with you, but I’d have to be here without them. Please Please Please...

My dad always says, “We only have today.” And it’s so true. And even today isn’t guaranteed. We will die, all of us. But we are also so blessed to have this one life. And that’s where I find my peace—that I have been given today. I get to live and enjoy my family today. I get to be a blessing to someone else today. I have been trying to change my what if to what now.

What NOW can I do to be in the moment, to enjoy this life. I remember there is no fear in love, so if I don’t want to live in the what ifs, love must be the answer. So today I choose to live in the now, in these beautiful moments, in the love. When the fear comes in, I remind myself that right now, we are here, we are happy and we get to love each other right where we are. Right now is the blessing. It’s all we have.

 Thank you

 I would like to be anonymous.