



Ryan

Description

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Today is my sons 16th birthday. He has been driving with a restricted license for seven months now, but today marks the beginning of more driving freedom. More driving freedom = more worry for mother. Actually he is a pretty good driver and although I hate to admit it, he is probably a better driver than me. What he lacks in years as an experienced driver, he makes up for in attentiveness and fresh knowledge of the rules of the road. As a mother though I still can't help telling him to be careful as he walks out the door. I recently read an article on worry in O magazine by Life Coach and Columnist Martha Beck. I love her column and always come away with a few tidbits of wisdom. Martha says, "People blossom when we love them, not when we worry about them. Worry just teaches worry." My son is already a pretty cautious person. I don't want to teach him to worry. I want him to know I love him.

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