

Two heads are better than one. Simple ideas communicated to another can make such a difference. A professional pointed me in the direction to solve my problems with the experience of several “ah hahs.”

MARRIAGE OR DIVORCE

On my next visit to Glen I said

“I don’t know what to do about my marriage. I haven’t been happy for a long time. My husband was unfaithful a number of years ago. I was devastated at the time and very hurt. My trust was lost and I have not been able to recover it. We have been married for close to thirty years and our children are grown and gone. What can I do to help me decide what route to take? I have also never lived alone. I am afraid that if I leave I will be lonely as well.”

Glen replied

“Take out a sheet of paper and write down everything that you would like to receive in a marriage. After completing your list look at each item carefully and mark down beside it whether you are receiving that quality in your marriage or not. See how many of your relationship desires are being met.”

“Okay” I replied and went home to write my list. After careful thought I was able put down twenty five things that I would like to have in relationship. As I reviewed them I realized that I was only receiving 4 of the items on my list. As the “ah hah” struck I made the decision to leave my marriage.

I told my husband that I wanted to leave. He said

“If you leave I will not be your friend.”

Having always been somewhat of a loner I realized with a shock that I had never created close friendships with anyone but him. My husband and I had always been able to talk enjoyably with each other on surface things, albeit without expressing any really deep vulnerability. When our relationship had even begun we spent hours together sharing feelings and ideas. But over the years sharing of depth had disappeared. Now with no one to be close to, to share experiences with how could I leave?

The solution appeared on my next visit with Glen, when his secretary, Kim, said that she would like to get to know me, (although not considered professionally acceptable in her confidential secretary role). I readily agreed and we began to meet becoming close friends. Now I had a friend to talk to and would not be lonely, but I had no income.

July 2008

Nana