



Betty is a 50 year old woman who came to Lee's Place seeking help after the death of her 30 year old son in a motorcycle accident 18 months earlier. Betty moved to Tallahassee from Virginia a couple of years ago and does not have any close friends or family here. She is divorced and has two remaining adult children who live in another state.

Betty is sleeping too much, has gained 30 pounds, does not like to socialize with others, has quit going to her church, is worried about her finances, and is especially bothered by how negative she perceives herself to have become. She is not finding any solace in her religious faith and is very angry at the injustice her son's death. Betty once said "I am glad I'm 50 and not 30 years old, so I don't have to live with this grief so long". Adding to all this heartbreak, Betty feels partially responsible for his death because she loaned him part of the money he needed to buy the motorcycle.

In our work over the last 6 months, Betty is finding a peace about the money she loaned him for the motorcycle. She knows in her heart that he had been saving for it for a long time and that he loved it and felt free while riding it. She is able to look at the joy it gave him rather than the fact that it killed him. She has joined a book group and found a group of women that are fun to be with and stimulate her intellectually, opening her up to new and different experiences. Traveling, gardening and cooking, things she used to love doing, are becoming more appealing to her. Betty still has many unanswered questions, and a deep sadness, but is working toward building a new life for herself. She's a little easier on herself, has more light in her eyes and her sense of humor is returning.

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