

Personal Growth Concepts™

www.personalgrowthconcepts.com
Q&A Forum - Review

Deciding About a Relationship

Greetings,

Thank for all the feedback on our last Q&A. Below is a question that was generated from the feedback. If you haven't checked out our website lately, why not now? There are articles on Identity Theft and ADHD that you can view by clicking on "Waiting Room" at the main menu. I would appreciate your feedback on this new feature.

Today we have a special added bonus to help us celebrate the 4th of July.

Peace, John

Q: I am in a relationship with a person for a year. We do go out and have a very good time. She treats me very well, and after help from you, haven't had an argument at all. "I statements" do wonders. Here is my side of it: I don't know if I am holding back with my emotions from having had a bad relationship in the past, or am I not in love with her and should move on for I am maybe wasting her time and mine? I have distanced myself from her children for the past few months because, either way, I don't think they should be hurt. Waiting to hear your advice. Thanks, John.

A: First, not having an argument may be good or it may be bad. Have you had any disagreements and how did you resolve them? On the down side, a lack of arguments may mean that one or the other of you is just going along with the other, placating or keeping the peace. That may be codependent and anger will build over time and affect (infect?) the relationship. On the other hand, if disagreements have occurred and you and she have found ways of communicating about them, airing your opinions with mutual respect and finding ways agreeable to both of you to resolve them, or agreeing to disagree, then the relationship sounds like it may be on the right track. Is the other person in the relationship also using "I statements?" If so, then how can it be poor? Perhaps what you are experiencing is fear of getting into a relationship again where you are going to be hurt again. This is a natural response but needs to be tempered by your thought process. Ask yourself, do I have concerns in this relationship that I had at the same point in time in my last relationship? Make a list of the pros and cons about the relationship - how do they stack up? What are the shortcomings of the relationship and are you willing to accept them along with all the positives that are present? Are you free to be your self and does she feel the same way about her self in the relationship? I believe distancing your self from the children may be appropriate given your current level of indecision and history. I would suggest that a year has been a good amount of time and that you give your self a time limit, say by the end of the summer, or Halloween or whatever to make up your mind. I suspect you know 95% of what there will be to know re: this relationship at the present time and waiting much longer may jeopardize the future of it. Have you shared your concerns with her? What has her attitude been to your concerns? A few final questions- what are you putting into the relationship and what are you getting out of it? Do you think you have a pretty good deal? what about her? is she giving and receiving in the relationship? are they reasonably balanced? I fear I have left you with more questions than answers but they are the kinds of questions I would ask you in a session to help you determine what kind of a relationship you have developed. One final comment, if you decide you are in the relationship and going to take it to the next level, include the children. They no doubt need a positive male role model who can look over a situation, make a decision and go with it. I hope you will let me know how this turns out. Thank for writing a question for me. Peace, John

~~~~~  
Quote: "When you reach for the stars, you may not quite get them, but you won't come up with a handful of mud, either." --Leo Burnett  
~~~~~

bonus 1:

Ruth went to her mailbox and there was only one letter. She picked it up and looked at it before opening, but then she looked at the envelope again. There was no stamp, no postmark, only her name and address. She read the letter:

Dear Ruth,
I'm going to be in your neighborhood Saturday afternoon and I'd like to stop by for a visit.
Love Always,
Jesus

Her hands were shaking as she placed the letter on the table. "Why would the Lord want to visit me? I'm nobody special. I don't have anything to offer. "With that thought, Ruth remembered her empty kitchen cabinets. "Oh my goodness, I really don't have anything to offer. I'll have to run down to the store and buy something for dinner." She reached for her purse and counted out its contents, five dollars and forty cents. "Well, I can get some bread and cold cuts, at least."

She threw on her coat and hurried out the door. A loaf of French bread, a half-pound of sliced turkey, and a carton of milk...leaving Ruth with grand total of twelve cents to last her until Monday. Nonetheless, she felt good as she headed home, her meager offerings tucked under her arm.

"Hey lady, can you help us, lady?" Ruth had been so absorbed in her dinner plans, she hadn't even noticed two figures huddled in the alleyway. A man and a woman, both of them dressed in little more than rags. "Look lady, I ain't got a job, ya know, and my wife and I have been living out here on the street, and, well, now it's getting cold and we're getting kinda hungry and, well, if you could help us, lady, we'd really appreciate it."

Ruth looked at them both. They were dirty, they smelled bad and frankly, she was certain that they could get some kind of work if they really wanted to. "Sir, I'd like to help you, but I'm a poor woman myself. All I have is a few cold cuts and some bread, and I'm having an important guest for dinner tonight and I was planning on serving that to Him."

