

## **Daring to Love: The Love Dare**

When I first received the book<sup>1</sup>, I was excited, motivated, and ready to complete the 40 day process within a month. I've wanted to rebuild my relationship with my dad for over a year but had no strategy or guidance until I was introduced to *The Love Dare*. I was excited to finally have a plan and get the ball rolling.

Although I would love to believe that I have several years to enjoy an awesome relationship with my dad, I know that time is something I cannot control. I did feel a sense of urgency to establish a loving relationship with him, but I knew I would have to go at my own pace to truly feel that I have accomplished each lesson of the book. This is more than a self-help book; this is my opportunity to live out the love I've been holding back. With that said, I must admit that a month has passed and I am only on day six.

I won't give a summary of each day; instead, I will share my favorite day so far. It probably took me three weeks before getting to day four. Since starting the dare, my dad said and did a few things that tore me up inside. I wondered why he would do or say those things to his own daughter. These moments are very painful for me – growing up he made it clear that he would never give up on me, but as of late he treats me like I'm made of stone and can withstand his insults. During that time I had to decide whether I had the courage and strength to disregard his ill-treatment and push forward with my goal to show him that I love him. I reminded myself that it might be because of his culture or his upbringing that he acts a certain way; however, that's a weak argument and difficult to push forward with the Love Dare based on that reason alone. I do know that I love my father and that I want to have a relationship with him.

I am fortunate enough to have a son and know what it feels like to be a parent. I found myself crying one night at the thought of my son not wanting to have a relationship with me in the future. Since day one, I have dedicated my life to my son and although I do not expect anything from him, I do desire his love. Just the same, I know that my dad sacrificed and dedicated his life for me; and, it is for that reason alone that it is my turn to let him know that no matter how much he hurts me *I will follow through* with the Love Dare because *I love him* and appreciate the person he has made me today.

By the way, day four was to call and ask him if he needed anything. He was surprised and happy that I randomly called him during work that now I call him every other day and sometimes twice a day. It's pretty cool to talk to him more often.

~Andrea

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<sup>1</sup> The Love Dare by Stephen Kendrick and Alex Kendrick (<http://thelovedarebook.com/>)