Adoption
Damage or Solution
By
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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."

I've watched science and society change in ways that reshape daily life more than once in my 70 years of living.

We are at another turning point in technology and social change, and in these moments, fear is often the loudest response.

That concerns me in the way adoption is being discussed. Real harm has been done, and those wrongs must be uncovered and corrected. When the conversation centers only on pain and rights, it can become harder to seek solutions or hold more than one truth at once.

Recently I asked for advice from my online adoption groups with a practical problem: my doctors were speaking to my husband instead of to me.

Everyone heard a larger story. Their offerings were all about identity, and the right "to stand up for oneself." Their concern was sincere, but the immediate question—how do I improve communication while maintaining a healing energy field? —was left unanswered.

The solution came not from argument or confrontation, but from technology.

Earbuds using the Sound Amplifier app on my Android phone was the solution.

I hold two truths about adoption at once: greed and abuse exist within the current structure, and those harms must be detected and eliminated.

For some, however, adoption has also opened the door to safety, belonging, and a life they thrive within.

Social change moves like a pendulum. Correction is necessary, but when it swings too far, certainty can replace curiosity and narrow possibilities.

Fully present, we can see more than one path and respond with greater wisdom, compassion, and grace.

What I hope for is not simply reform, but care that follows a person through every stage of life. Ongoing support could soften the damage of adoption by detecting pain and abuse early, before a child is left to carry it alone. And continued support into adulthood could help adoptees find a clearer path forward—with guidance, understanding, and the reassurance that their story matters.

Adoption is neither good nor bad. It is the underlying support system that will determine the adult outcome of struggle or a life that is loved.