An emotional roller coaster is one of the metaphors I use to describe most of the events that have occurred in my life.

From the moment of my birth, I have experienced various emotions that either brought me upright encouragement or brought me some form of uncomfortable discouragement.

I can compare the beginning of my life to a roller coaster cart that had chains attach to it, and was led onto the railway tracks very slowly; just as my parents steered and guided me through the early portion of my life very methodically.

During this period, as an infant, and then as a child, I had to lean on my adult parents to help me grow healthy and wise, emotionally.

However, this could have been a difficult time, since it meant that I would be pulled into any direction that my parents chose for me. This act usually caused a large amount of rebellion

My teenage years of development could be compared to a roller coaster cart that was on a steep railway track and had been directed to gradually rise up in an angle that would lead to a unexpected peak; just as in my teens, my parents presented me with their family traditions which allowed for some freedom of choice between their ideals and my personal experiences.

Just as the roller coaster cart skirmishes up to the top of the railway peak, similarly this teenage phase of life provided an opportunity for me to struggle with decisions of dependence and independence.

Now, I compare my young adult years to the roller coaster cart that has crossed over the first high peak and now the attached chains are loosen and released to bring less restriction on this portion of the ride; just as my parents had to learn to relax their constrictions over my life.

Riding with me on my emotional railway was not easy for either of us. We tried to learned to adapt daily to each other’s emotional practices and accepted the discomforting outburst when the ride got rocky.

Consequently, if both the young adult and the adult parent do not positively and respectfully learn to acclimate on their differences during these periods of their journey, they may find themselves traveling on this portion of the railway in a tug of war mode.

My emotional railway has several sharp curves, high peaks, and dips that drop very low on the track. The cart that I have been assigned swerves quickly, turns very fast and can even go upside down when the track changes.

This railway journey has included days and nights of laughter and tears. There have been emotions of self-doubt and uncertainty to extreme confidence and upmost pride.

I have smiled with a heart of joy and in another moment, I have cried gentle tears with a heavy heart of sadness. My emotional railway has given me several opportunities to experienced many diverse feelings and move forward through each of them.

Every day in my life, I have to learn to allow my emotions to ride on my chosen pathway, no matter which direction it leads me to. I am gradually learning to hold on tightly to my faith and my beliefs in my personal daily traditions. Even though, I have forgotten them from time to time.

However, once I realized that the designer of my railway has a guarantee on me and my cart of emotions and that he would do anything to protect me on my journey; then I knew that my ride was going to be a fulfilling learning experience with many ups and downs.

I do not regret receiving my ticket on the day of my birth. I have been blessed to travel on many emotional railway tracks and whenever I began to fear my journey, I could hear a soft voice inside my cart reminding me that my ride was in the right place at the right time and that I should remember the words, “Fear Not, for I AM with you, even until the end of time”. AMEN

Therefore, I am enjoying this ride, with its emotional highs and emotional lows, and all that is in between.

I believe for me, that “All is well”…