

Name _____



Empty Nest Syndrome

The Johnsons had always been a close-knit family. They had three children: Emma, Alex, and Mia. The house was filled with laughter, arguments, and the constant hustle and bustle of family life. But as the years passed, the time came for their youngest, Mia, to leave for college.

The day arrived, and the Johnsons helped Mia pack her bags and load them into the car. As they drove her to her new college, the atmosphere in the car was bittersweet. Excitement for Mia's future mixed with the sadness of leaving their last child behind.

Once Mia was settled in her dorm room, the Johnsons returned home to an empty house. The absence of their children's voices echoing through the halls was palpable. At first, they tried to fill the void with extra work and activities, but it didn't take long for the emptiness to set in.

The couple, Mr. and Mrs. Johnson, found themselves facing a new chapter in their lives. They realized that they had grown so accustomed to being parents that they had neglected their own relationship. With their children out of the house, they had more time for each other, but they also faced challenges they hadn't anticipated.

One evening, as they sat in the quiet house, Mr. Johnson turned to his wife and said, "We used to have such dreams and plans together before the kids came along. What happened to those?"

Mrs. Johnson nodded, her eyes misty. "We got caught up in being parents, and we forgot about us."

The couple decided to reignite their own dreams and rediscover the hobbies and interests they had set aside. They went on long walks, took up dancing classes, and even planned a romantic getaway. It wasn't always easy, as they had to adjust to a quieter home and the absence of their children, but they found that their love for each other had not faded.

Meanwhile, Mia thrived in college, knowing that her parents were finding their own way to happiness. She called home often, sharing her adventures and making sure her parents were doing well. The Johnsons, with their renewed connection, offered their support and encouragement to Mia as she navigated her own path.

As the years went by, the Johnsons became a stronger couple than ever before. They realized that while their roles as parents had changed, their love and commitment to each other remained steadfast. They had conquered the challenges of the empty nest syndrome and had come out of it with a deeper appreciation for their relationship.

