

I HAD TO STAY STRONG FOR MY WIFE

A father's journey

Bill's 21-year-old son Brad and 19-year-old daughter-in-law Samantha were killed by a drunk driver in 2007

BY BILL DOWNS, adapted from the book,
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I was dying inside

Call it ego or call it instinct—man's will to protect his wife and family is the utmost desire in his heart. To do this, a man feels he must sacrifice his own feelings to protect his family, his wife.

The hardest emotion I have had to express is the pain I felt when my kids died. Losing them because of an impaired driver was a horrific blow to my ego, to the protection I was supposed to give to my family.

I was taught that a man should never cry. I had to stay strong for my wife, when in reality I was dying inside.

I have learned that a real man does cry. Doing so does not make him less of a man. The one thing that made me realize it was okay to cry was when I read John 11:35 in the Bible. It's the shortest of all verses in the Bible: "Jesus wept." When I read those two words in the Bible, I realized that real men cry.

It is okay to show your emotions, men.

Wives, comfort your man. We hurt too, even if we are too proud to admit it.

