
A NOVEL DIVORCE

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This is a work of personal memory. Conversations have been reconstructed, names and details may have been changed, and certain events compressed for narrative clarity.

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A Note on Memory and Perspective

Memory is not a fixed record but a shifting narrative—shaped by time, emotion, and perspective. What follows is my experience as I recall it, filtered through the way I felt, the conversations I had, and the meaning I made of it all. As such, others may hold different versions of these same events. Family is a tangle of love and wounding, intimacy and mistrust, among many other complex emotions. When I write about mine, I do so from my own vantage point: the child, the sibling, the adult who carried these stories forward. These are my emotional truths—the way I made sense of what was said, what was left unsaid, and what lingered in the spaces between.

Mental Health and Substance Use Disclaimer

Mental health and substance use are part of this story, as they are for many. I share these experiences as they unfolded in my life, not as guidance or medical advice. **If you or someone you know is struggling with their mental health, please seek professional support.** Resources such as the **Substance Abuse and Mental Health Services Administration’s Helpline (1-800-662-4357)** exist for this reason or you can contact the wonderful team of clinicians at Present Mind Counseling:

Present Mind Counseling

15050 Elderberry Lane,
Fort Myers, FL 33907
(239) 610-1552

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For you, obviously.