

# I Know It Is The Right Decision, So Why Does It Feel So Wrong?

Jennine Wilson

I've heard it said, "I know it is the right decision so why does it feel so wrong?"

This statement can hold true for many difficult decisions during our life span. Like the first time you told a friend that you could no longer be friends or a significant other that it was not working out and you were ending the relationship, quitting a job, or creating a strong boundary with family.

Caregivers encounter frequent difficult decisions all along the journey and the difficulty becomes two-fold when the person you used to make difficult decisions with can no longer participate. How does one wrestle with this paradox of knowing it is right, but it feels so wrong?

A Sahara Jane lyric based on the wisdom of her father was helpful to me when I thought about this paradox: "This reality is ruthless, sad and lonely, but the truth is it will change while the truth stays the same"

I believe holding what is true versus the changing reality can help meet the roller coaster of emotions one deals with when making and having made a difficult decision.

Truths like showing up with love is always enough, knowing and respecting another's wishes in an act of love and that every individual's health is important, are valuable things to remember. It is also important to remember that wanting the best for each other goes both ways, life contains grief and sorrow, which joy can continue to expand around, and that the essence of a person comes through in the precious moments. That we experience pain is because there is love, and know that your knowing is right.

Focusing on the truth may not ease the pain of difficult decisions but I hope it can help contend with any feelings of guilt.

I cared for a friend whom I knew I needed to back away from. I had met my limit and needed to acknowledge and respect it. In the depths of knowing it was the right decision and the tears of feeling it was wrong this poem emerged.

*As the sun descends  
I wonder  
Feelers of the world and beyond  
Wave riders  
Seated warriors  
When and how  
Do the reins in your hands  
Hone so keenly  
That tension and release  
Balance  
Perceived within and beyond  
Horse and rider are one  
Below hooves ground softly and solidly  
Above head and heart extend openly  
In tune harmony holds  
Observers see  
Grace, calm, and healing light  
I call to that place of strength  
As the moon restfully rises  
Bring resolution tonight*

I hope those who resonate with the statement I heard can find a way to sit with the paradox and follow through with what they know is right. Identifying your truths and holding them dear can help you with the unease of the paradox.

## CNS AGM

Caregivers Nova Scotia Annual General Meeting will be held on June 24th at 4:00 pm at the Future Inn, Halifax, NS.  
Register at 1.877.488.7390 or email [info@caregiversNS.org](mailto:info@caregiversNS.org)

To celebrate **National Caregiver Month** we are hosting a public consultation webinar with the Canadian Centre for Caregiving Excellence, where you can provide input into the creation of a National Caregiving Strategy. The webinar will be held on Tuesday May 7th at 3:30 pm.

Learn more and register today by calling 1.877.488.7390 or email [info@caregiversNS.org](mailto:info@caregiversNS.org)



**Creating a brighter future of care**

 Webinar

May 7, 2024  
3:30 to 5 p.m. ADT

 National Caregiving Strategy

 Caregivers Nova Scotia  
for friends and family giving care

 Canadian Centre for Caregiving Excellence

Caregivers Nova Scotia acknowledges that we live and work in Mi'kma'ki, the ancestral and unceded lands of the Mi'kmaq People. This territory is governed by the Treaties of Peace and Friendship. We are continually learning more about how to engage and move forward with the work of truth, reconciliation, and equity. We recognize that without action, an acknowledgment is empty. It marks the beginning of the work ahead of us, not the end. We are all treaty people.