



# NO SOY NADA SIN TU AMOR (Spanish Edition)

*FAUR PATRICIA*

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Las razones por las cuales algunas personas vulnerables a “adictarse” a relaciones inconvenientes hunden sus raíces en las maneras que fueron amadas en sus primeros años de vida.

Los hijos de padres que no pudieron estar disponibles para ellos, padres infantiles, ausentes, depresivos, adictos, narcisistas, o bien los que tempranamente murieron o quedaron viudos en duelos desgarradores, crecieron inseguros, con una fuerte sensación de vacío interior, con la angustia y la exigencia de quien sabe que no tiene respaldo. Por esta razón, ya adultos buscaron alguien que calmara su sed de amor.

No lo encontraron. Sus relaciones los dejaron con más sensación de desamparo. Pero su incapacidad para soportar las pérdidas y su terror a la soledad, los mantuvieron aferrados a un desamor sin esperanzas y a la condena de no ser sin el otro.

La infancia no se puede volver a vivir. Es lo que fue. Pero, como nos señala Patricia Faur, es posible modificar el relato que hacemos de nuestra historia.

En lugar de puntuar en los acontecimientos más penosos, que nos dejaron desvalidos, podemos mirar con optimismo lo que los adultos pudieron hacer por nosotros. Y salir en la búsqueda de lo bueno que faltó.

Surge entonces una nueva identidad: ser sin el otro. Tal vez el comienzo de la posibilidad de ser con otro. O el descubrimiento de una nueva y apacible soledad. Un nuevo amanecer. Un nuevo amor: el amor por la vida.

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