

# WHO IS THE “OLD BRIDE?”

The “Old Bride” approaches relationships eagerly and intensely. She is poised to love without boundaries; to give without caring for herself; to be responsible without responding to her own needs; to love without being appreciated and to respect without having her own uniqueness acknowledged.

The “Old Bride” cannot tell you how she feels with any certainty, because for years, she has forgotten to ask herself. She whispers when she wants to shout. She shouts when she is unhappy with her life and cannot envision a way to change it.

To some degree, an “Old Bride” lives inside every woman. She is unavoidable, because the messages of socialization were waiting for her as she passed through the birth canal of her mother.

There are serious health consequences to the intra-psychic split that invades a woman’s internal peace. I concluded that a problem of this magnitude could not be addressed quickly. It demands a systematic and progressive program of resocialization that would help women reclaim their lives. Consider Dr. Douglas Brodie, M.D., who has treated cancer patients for over 50 years. He states, “Suppressed anger seems to be, by far, the most common emotional feature of cancer patients, in general.” Anger is the most prohibitive emotion for women. He continues, “that this anger” has usually been suppressed for so long, that patients either can’t bring it out, or don’t even realize that it is there.

It is possible for the “Old Bride” to become the “New Bride” ... not because it is “New Age,” but, because she wants to be healthy and alive. Resocialization requires women to overcome painful self-examinations and catharsis.

Resocialization offers real hope for those with the courage to walk the difficult path of “waking up.” Dr. Douglas Brodie, M.D., calls the “willingness to expose and address deep-seated emotions to resolve long-standing conflicts” the keys to true and lasting healing.

Every “New Bride” was once an “Old Bride.” She becomes a “New Bride” by choice ... perhaps the most important ‘choice’ she will ever make. Wanting to be a “New Bride” is the first step toward resocialization.