



Daddy: A Simple Guide to Coping With the Loss of Family, Finding Peace and Setting Priorities as a Newly Single Father

Thomas Dipaolo

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The transition from a family life to being a single parent can be devastating for a man. The challenges seem insurmountable and the pain, endless. As a man, you constantly question, “why” or “how did this happen?” Certainly it was not planned and in many cases you fought long and hard for your family only to find yourself exactly where you had hoped and prayed you would never be. Coming to terms with the loss and separation with your spouse can be crippling in itself but with the inclusion of your children, the anguish can become unbearable. For some men this may mean serving as the primary parental figure. For others this may mean a shared parenting arrangement. Regardless of the level of parental control, when the dust clears one thing will always be very certain. You will never again have your family and you will forever be changed. This can at times take years to cope with and adjust to. At times a man may never truly recover. The change can take its toll emotionally making dating and meeting new people difficult and work near impossible. The depression can cause lost interest in hobbies and activities that you once loved. It can cause a steady and ever present pre-occupation with the life that once was and will never be again. With his dreams shattered and heartbroken all a man can do is try his best to move forward and recover. He must try to be the best parent he can be. Shouldering this disappointment, the ability to salvage what is left, prioritize what is most important and be the best parent you can be within your new limitations can be a difficult challenge. It is however a challenge every single father must take on. Some deal with this better than others, but for very few is this process easy. The goal of this book is to help you understand your new life as a single father and navigate its many difficulties in the best way you can. It will help you to release the past that seems ever present and accept your new life in an effort to provide a better environment for your child. It will help you chose the best path forward in continuing to be a positive and steady presence in your child’s life. As a father you may have lost your traditional family household and your partner but you don’t have to lose your children or your active role as a parent in your children’s lives. This book will also help you to move forward in your own life. It will help you find your new identity and independence and when ready, navigate the difficult world of single parent dating. It is the feeling of loss as a parent that plays the biggest factor in recovery but it is exactly this feeling that will help you heal and find happiness within your single parent lifestyle. By focusing on the responsibilities and joy’s of parenthood, you can find happiness. Contentment can be found even in a shared parenting role and when your child is not with you. You may or may not have had control or involvement in your separation and subsequent loss of family, but as a single parent you regain that control. You can once again dictate and guide your recovery in a positive way. Surfacing from the dust and destruction of separation you can find a new path to happiness and optimism within your future. You can once again find happiness embracing that which is most important; your role as a daddy.

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