

# Personal Growth Concepts™

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## Q&A Forum - Review

### Controlling Boss

[31-July-2003]

Fellow Q&Aers,

Our email list continues to grow. Today we welcome John, Norm, Matt, Joe and Bob to our Q&A list. Any ladies out there going to sign up? We now have a total of 124 with a goal of 160 by years end.

A few announcements before we get to our nest Q&A, quote and bonuses.

I appreciate all the feedback on my last Q&A. It is on the website if you want to check it out. I counted 5 in all and they ranged from critical to supportive. Two actually identified Buddhist beliefs that were consistent and easily integratable with Christian ideology as well as beliefs that would most likely create difficulty for a Christian attempting to adopt them. Thank you! I am glad many of you are reading and responding to them.

The Personal Growth Concepts' lending library continues to grow. We have recently added the following titles or additional copies of the following titles: The **ACOA** [Adult Child of an Alcoholic] Syndrome: A Step by Step Guide to Discovery & Recovery by Wayne Kritsberg; **Toxic Parents: Overcoming their Hurtful Legacy and Reclaiming Your Life** by Dr. Susan Forward; **Feeling Good: The New Mood Therapy: The Clinically Proven Drug-Free Treatment for Depression** by Dr David Burns, a best seller, but copyrighted 1980!; **Eat that Frog: 21 Great Ways to Stop Procrastination & Get More Done in Less Time** by motivational speaker, Brian Tracy and **Independently Wealthy: How to Build Financial Security in the New Economic Era** by Robert Goodman. Several of these books were donated and for that, we are thankful.

If you have self-help books or tapes to donate, please contact me. If you are interested in borrowing any of these or other materials from our lending libraries (books and audio cassettes), please contact me. If you have materials that you have borrowed in the past and not returned, I would appreciate them back. You can drop them at the office. If our office is closed, we have a secure mailbox right next to our main entrance in Stratford or a mail drop slot where you can leave them at our Naugatuck office.

Next, because of an inordinate amount of spam I get on my email, I have instituted a spam killer. Occasionally an email I want to see gets killed so..... if you send me an email and I don't get back to you in a couple of days, either send it again with your name in the subject line, or, call me and let me know. For those who are curious, in 2+ weeks of operation, the spam killer is catching about 50% of the spam for me. It's the kind of thing one needs to stay on top of. I keep adding spam addresses to the list with 2 clicks of the mouse. I also have a new email address: [jpacheco@personalgrowthconcepts.com](mailto:jpacheco@personalgrowthconcepts.com) this is in addition to the previous one [jpacheco@snet.net](mailto:jpacheco@snet.net) - I will continue to get email at both for the foreseeable future.

Next, if you have any ideas how we can serve you better, both through Q&A, our website or the clinical/coaching/ spiritual guidance services we offer, I would appreciate hearing from you.

Finally, special thanks to Barbara, Walter and Norm for our bonuses today.

The following Q&A came in several months ago in response to a previous Q&A I had sent out.

**Q:** Nice advice, John. [referring to my Q&A 2003-02, Gung-ho & Resistance from the Boss which can be reviewed on my website under the section Q&A Fourm] It really hit home. My boss is extremely controlling but now she is very stressed and expects us to "pull our weight," the weight she so strongly pulled away from me. Should I continue with my present duties, that she established or go back to doing the job the way I was trained?

**A:** Thanks for the kudos on my earlier Q&A - re: your question - the answer depends on who trained you. If your present boss did, then I would suggest you chat with her about the discrepancy between her training and "my present duties." If your present boss did not train you, then the suggestion would be to perform your present duties to the best of your abilities and informing her of your previous training & offering how that may be of assistance to her in stress-ness. To go back to the way you were trained may appear as resistance and cross her need to control in ways you may not want to hear back about. I hope my thoughts are helpful, albeit a several months behind schedule. I am trying to get caught up on my Q&As. Let me know how you are working things out, ok? Peace, John

Quote: "Don't you wish there were a knob on the TV to turn up the intelligence? There's one marked 'Brightness,' but it doesn't work." -- Gallagher

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Bonus 1:

**CATHOLIC MATH...**

Little Tommy (who was Jewish) was doing very badly in math. His parents had tried everything: tutors, mentors, flash cards, special learning centers, in short, everything they could think of.

Finally, in a last ditch effort, they took Tommy down and enrolled him in the local Catholic school.

After the first day, little Tommy came home with a very serious look on his face. He didn't even kiss his mother hello. Instead, he went straight to his room and started studying. Books and papers were spread out all over the room and little Tommy was hard at work.

