Rage Happens When Adoption Support Comes Too Late
By
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Rage was so intense I would taste blood from biting my cheek. In those moments, I just wanted to "make someone else bleed" for the worthlessness I felt.

Adoption—even when it is loving and deeply well-intentioned—can leave a profound wound. When it occurs before a child can reason, at the level of core identity, adoption can be remembered as abandonment that "is my fault."

My earliest memories were of being "taken" and forced to live with people who did not smell or sound like me. Later abuse reinforced the lesson that I had no voice, no protection, and no say in the direction of my own life. Those experiences left me feeling powerless.

Rage first appeared as my protector the day I leaped into the air and broke my adopted mother's nose. From that point on, rage felt like both a solution and a companion. It gave me a sense of power when I had none, and for many years I mistook that power for safety.

As an adult, I carried the belief that acceptance by the world depended on surrendering my boundaries. Every time I:

- allowed a man access to my body,
- allowed friends to take advantage of me,
- or did more than my share,

...the pain and shame left me "raging." Yet, I felt powerless, so I developed passive-aggressive ways of getting even for perceived hurts.

When the container of my rage became too full, I looked for someone to injure so I would not have to feel the depth of my own wounds.

In my childhood adoption experience the adults around me lacked education, life experience, or willingness to intervene.

I was told what had been done to me was my fault, or worse, my imagination.

In my twenties, after the introduction to inner child exercises and reparenting tools, I learned how to have feelings without reactiveness, how to resolve pain without passing it on, and how to build a life I could love.

I am grateful that my adoption experience allows me to speak with a truthful voice which makes my solutions harder to dismiss.

Future adoptees should not have to be victimized before someone decides they are worth protecting. Adoption support programs are not optional kindness; they are prevention. They are the difference between a child growing up with rage as a weapon and a child learning that their pain can be heard, held, and healed.