"Yeah, well, okay lady, I understand. Thanks anyway."

The man put his arm around the woman's shoulders, turned and headed back into the alley. As she watched them leave, Ruth felt a familiar twinge in her heart. "Sir, wait!" The couple stopped and turned as she ran down the alley after them. "Look, why don't you take this food. I'll figure out something else to serve my guest." She handed the man her grocery bag. "Thank you lady. Thank you very much!" Yes, thank you!" It was the man's wife, and Ruth could see now that she was shivering.

"You know, I've got another coat at home. Here, why don't you take this one." Ruth unbuttoned her jacket and slipped it over the woman's shoulders. Then smiling, she turned and walked back to the street...without her coat and with nothing to serve her guest. "Thank you lady! Thank you very much!"

Ruth was chilled by the time she reached her front door, and worried too. The Lord was coming to visit and she didn't have anything to offer Him. She fumbled through her purse for the door key.

But as she did, she noticed another envelope in her mailbox. "That's odd. The mailman doesn't usually come twice in one day." She took the envelope out of the box and opened it.

Dear Ruth,
 It was so good to see you again. Thank you for the lovely meal . And thank you, too, for the beautiful coat.
 Love Always,
 Jesus

The air was still cold, but even without her coat, Ruth no longer noticed.

bonus 2 - a chuckle for you!

Top 20 Reasons Dogs Don't Use the Internet

20. Can't stick their heads out of Windows '95.
 19. Fetch command not available on all platforms.
 18. Hard to read the monitor with your head cocked to one side.
 17. Keep getting shocked trying to "mark" every web page they visit.
 16. Can't help attacking the screen when they hear "You've Got Mail."
 15. Fire hydrant icon simply too frustrating.
 14. Involuntary tail wagging is dead giveaway they're browsing www.pethouse.com.
 13. Keep bruising noses trying to catch that MPEG Frisbee.
 12. Not at all fooled by Chuck wagon Screen Saver.
 11. Still trying to come up with an "emoticon" that signifies tail wagging.
 10. Waiting for delivery of operating system with "Microsoft Opposable Thumb."
 9. 'Cause dogs ain't GEEKS! Now, cats, on the other hand.....
 8. Barking in next cube keeps activating YOUR voice recognition software.
 7. SmellU-SmellMe still in beta test.
 6. SIT and STAY were hard enough, GREP and AWK are out of the question.
 5. Saliva coated mouse gets mighty difficult to maneuver.
 4. Annoyed by lack of newsgroup, alt.pictures.postman's.leg.
 3. Mutual sniffing more direct and less deceiving than on-line chat rooms.
 2. Three words: Carpal Paw Syndrome.
- and the number "1" reason dogs don't use the net.....
 TrO{gO DsA[M,bN HyAqR4tDc TgrOo TgYPmE WeljTyH P:AzWqS.
 (too darn hard to type with paws)

bonus 3

A Highway Patrolman waited outside a popular local bar, hoping for a bust, at closing time, as everyone came out, he spotted his potential quarry.

The man was so obviously inebriated that he could barely walk. He stumbled around the parking lot for a few minutes, looking for his car. After trying his keys on five other cars, he finally found his own vehicle.

He sat in the car a good ten minutes as the other patrons left. He turned his lights on, then off, wipers on, then off again and started to pull forward into the grass, then stopped. Finally, when he was the last car, he pulled out onto the road and started to drive away.

The patrolman, waiting for this, turned on his lights and pulled the man over. He administered the breathalyzer

test and to his great surprise, the man blew 0.00. The patrolman was dumbfounded. "This equipment must be broken!" exclaimed the patrolman.

"I doubt it," said the man, "tonight I'm the Designated Decoy!"

SPECIAL 4TH OF JULY BONUS:

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died.

Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured.

Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished.

Some of us take these liberties so much for granted, but we shouldn't.

So, take a few minutes while enjoying your 4th of July holiday and silently thank these patriots. It's not much to ask for the price they paid.

Remember: Freedom is never free!

end of bonuses

~~~~

The information provided in this email is presented for educational purposes only. It is not a substitute for the advice and treatment of a licensed professional clinician, doctor, coach or pastoral counselor.

To unsubscribe, type unsubscribe-Q&A in the subject line of an email back to me.

[jpacheco@personalgrowthconcepts.com](mailto:jpacheco@personalgrowthconcepts.com)  
[www.personalgrowthconcepts.com](http://www.personalgrowthconcepts.com)