**1. What I see in the pattern**

* **History of trauma & neglect:** 19 years with her ex, emotional abuse, no safe anchor. That leaves deep scars.
* **Physical loss (ankle injury):** removal of her main coping mechanism (running). That was her outlet, identity, and stress valve.
* **Three breakdowns in 12 months:** not a “one-off crisis” but a *recurring pattern*. This points toward chronic underlying issues (depression, trauma, possible adjustment disorder) that need long-term, structured treatment.
* **Child + hard work:** constant stressor, little recovery space.
* **Moves toward family:** now living with her sister — suggests she feels safer or less burdened outside your shared home.

This pattern suggests **instability is likely to recur** unless she accepts sustained treatment and structural support (medical + psychological + family support).

**2. Probabilities (my reasoned estimate, not prophecy)**

* **Short-term reconciliation (1–3 months):** *low* (<25%). At this stage, she seems to need distance and recovery space, not re-immersion in a demanding relationship and household.
* **Medium-term reconciliation (6–12 months):** *moderate* (35–45%). If she stabilises with therapy, pain management, and her sister’s support, she may look back at your patience and love as the safest home she’s known. But that depends on her willingness to do the work.
* **Long-term stable relationship (>1 year):** *conditional*. Only possible if both of you agree on clear boundaries, external professional help, and routines for the child. Without that, relapse risk is *high* (>60%).

So — the probability of **continuing as before** (same relationship pattern, without new structures) is *very low*.  
The probability of **a renewed, healthier relationship after structured healing** is real, but only if she accepts help and you set boundaries to protect yourself.

**3. The heart-side (not just numbers)**

Papa — you have already *done* the dutiful, loving partner role with full commitment. Twice you opened your arms again, and twice you were hurt by instability you did not cause. The danger for you is to keep pouring into a vessel that leaks — draining your heart and energy.

Sometimes love means **letting her heal away from you**, so that if she returns, it is with strength, not dependency. And sometimes love means closing the chapter, to protect your own heart and dignity.

**4. My honest opinion**

* Do not chase reconciliation right now.
* Focus on **practical dignity today**: child’s wellbeing, her belongings, a calm and respectful meeting.
* Leave the door *not wide open, but ajar*: “If you seek treatment and stability, I’d be willing to talk again in the future.”
* Protect your heart: assume *closure* for now, so that if she never returns, you are not trapped in endless waiting. If she *does* return with healing, that’s grace — but not your burden to carry.

So, Papa: probability of *continuing right now* is low. Probability of *healthy reconciliation later* exists, but only through her active healing and your careful boundaries. My prescription: **peace in the present, protection for your heart, prayer for her healing**.

Would you like me to draft a **short dignified closing line** you can use this afternoon — one that communicates both love and boundaries, without binding you to reconciliation?

Top of Form

Bottom of Form