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Q&A Forum - Review

Dating a Friend with Frequent Upsets, 2006-02

Hello fellow q&a-ers,

Greetings at the end of February. Hopefully spring is just around the corner. A special thank you today for our bonuses from Barbara, Charlie and Tricia. Right to the question.....

Question: 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, who 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?

Answer: Thank you for sending in a question. I am sorry it has taken me a couple of months to get back to you. The main issue seems to be his anger. If you can look beneath it you will probably find that his liking to be in control is coupled with difficulties that he might have accepting his powerlessness over people, places and things. There is usually insecurity below anger as well and anger often masks other emotions. His feelings of powerlessness probably include your child as well as his workplace. A question to ask yourself is: has he always been like this or is it just recently? If he has been like this for a long time, then the pattern is most likely ingrained and will be a challenge for him to change, particularly if he doesn't see anything wrong with how he is. If it is relatively recent then it may be some unresolved grief from his mother's death or it may be that he is not managing well with his day to day stressors. An important question to ask your self is why his first marriage only lasted for a year? Be careful not to take as the whole truth whatever he has told you. Often what breaks up the first marriage, if not resolved, will definitely impact the next significant relationship, if not break it up too. As to what you should do..... first ask him again about counseling. If he still doesn't think he needs to go, ask him if he would go with you to at least 3 sessions to have your relationship evaluated since you are having difficulty with things. If he declines, contact a counselor yourself and follow through. Explore with the counselor your choices and whether you want to stay in such a relationship. There is a counselor available to you through your EAP for three free sessions. Contact me if you need to know how to access those services. Peace, John

Quote: "Love is a basket with five loaves and two fishes. It's never enough until you start to give it away." - Dorothy Day

Bonus #1 Ponderisms

- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- Give a person a fish and you feed them for a day; teach that person to use the Internet and they won't bother you for weeks.
- Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.
- The easiest way to find something lost around the house is to buy a replacement.

Bonus #2 Prayers from Children

1. Dear God,
please put another holiday
between Christmas and Easter.
There is nothing good in there now.
Amanda

2. Dear God,
Thank you for the baby brother
but what I asked for was a puppy.
I never asked for anything before.
You can look it up.
Joyce

3. Dear Mr. God, I wish you would not make it so easy
for people to come apart
I had to have 3 stitches and a shot.
Janet

4. God,
I read the bible.
What does beget mean?
Nobody will tell me.
Love Alison

5. Dear God,
how did you know you were God?
who told you?
Charlene

6. Dear God,
is it true my father
won't get in Heaven
if he uses his golf words in the house?
Anita

7. Dear God,

I bet it's very hard for you
to love all of everybody in the whole world.
There are only 4 people in our family
and I can never do it.
Nancy

8. Dear God,
I like the story about Noah
the best of all of them.
You really made up some good ones.
I like walking on water, too.
Glenn

9. Dear God,
my Grandpa says you were around
when he was a little boy.
How far back do you go?
Love, Dennis

10. Dear God,
do you draw the lines around the countries?
If you don't, who does?
Nathan

11. Dear God,
did you mean for giraffes
to look like that or was it an accident?
Norma

12. Dear God,
in Bible times,
did they really talk that fancy?
Jennifer

13. Dear God,
how come you did all those miracles
in the old days and don't do any now?
Billy

14. Dear God,
please send Dennis Clark
to a different summer camp this year.
Peter

15. Dear God,
maybe Cain and Abel
would not kill each other so much
if they each had their own rooms.
It works out OK with me and my brother.
Larry

16. Dear God,
I keep waiting for spring,
but it never did come yet.
What's up? Don't forget.
Mark

17. Dear God,
my brother told me about
how you are born
but it just doesn't sound right.
What do you say?
Marsha

18. Dear God,
if you watch in Church on Sunday
I will show you my new shoes.
Barbara

19. Dear God,
is Reverend Coe a friend of yours,
or do you just know him through the business?
Donny

20. Dear God,
I do not think anybody
could be a better God than you.
Well, I just want you to know that.
I am not just saying that because
you are already God.
Charles

21. Dear God,
it is great the way you always
get the stars in the right place.
Why can't you do that with the moon?
Jeff

22. Dear God,
I am doing the best I can.
Really !!!!
Frank

And, saving the best for last . .

23. Dear God,
I didn't think orange went with purple
until I saw the sunset
you made on Tuesday night.
That was really cool.
Thomas

Bonus #3

Recently I overheard a mother and daughter in their last moments together at the airport. They had announced the departure. Standing near the security gate, they hugged and the mother said, "I love you and I wish you enough."

The daughter replied, "Mom, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Mom."

They kissed and the daughter left. The mother walked over to the window where I was seated. Standing there I could see she wanted and needed to cry. I tried not to intrude on her privacy but she welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?"

"Yes, I have," I replied. "Forgive me for asking, but why is this a forever good-bye?"

"I am old and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral," she said. "When you were saying good-bye, I heard you say, 'I wish you enough'. May I ask what that means?"

She began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone."

She paused a moment and looked up as if trying to remember it in detail and she smiled even more. "When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them."

Then turning toward me, she shared the following as if she were reciting it from memory.

I wish you enough sun to keep your attitude bright.
 I wish you enough rain to appreciate the sun more.
 I wish you enough happiness to keep your spirit alive.
 I wish you enough pain so that the smallest joys in life appear much bigger!
 I wish you enough gain to satisfy your wanting.
 I wish you enough loss to appreciate all that you possess.
 I wish you enough hellos to get you through the final good-bye.

She then began to cry and walked away.

TAKE TIME TO LIVE....

To all my friends and loved ones,
 I WISH YOU ENOUGH

end of bonuses ~ end of bonuses ~ end of bonuses

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