

Personal Growth Concepts™

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Q&A Forum - Review

Trusting Too Much, 2007-01

Fellow Q&Aers,

Greetings, after a long sabbatical! As you may know, a lot happened this year at Personal Growth Concepts and the flow of Q&As was non-existent.

First, our Stratford Office has moved. The new address is on our website (click below if you don't have it). Our phone numbers, website and email addresses have remained the same. The move has presented challenges to our staff and resources as we significantly downsized (space-wise), and completed the changes within a 3 month period. A special thank you to family, friends and colleagues who helped us make such a smooth transition. It reaffirms my belief in "many hands make light work."

Second, I have added several articles to the "Waiting Room" section on our website. The latest ones include: Warning Signs of an Abusive Partner, Six Survival Skills for Couples & Families, The Four Agreements, How to Switch Careers in Midlife and Being Alone Isn't So Bad. Why not check them out? A special thank you to Debi who, several months ago, helped us get these ready for uploading.

Third, in the near future, we will be migrating our Q&A list to a program that will make it easier for us to handle, and easier for you and your friends to subscribe/unsubscribe. The new format will appear more professional and I hope to have fewer bounces and less administrative time for me to manage it. Your confidentiality is assured. We do not sell our mailing list. You are here because you signed up for our periodic emails or expressed an interest in receiving them. To that end, I am updating my email lists, getting ready and screening out addresses that bounce. If you received this at more than one email address, please let me know which one you prefer to use, or both. If you have friends, have them sign up for Q&A and our bonuses from our website. In a few months we may also offer a newsletter which you will sign up for separately. Your feedback on this idea would be welcome.

Next, I will try to be more regular in my Q&As. Also, keep the questions coming. I have about four in the hopper right now. Why not send in one today?

Finally, thank you to Beth, Joanne and Barbara who provided the question and the bonuses for this Q&A.

Peace, John

Q: Why would a person "trust too much" when they should be careful but they continue to "throw caution to the wind?"

A: As many of my clients will tell you, I've developed a little formula to help folks understand trust. I tell them trust = consistency over time. Trust takes time to develop, and once trust is broken, one has an extremely difficult time mending it. Trusting too quickly may come from one's childhood where the message to trust first and then be on the alert for mistrust was planted. Sometimes the opposite message is planted – trust no one, until they prove to you they deserve it. Both are extreme and lead to difficulties.

The latter part of your question is about your perceived need for them to be cautious but they ignore that. Be careful re: over-focusing on them, ok? I suspect their trusting too much comes from a more emotional place – such as neediness, impatience. Someone who is codependent, i.e. focused on others' needs to the minimization of their own, is needy and apt to make decisions based on what feels good to them at the moment, and not based on the logic of what may be best for them in the long run. Somehow their neediness, the lure of the quick fix, trumps their logic. The "once burned, twice wary" saying has little value to them as they "throw caution to the wind" and get caught up in the moment. Coming from this emotional place, they often miss the red flags in the earlier stages of the relationship, and trusting too much, get themselves burned. This coupled with difficulty accepting responsibility for their choices (emotional as well as cognitive) leaves them a sitting duck for more disappointment and anger in relationships and, without intervention, predisposes them to a series of unsatisfying and unsuccessful relationships. One way to short-circuit this is to have a friend or therapist work with them to objectively look at what is going on and to help them change their thoughts and behaviors while they learn a different, more effective way of trusting. Such a person may serve as a conscience for them until they integrate the new thoughts and behaviors and no longer lose themselves in relationships.

Quote: The walls we build around us to keep sadness out also keep out the joy. - Jim Rohn

Bonus 1: RECENTLY, I WAS DIAGNOSED WITH A.A.A.D.D.-AGE ACTIVATED ATTENTION DEFICIT DISORDER. THIS IS HOW IT MANIFESTS:

I decide to water my garden.

As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left.

My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke I'd been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over.

The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye--they need water.

I put the Coke on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.
 So, I set the remote back on the table, get some towels and wipe up the spill.
 Then, I head down the hall trying to remember what I was planning to do.
 At the end of the day:
 the car isn't washed
 the bills aren't paid
 there is a warm can of Coke sitting on the counter
 the flowers don't have enough water,
 there is still only 1 check in my check book,
 I can't find the remote,
 I can't find my glasses,
 and I don't remember what I did with the car keys.
 Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired.
 I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....
 Do me a favor. Forward this message to everyone you know, because I don't remember who I've sent it to.
 Don't laugh -- if this isn't you yet, your day is coming!!

Bonus 2: SOME OF MURPHY'S LESSER KNOWN LAWS & SOME OTHER THINGS TO THINK ABOUT

Light travels faster than sound...
 ...this is why some people appear bright until you hear them speak.
 When you go into court...
 ...you are putting yourself in the hands of 12 people...
 ...who weren't smart enough to get out of jury duty.
 He who laughs last...
 ...thinks slowest.
 Change is inevitable...
 ...except from a vending machine.
 Those who live by the sword...
 ...get shot by those who don't.
 Nothing is foolproof...
 ...to a sufficiently talented fool.
 The 50-50-90 rule:
 Anytime you have a 50-50 chance of getting something right...
 ...there's a 90% probability you'll get it wrong.
 If you lined up all the cars in the world end to end...
 ...someone would be stupid enough to try to pass them...
 ...five or six at a time...
 ...on a hill...
 ...in the fog.
 If the shoe fits...
 ...get another one just like it.
 The things that come to those who wait...
 ...will be the things left by those who got there first.
 Flashlight:
 A case for holding dead batteries.
 The shin bone is a device for finding furniture in a dark room.

A fine is a tax for doing wrong.
A tax is a fine for doing well.
(...and, cute sayings for those who love the philosophy of hypocrisy
and ambiguity...)
Don't sweat the petty things...
...don't pet the sweaty things.
Atheism is a 'non-prophet' organization.
If man evolved from monkeys and apes...
...why do we still have monkeys and apes?
I went to a bookstore and asked the saleswoman...
..."Where's the self-help section?"
She said if she told me...
...it would defeat the purpose.
What if there were no hypothetical questions?
If a deaf person swears...
...does his mother wash his hands with soap?
If someone with multiple personalities threatens to kill himself...
...is it considered a hostage situation?
Where do forest rangers...
...go to 'get away from it all'?

Bonus 3: MAKING PANCAKES

Six year-old Brandon decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Brandon was covered with flour and getting frustrated. He wanted this to be something very good for Mom and Dad, but it was getting very bad.

He didn't know what to do next, whether to put it all into the oven or on the stove and he didn't know how the stove worked! Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically he tried to clean up this monumental mess but slipped on the eggs, getting his pajamas white and sticky

And just then he saw Dad standing at the door. Big crocodile tears welled up in Brandon's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him.

Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas white and sticky in the process!

That's how God deals with us.. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky or we insult a friend, or we can't stand our job, or our health goes sour.

Sometimes we just stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him.

But just because we might mess up, we can't stop trying to make pancakes for God or for others. Sooner or later we'll get it right, and then they'll be glad we tried... and..... Never stop making pancakes!

End of bonuses

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