

## Re: A Conscious Effort to Hurt Them

Writes Jaci Dunsford on this photo:

*There was a deep anxiety present in my parents as they brought me up. Sadly, because this becomes unconscious, I fear it was still there in me when I parented my children. It takes some overcoming – first by acknowledging it, then by owning it and seeing it for what it is.... and then letting it go, for good.*

I'm glad I found the peaceful path as early as I did. My son, now 7, still remembers me spanking him, but neither her nor his little sister will ever be hit again.

Skyler.