

## Overcoming Challenges

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I've faced a few challenges in my life, as I'm sure everyone has. It took several years to break through my biggest challenge as a young adult, which was desperately needing acceptance or approval from those I cared about – specifically my parents. I come from a broken home with both my parents suffering from alcohol abuse. As a kid, it was hard to separate their addiction from who they really were, and ultimately, the trauma developed into my own self-doubts and insecurities. My parents had an ugly divorce that resulted in my younger sister and I being pulled in either direction with both sides condemning the other. Then, when I ventured off to college, the move created distance from the toxic home environment and gave me space I didn't even know I needed. I felt relief when I went to school. I made new friends and with them, gained confidence in myself and my decision making. I saw a therapist here and there which only helped my mental health along further. I've since moved back to my hometown, though I now live with my husband in our own home. I now value both my mental space as well as my physical space. My parents still struggle with their demons, but I've learned their choices don't have to affect me. It wasn't easy and there are still days where insecurities creep back into my subconscious, but every day it gets easier and easier.