

# FamilyLife Blended® Radio Transcript

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## A Sea of Emotions

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**Ron:** Drowning in a sea of emotions? You're not the only one.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** In my book *The Smart Stepdad* I tell Josie's story. "On our wedding day," she said, "We left the chapel and there were five of us in the car...instant family. For some strange reason I didn't see that coming. Silly me." For months, Josie had anxiety, felt overwhelmed, and wrestled with what she called a sea of emotions. You know, this really is a pretty common experience. Not for everyone, of course, but many. And it doesn't make you "silly"; you can't anticipate everything.

But what you can do is find the right answers to blended family questions. The emotions will come and go, but learning how to swim is what will keep your head above water. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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