

FACING THE WORLD ALONE

A widow's journey

Carrie's 50-year-old husband Robin
Died from a ruptured aneurysm in 2011

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Learning to trust my instincts

The vulnerability I feel since being widowed comes from feeling as though I'm facing the world alone. Sometimes it's overwhelming, but most times I seek out a friend or try to change what I am doing so as not to dwell. I know I never have to be alone, as I have friends and family to be with. Most of the time that is enough.

Once in a while when I have to make a decision, I do feel like I am vulnerable because I do not have a partner to discuss the plans with and share in the decision making. Over the past few years I've been learning to trust my decisions, my instincts, and to go with that.

I've always been the breadwinner of the family so I do not feel financial pressure and being vulnerable financially. At times, I do wish Robin were here to take care of things at some places of business, like a car dealer or hardware store, where I'm seen as a woman and not treated the same as a man. I believe women are still looked at and treated differently than men. Not that I can't stand up for myself, but there have been one or two times when the tone was condescending and I walked away.

I wear my wedding band on my middle finger because I lost a lot of weight around the time Robin passed, so I put it on my middle finger. I also have a tattoo on my ring finger with my husband's nickname and our anniversary date. If I ever do remarry, I'll always have that information under a ring, permanently.

