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Q&A Forum - Review

Chasing Crazy-Behaving People, 2008-01

Hello fellow Q&Aers,

Do you believe I haven't sent one out this year yet? Neither do I!

We now have 160 Q&A members and are looking to grow our list. I appreciate your feedback and am trying to leave a copy of the most recent Q&A in the waiting area of our offices in Stratford and Naugatuck. Look for some exciting notices in the weeks and months ahead at the top of any Q&As you receive.

Thank you to Pat, Sharon and Joanne for contributing the warm fuzzy bonus stories for this Q&A.

By the way, yes, people do send in questions. Someone told me a few months ago, they thought that I made up the questions. Not so and never! If you have a question you want to see responded to in this kind of forum, please email it to me and I will go to work on it.

Now, on to the Q&A..... Peace, John

Q: What makes a person continue to 'chase' crazy-behaving people to be in a relationship with?

A: The question makes it sound like there is one reason when, like most human behavior, there may be a lot of different threads that go into the reasoning people use, (if they use any) to chase others in a relationship. I will discuss just a few of the reasons that come to mind.

First, a "chaser of others" may be insecure or afraid that they will never be able to have a healthy relationship. Their reasoning may be something like this: I have to be in a relationship or a "crazy-behaving" one may be better than none at all. They may be looking for a relationship to make themselves feel whole or to complete themselves. They fail to realize that they are whole as they are, and that mending any holes within themselves is an "inside" job.

Another possible reason people chase those whose behavior is "crazy" is that they learned, growing up, that these type of people were the ones with whom they were supposed to engage in relationships. Re-learning this can be painful and challenging. The easy path, getting caught up in someone else's crazy behavior, attempting to change, may be more familiar or more attractive since it allows the person to disconnect from their own feelings and the irrationality of their own behavior. It is not healthy. Alanon says that you didn't cause it (i.e. someone else's behavior), you can't change it and you can't cure it. It is their behavior and it is their responsibility to modify it if it is not working to their advantage. One

must examine their motives if they choose to stay connected to someone with "crazy behaviors" and protect against becoming crazy themselves.

The only behavior one can be responsible for is their own.

Finally, in healthy relationships there is no chasing.

I hope these thoughts prove helpful in sorting things out for you. As always, your and my readers' feedback is appreciated. Peace, John

Quote: Problems are not the problem; coping is the problem. - Virginia Satir 1916-1998

Bonus 1:

How To Dance In The Rain

It was a busy morning, about 8:30, when an elderly gentleman in his 80's, arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."

I had to hold back tears as he left, I had goose bumps on my arm, and thought, "That is the kind of love I want in my life."

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

**"Life isn't about how to survive the storm,
but how to dance in the rain."**

Bonus 2:

TWENTY NINE LINES TO MAKE YOU SMILE:

1. My husband and I divorced over religious differences. He thought he was God and I didn't.
2. I don't suffer from insanity; I enjoy every minute of it.
3. Some people are alive only because it's illegal to kill them.
4. I used to have a handle on life, but it broke.
5. Don't take life too seriously; No one gets out alive.
6. You're just jealous because the voices only talk to me.
7. Beauty is in the eye of the beer holder.
8. Earth is the insane asylum for the universe.
9. I'm not a complete idiot -- Some parts are just missing.
10. Out of my mind. Back in five minutes.
11. NyQuil, the stuffy, sneezy, why-the-heck-is-the-room-spinning medicine.
12. God must love stupid people; He made so many.
13. The gene pool could use a little chlorine.
14. Consciousness: That annoying time between naps.
15. Ever stop to think, and forget to start again?
16. Being "over the hill" is much better than being under it!
17. Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.
18. Procrastinate Now!
19. I Have a Degree in Liberal Arts; Do You Want Fries With That?
20. A hangover is the wrath of grapes.
21. A journey of a thousand miles begins with a cash advance.
22. Stupidity is not a handicap. Park elsewhere!
23. They call it PMS because Mad Cow Disease was already taken.
24. He who dies with the most toys is nonetheless DEAD.
25. A picture is worth a thousand words, but it uses up three thousand times the memory.
26. Ham and eggs...A day's work for a chicken, a lifetime commitment for a pig.
27. The trouble with life is there's no background music.
28. The original point and click interface was a Smith & Wesson.
29. I smile because I don't know what the hell is going on.

Bonus 3:

- WHISPERS

The man whispered, "God, speak to me" and a meadowlark sang.

But, the man did not hear.

So the man yelled, "God, speak to me" and the thunder rolled across the sky.

But, the man did not listen.

The man looked around and said, "God let me see you." And a star shined brightly.

But the man did not see.

And, the man shouted, "God show me a miracle." And, a life was born.

But, the man did not notice.

So, the man cried out in despair, "Touch me God, and let me know you are here."

Whereupon, God reached down and touched the man. But, the man brushed the butterfly away and walked on.

I found this to be a great reminder that God is always around us in the little and simple things that we take for granted ... even in our electronic age. So I would like to add one more: The man cried, "God, I need your help!" And an e-mail arrived reaching out with good news and encouragement. But, the man deleted it and continued crying.

Don't miss out on a blessing because it isn't packaged the way that you expect.

Have A Wonderful & Blessed Day!

"I do all things in Him who strengthens me."

Be kinder than necessary, for everyone you meet is fighting some kind of battle. .

ANGELS EXIST but sometimes, since they don't all have wings, we call them FRIENDS.

End of bonuses

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