# Exploring Authenticity and Identity: Laura Cathcart Robbins' Journey Through Divorce and Recovery



Laura Cathcart Robbins’ essay, "Marriage Made an Actor Out of Me," published on May 24, 2024, explores her personal journey through divorce and recovery. After 12 years of marriage, Robbins found herself exhausted and disconnected from her true identity, having played the role of a compliant wife and mother. Her upbringing, marked by experiences as the only Black girl in her schools and a domineering stepfather, further pushed her to conceal her true self to fit societal expectations.

During her recovery from a sleeping pill addiction at a rehab center in Arizona, Robbins met Scott, another patient. Despite their differences—Scott being a white, outdoorsy individual from Utah and Robbins a luxury-loving Los Angeles resident—they formed a meaningful connection. Robbins appreciated the honesty and lack of pretense in her interactions with Scott, contrasting sharply with the facade she maintained in her marriage. This relationship prompted Robbins to ponder her true self, encouraged by her therapist's insight that her struggle with relationships stemmed from not being genuine.

Ultimately, Robbins found solace in Scott's company and began to rediscover her own identity, shedding the roles she had assumed over the years. This process marked a transformative chapter in her life, where embracing authenticity became central to her healing and personal growth.