

Choose a Better Path – Kent Darcie

Kent Darcie is the founder and director of Adult Children of Divorce Ministries, and a Limited Licensed Professional Counselor at Reconciliation Ministries of Michigan, Inc. He specializes in marriage counseling and men's issues. His book, Choose A Better Path, is available at www.Hope4ACD.com and Amazon. Kent is available for speaking engagements, and is accepting new counseling clients.

If your parents are divorced, it can be a hassle at times, but overall it's no big deal, right? Let's do a quick check.

- Do you have trouble trusting people?
- Are you secretly fearful that whatever situation or relationship you're in will suddenly fall apart?
- Do you dread or hate Thanksgiving and Christmas?
- Do loved ones or friends say you have a problem with anger?
- Do you often feel worthless or inadequate?
- Is the real reason you avoid marriage or decided to live together because you're afraid you can't do the marriage thing successfully?

If so, you're not alone. It's common for the millions of adults with divorced parents to have these types of struggles. I did for years.

My parents divorced when I was thirteen. Well into my adulthood I denied being affected by their breakup. It's true I had some anger issues—BIG TIME anger issues, but I blamed my anger on other people and other things.

At a *Marriage Encounter* weekend, the Lord challenged my denial by telling me that I was on the same emotional path as my father who is an adult child of divorce (ACD), as was his father and grandfather. At that point, my father had divorced twice and was heading toward his third marriage. Given I loved my wife dearly and was deathly afraid of losing her (common ACD trait), this got my attention.

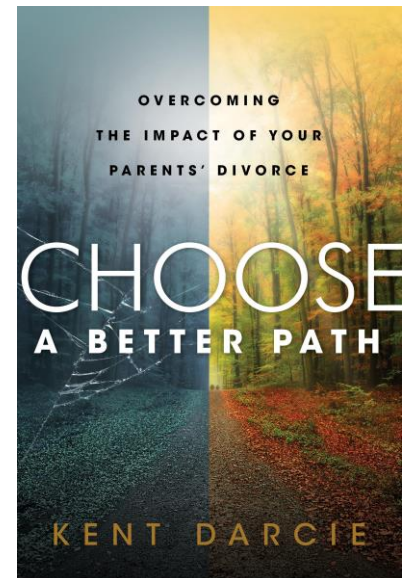
Via a divine series of events, I realized I was still being impacted by my parents' divorce and learned that there were millions like me who were clueless to this truth. After researching books, articles, talking to counselors and authors, and speaking with adults with divorced parents, I created a seminar to present what I'd learned. My first seminar was in 2004.

In the following years I presented pulpit teachings, workshops, and full day seminars. My inspiration is based on 2 Corinthians 1:3-4,

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." NLT

I've received God's comfort and share this information so others can receive God's comfort and share this information, and the generational cycle of divorce can be broken. My ministry does this without bashing divorced people or dishonoring divorced parents.

A lot has happened since 2004. In 2014 Adult Children of Divorce Ministries became a tax-exempt, non-profit organization. In 2018, I received my Masters in Counseling Psychology from Moody Theological Seminar. In 2019, *Choose a Better Path* became available to the public.



Choose a Better Path addresses the common issues that affect ACD, but in a unique and user-friendly way. Each chapter has an introduction and summary and contains a series of two-page narratives, stories, and teachings that explore the various challenges ACD face. Prayer and journaling is strongly encouraged to help readers achieve the maximum impact of the book.

The chapter headings indicate the journey readers take.

1. We're Probably Not Doing Fine (the Real ACD's World)
2. Triggers That Kill Relationships
3. Living a Fear-Based (and Not Knowing It)
4. I Trust One Person, Me
5. I SAID I'M NOT ANGRY!
6. I Really Miss My Dad (the Pangs of Father Hunger)
7. Sifting Through the Rubble of Gray Divorce (When parents wait until we're grown to divorce)
8. Why Do I Want to Cry When I Smell Waffles? (Grieving in Disguise)
9. Lord, I Don't Want to Forgive
10. Equipped for the Road Ahead



For me, a pleasant surprise was how *Choose a Better Path* has affected divorced parents. Here's an example,

"I didn't know how my kids might feel until I read this book. I'm so much more mindful now of how they may be feeling. It made me re-evaluate how I say things to my kids." Carol R.

An adult child of divorce shared,

"As an ACD, I didn't realize the negative impact my parents' divorce still had on me until my husband mentioned it early in our marriage. This book does an amazing job of shedding light in order to bring true healing." Renita C.

Now, if you're like I was and thinking this really doesn't apply to you, please ask your spouse or close friend to read this article and get their opinion. If I had I listened to my wife's concerns years earlier, a lot of pain for her and my family could have been avoided.

The *Choose a Better Path* book is just one tool that is available at www.Hope4ACD.com. Our website includes blogs, podcasts, and resources that can help ACD, and those who love them, deal with the issues and complications that come with divorced parents, stepparents, ex-stepparents, and assorted others.

I encourage you to take your first step toward a healthier relationship with God, yourself, your spouse, and others and check out *Choose a Better Path*. I'd love to hear about your journey. I can be reached at info@Hope4ACD.com.

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If you or someone you love is struggling as an adult child of divorce, contact Kent at info@Hope4ACD.com. He is available for counseling at Reconciliation Ministries by calling 586.739.5114.