

## Learning As We Grow - History Is Not Destiny

Myrna Lapres  
May 26, 2025



Coach Myrna, May 26, 2025  
[www.coachmyrna.org/](http://www.coachmyrna.org/)

### Learning As We Grow

Many years ago, my husband and I were having a heated discussion in the presence of our then two-year-old son. Without a word, our son came over to me and took my hand. Pulling me toward his dad, he grabbed his dad's hand and put my hand on top of it. Tears rose in my eyes; I immediately felt the pangs of inadequacy as the parent to my young son.

It has taken me many years to work through the uncomfortable feelings and unhealthy patterns of behavior to heal wounds from the past. Through practicing yoga and meditation, reading numerous books, journaling, joining healing groups, and practicing "telling the truth about myself," I am learning how to break unhealthy cycles and habits and heal through re-parenting myself.

With courage and compassion, we can look at our own past and understand

that **history is not destiny**. We cannot change the past, but we can choose to make a better future.

*By making sense of your own story, you can become the kind of parent and grandparent you want to be regardless of how you were parented. By staying true to the beauty and truth that our children teach us, we become the parents they need.* My children have been the greatest motivation for me to see my way forward.

If any of this resonates with you, I encourage you to start wherever you are and find support. We are blessed to have many resources available to us--in our communities, online, through books, in support groups, collaborating with coaches, counselors, and more. You can find book suggestions (most are available on Amazon and in libraries) that I have found helpful here:

[docs.google.com/document/d/12mOiVol4thx3yIUuUmfO1PWs3wUQ9ySF/editusp=sharing&oid=112786746884112804184&rtpof=true&sd=true](https://docs.google.com/document/d/12mOiVol4thx3yIUuUmfO1PWs3wUQ9ySF/editusp=sharing&oid=112786746884112804184&rtpof=true&sd=true)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

