

Personal Growth Concepts™

www.personalgrowthconcepts.com

Q&A Forum - Review

When Is It Appropriate To Divulge More Information? 2005-06

Greetings fellow Q&Aers,

I have a lot of news to report before we get to our Q&A.

First, the [Rebuilding Your Self When Your Relationship Ends](#) seminar series is all set. I ask that you open and review the attached brochure and, if appropriate, print it out or email it to whomever you know could benefit from it. I am now accepting registrations and am looking forward to having a seminar filled with people who are healing from a current or recent divorce. The information about this seminar is also on our website. Go to www.personalgrowthconcepts.com, click on "News & Events," and then click again on "Rebuilding Your Self....." If you or someone you would like to refer have any questions, please contact me.

Second, Lisa Muller, our newest counselor, is on board, oriented and has time slots available in both our Stratford and Naugatuck offices. Why not refer a friend or colleague to her?

Next, on our website, I recently added three articles in the "Waiting Room" section. There are now articles about menopause, date rape (appropriate at this time of year with college semesters beginning) and one on avoiding big relationship mistakes. Check them out, let your friends know about them and our free Q&A, and let me know what you think.

Finally, a special thank you to Nancy, Barbara and Tom who contributed to our bonuses in this Q&A. Keep 'em coming, along with your questions! Peace, John

Q: I always try my best to be honest. Since I am a person with three diagnoses, I find it difficult to converse with people who ask why I don't work. I usually tell them I have depression and leave it at that, but I get the sense that they think I am just being lazy. (My other two mental illnesses are Borderline Personality Disorder and Dissociative Identity Disorder, and are hard to explain without the person thinking I am totally nuts!) When is it appropriate to divulge more information? Thank you...

A: I thank you for your question. It sounds like you have already found a reasonably satisfactory way of dealing with the question. Most people have a basic understanding of what depression is. You might add on a comment that indicates that your doctor believes that you should not work (particularly if they ask) and then point out how you are using your time productively, by volunteering or other activities. This may serve to inform them of the basics as well as channel the conversation to something more positive and easier for both of you. It would also be helpful to let go of whatever you think that they might be thinking. When is it appropriate to divulge more information? When you feel more comfortable with the person and the person has shown a genuine interest in you and your activities. Sharing is always a little risky but, if you use your head, I am sure you will find people who will understand and accept you as you are, without needing a lot of explanations. I wish you peace in who you are and in all that you do! - John

Quote: People are lonely because they build walls instead of bridges. - Joseph Newton

bonus 1:

A frog goes into a bank and approaches the teller. He can see from her name plate that the teller's name is Patricia Whack.

So, he says, "Mrs. Whack, I'd like to get a loan to buy a boat and go on a long vacation."

Patti looks at the frog in disbelief and asks how much he wants to borrow?

The frog says "\$30,000." The teller asks his name and the frog says that his name is Kermit Jagger, his dad is Mick Jagger, and that it is OK, he knows the bank manager.

Patti explains that \$30,000 is a substantial amount of money and that he will need to secure some collateral against the loan. She asks if he has anything he can use as collateral.

The frog says, "Sure. I have this," and produces a tiny pink porcelain elephant, about half an inch tall. It is bright pink and perfectly formed.

Very confused, Patti explains that she'll have to consult with the manager and disappears into a back office.

She finds the manager and says: "There is a frog called Kermit Jagger out there who claims to know you and wants to borrow \$30,000. And he wants to use this as collateral." She holds up the tiny pink elephant.

"I mean, what the heck is this?"

(are you ready?)

(are you sure?)

The bank manager looks back at her and says,

"It's a knick knack, Patti Whack.

Give the frog a loan. His old man's a rolling stone!"

bonus 2:

Subject: DIRT ROADS by Paul Harvey The Good ole Days

What's mainly wrong with society today is that too many Dirt Roads have been paved. There's not a problem in America today, crime, drugs, education, divorce, delinquency that wouldn't be remedied, if we just had more Dirt Roads, because Dirt Roads give character.

People that live at the end of Dirt Roads learn early on that life is a bumpy ride. That it can jar you right down to your teeth sometimes, but it's worth it, if at the end is home...a loving spouse, happy kids and a dog.

We wouldn't have near the trouble with our educational system if our kids got their exercise walking a Dirt Road with other kids, from whom they learn how to get along. There was less crime in our streets before they were paved.

Criminals didn't walk two dusty miles to rob or rape, if they knew they'd be welcomed by 5 barking dogs and a double barrel shotgun. And there were no drive by shootings. Our values were better when our roads were worse!

People did not worship their cars more than their kids, and motorists were more courteous; they didn't tailgate by riding the bumper or the guy in front would choke you with dust & bust your windshield with rocks. Dirt Roads taught patience.

Dirt Roads were environmentally friendly. You didn't hop in your car for a quart of milk; you walked to the barn for your milk. For your mail, you walked to the mail box.

What if it rained and the Dirt Road got washed out? That was the best part, then you stayed home and had some family time, roasted marshmallows and popped popcorn and pony rode on Daddy's shoulders and learned how to make prettier quilts than anybody.

At the end of Dirt Roads, you soon learned that bad words tasted like soap.

Most paved roads lead to trouble, Dirt Roads more likely lead to a fishing creek or a swimming hole. At the end of a Dirt Road, the only time we even locked our car was in August, because if we didn't, some neighbor would fill it with too much zucchini.

At the end of a Dirt Road, there was always extra springtime income, from when city dudes would get stuck. You'd have to hitch up a team and pull them out. Usually you got a dollar...always you got a new friend...at the end of a Dirt Road!

~~~ by Paul Harvey

bonus 3:

How Many Christians does it take to change a light bulb ?

Charismatic: Only 1, Hands already in the air.

Pentecostal: One to change the bulb, and nine to pray against the spirit of darkness.

Presbyterians: None, Lights will go on and off at predestined times.

Roman Catholic: None, Candles only.

Baptists: At least 15. One to change the light bulb, and three committees to approve the change and decide who brings the potato salad and fried chicken.

Episcopalians: 3 - One to call the electrician, one to mix the drinks and one to talk about how much better the old one was.

Mormons: 5 - One man to change the bulb, and four wives to tell him how to do it.

Unitarians: We choose not to make a statement either in favor of or against the need for a light bulb. However, if, in your own journey, you have found that light bulbs work for you, that is fine. You are invited to write a poem or compose a modern dance about your light bulb for the next Sunday service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long life and tinted, all of which are equally valid paths to luminescence.

Methodist: Undetermined - Whether your light is bright, dull, or completely out, you are loved. You can be a light bulb, turnip bulb, or tulip bulb. Church wide lighting service is planned for Sunday. Bring bulb of your choice and a covered dish.

Nazarene: 6 - One woman to replace the bulb while five men review church lighting policy.

Lutherans: None, Lutherans don't believe in change.

Amish: What's a light bulb ?

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.

[www.personalgrowthconcepts.com](http://www.personalgrowthconcepts.com)

© Copyright 2004 Personal Growth Concepts