His mother was amazed. She called him down to dinner and to her shock, the minute he was done he marched back to his room without a word and in no time he was back hitting the books as hard as before. This went on for some time, day after day while the mother tried to understand what made all the difference.

Finally, little Tommy brought home his report card. He quietly laid it on the table and went up to his room and hit the books. With great trepidation, his mom looked at it and to her great surprise, little Tommy got an "A" in math.

She could no longer hold her curiosity. She went to his room and said: "Son, what was it? Was it the nuns?" Little Tommy looked at her and shook his head, no

"Well, then," she replied, "was it the books, the discipline, the structure, the uniforms? WHAT was it?"

Little Tommy looked at her and said, "Well, on the first day of school, when I saw that guy nailed to the plus sign, I knew they weren't fooling around."

Bonus 2:

### **GOD IS NOT ONLY GOOD..... HE IS AWESOME !**

Moses and the people were in the desert, but what was he going to do with them?

They had to be fed, and feeding 2 or 3 million people requires a lot of food.

According to the Quartermaster General in the Army, it is reported that Moses would have to have had 1500 tons of food each day. Do you know that to bring that much food each day, two freight trains, each at least a mile long, would be required!

Besides you must remember, they were out in the desert, so they would have to have firewood to use in cooking the food. This would take 4000 tons of wood and a few more freight trains, each a mile long, just for one day.

And just think, they were forty years in transit.

And Oh yes! They would have to have water. If they only had enough to drink and wash a few dishes, it would take 11,000,000 gallons each day and a freight train with tank cars, 1800 miles long, just to bring water!

And then another thing!

They had to get across the Red Sea at night. Now, if they went on a narrow path, double file, the line would be 800 miles long and would require 35 days and nights to get through. So there had to be a space in the Red Sea, 3 miles wide so that they could walk 5000 abreast to get over in one night.

But then, there is another problem.....each time they camped at the end of the day, a campground two-thirds the size of the state of Rhode Island was required, or a total of 750 square miles long..... think of it! This much space for camping.

Do you think Moses figured all this out before he left Egypt? I think not!

You see, Moses believed in God. God took care of these things for him.

Now do you think God has any problem taking care of all your needs?

bonus #3

I AM THANKFUL

FOR THE WIFE WHO SAYS IT'S HOT DOGS TONIGHT, BECAUSE SHE IS HOME WITH ME, AND NOT OUT WITH SOMEONE ELSE.

FOR THE HUSBAND WHO IS ON THE SOFA BEING A COUCH POTATO, BECAUSE HE IS HOME WITH ME AND NOT OUT AT THE BARS.

FOR THE TEENAGER WHO IS COMPLAINING ABOUT DOING DISHES BECAUSE THAT MEANS SHE IS AT HOME, NOT ON THE STREETS.

FOR THE TAXES THAT I PAY BECAUSE IT MEANS THAT I AM EMPLOYED.

FOR THE MESS TO CLEAN AFTER A PARTY BECAUSE IT MEANS THAT I HAVE BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES THAT FIT A LITTLE TOO SNUG BECAUSE IT MEANS I HAVE ENOUGH TO EAT.

OR MY SHADOW THAT WATCHES ME WORK BECAUSE IT MEANS I AM OUT IN THE SUNSHINE.

FOR A LAWN THAT NEEDS MOWING, WINDOWS THAT NEED CLEANING, AND GUTTERS THAT NEED FIXING BECAUSE IT MEANS I HAVE A HOME.

FOR ALL THE COMPLAINING I HEAR ABOUT THE GOVERNMENT BECAUSE IT MEANS THAT WE HAVE FREEDOM OF SPEECH.

FOR THE PARKING SPOT I FIND AT THE FAR END OF THE PARKING LOT BECAUSE IT MEANS I AM CAPABLE OF WALKING AND THAT I HAVE BEEN BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL BECAUSE IT MEANS I AM WARM.

FOR THE LADY BEHIND ME IN CHURCH THAT SINGS OFF KEY BECAUSE IT MEANS THAT I CAN HEAR.

FOR THE PILE OF LAUNDRY AND IRONING BECAUSE IT MEANS I HAVE CLOTHES TO WEAR.

FOR WEARINESS AND ACHING MUSCLES AT THE END OF THE DAY BECAUSE IT MEANS I HAVE BEEN CAPABLE OF WORKING HARD.

FOR THE ALARM THAT GOES OFF IN THE EARLY MORNING HOURS BECAUSE IT MEANS THAT I AM ALIVE.

AND FINALLY... FOR TOO MUCH E-MAIL BECAUSE IT MEANS I HAVE FRIENDS WHO ARE THINKING OF ME.

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**We wish you peace in who you are and in all that you do!**

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