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Q&A Forum - Review

Dating An Angry Person, 2006-03

Fellow Q&Aers,

Greetings! It has been a while! Please consider encouraging your family and friends to sign up for our free Q&A. Previous questions and answers are all posted on our website, www.personalgrowthconcepts.com. You can also sign up there as well, or send me an email indicating that you/they would like to sign up. A special thank you today to Patty, Nancy and Lou who have provided our resources. Please call our office (203) 375-5782 if we can be of any assistance to you, your family, friends, or co-workers. Peace, John

Q: I recently started dating my friend of 10 years. He married a few years ago; the marriage only lasted one year. During that time his mother, which he was very close to, passed away. We didn't speak for about two years and then he contacted me. We got together and after a few months decided to date. At first we were getting along and now he seems to always be very angry; any little thing sets him off. I have a four year old, which sometimes doesn't behave and he gets upset that she doesn't listen to me. So they are always at each others throats. His job is stressful also. The people he works for, and with, aren't organized. He likes things to be done correctly. That also gets him upset every day. I have asked him to go to counseling but he doesn't think he needs to go. I care about him and don't like to see him that way. It's definitely not helping our relationship, emotionally and physically. What should I do?

A: There are a lot of things to consider. First, why did his marriage only last one year? Remember, you may be only hearing his version of things. That may hold a clue. If you ask him and he blames his ex-wife, ask him what role he played in the break up and listen carefully to his answer. I do not suggest you contact his ex-wife.

You indicate that the two of you got together and "after a few months decided to date." Who actually decided? Was it truly a mutual decision? Why did you choose? Why do you think that, at first, you got along with him and now you don't? What changed?

His anger may have something to do with the grieving process around the loss of his mother but, more likely, it is probably about his feeling powerless when he wants to be in charge. Either that, or he may have unrealistic expectations. I usually advise against introducing new dates to one's children too soon. That way if a break up occurs, the children will not have to experience another loss of a significant adult figure in their life.

Please do not see work as an excuse - rather, try to see it as an indicator that he likes/needs to be in charge and, when he's not, he has a hard time dealing with it. Most likely, he will have a hard time sharing decisions with you in the relationship.

Too much stress can be seen as a sign that he is not adept at handling stress.

Daily upsetness is a lot.

I believe you are on the right track by asking him to go for counseling - his reluctance to go may be about denial of his problems (it seems, as you described him, problems are about other people). It also indicates an unwillingness to listen to/value your ideas.

One idea I have is to tell him that you care about him very much and that you are struggling with some things in the relationship and that you would like to go to a counselor with him. Do not discuss with him what you are struggling about. Ask him if he will reconsider. If he again says no, tell him that his refusal is putting your relationship with him in jeopardy and ask him again. If he says no again, then he is telling you that he does not value the relationship enough to work at it. Consider that the final red flag and get out of the relationship. Please let me know how things are going. Peace, John

Quote: People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within. -- Elisabeth Kübler-Ross

Bonus 1

POEM FOR COMPUTER USERS OVER 40

A computer was something on TV
From a science fiction show of note.
A window was something you hated to clean,
And ram was the father of a goat.

Meg was the name of my girlfriend,
And gig was a job for the nights.
Now they all mean different things,
And that really mega bytes.

An application was for employment;
A program was a TV show;
A cursor used profanity;
A keyboard was a piano.

Memory was something that you lost with age.
A CD was a bank account.
And if you had a 3.5-in. Floppy,
You hoped nobody found out.

Compress was something you did to the garbage,

Not something you did to a file.
And if you unzipped anything in public,
You'd be in jail for a while.

Log on was adding wood to the fire.
Hard drive was a long trip on the road.
A mouse pad was where a mouse lived,
And a backup happened to your commode.

Cut you did with a pocket knife;
Paste you did with glue.
A web was a spider's home,
And a virus was the flu.

I guess I'll stick to my pad and paper,
And the memory in my head.
I hear nobody's been killed in a computer crash,
But when it happens they wish they were dead.

-Author unknown-

Bonus 2

THE 11th - 20th COMMANDMENTS

11. Thou shalt not worry, for worry is the most unproductive of all human activities.
12. Thou shalt not be fearful, for most of the things we fear never come to pass.
13. Thou shalt not cross bridges before you come to them, for no one has yet succeeded in accomplishing this.
14. Thou shalt handle only one problem at a time, and leave the others to the Lord until their turn comes up.
15. Thou shalt not take troubles to bed with you, for they make very poor bedfellows.
16. Thou shalt not try to carry the problems of the world on your shoulders, for nobody (except for One) has a back that is broad enough.
17. Thou shalt be a good listener, for God often speaks to us through the mouths of others.
18. Thou shalt not try to relive yesterday; for good or ill, it is forever gone. Live in the now and

rejoice in it.

19. Thou shalt firmly dismiss feelings of frustration, for 90% of it is rooted in self-pity and will interfere with positive action.

20. Thou shalt count thy blessings, never overlooking the smallest, for our biggest blessings are composed of many small ones.

-- Author Unknown

Bonus 3

Remarkable Obituary

Today we mourn the passing of a beloved old friend, Mr. Common Sense. Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair. Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well intentioned but over-bearing regulations were set in place- Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouth-wash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Mr. Sense declined even further when schools were required to get parental consent to administer aspirin to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot. She spilled a bit in her lap, and was awarded a huge financial settlement.

Common Sense was preceded in death by his parents, Truth and Trust, his wife Discretion; his daughter, Responsibility; and his son, Reason. He is survived by two stepbrothers; My Rights and Ima Whiner. Not many attended his funeral because so few realized he was gone.

If you still remember him, pass this on; if not, join the majority and do nothing.

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