



## **An Open Handed Approach**

The Arabs have a saying “if you take a handful of sand and hold it in an open palm the sand will stay put, if you close your fist it will dribble through your fingers”. I find this is true of relationships too. If my husband were to keep me on a tight rein, not letting me go out on my own, being possessive of my time, inhibiting my movements, then I would feel not only resentful but the rebel in me would soon come rising up!

There is nothing more likely to make us want to do something than to be told we cannot! But maybe you think you cannot trust your partner or husband/wife to go out with friends. If your partner is going to stray I can tell you they will whether you give them permission to go out or not!! They will find a way for sure. If you are relaxed and friendly about the odd night out you will be creating an atmosphere of openness for truth and honesty to flourish. If you enforce your will and dominance over your partner you will encourage deception. Keep your hand open!

## **Teenage woes**

For some time now a couple I know have been having problems with their teenage daughter. She has turned against her mother and father and blame them for everything that is not right in her life. She has abandoned her studies and left home on several occasions. She has stolen money from her parents and is rude and abusive to them and her sister. They are not alone with this problem. Another couple I know have the same problem with their son.

I have shared a home with teenagers, and I know how difficult it can be. I cannot tell you how to overcome the problems for there are many causes for the angst that teenagers experience, including: changing hormones, lack of confidence, bewilderment with the adult world, fear of losing face with peers, confusion caused by sexual desires, passions and emotions that rise without any seeming cause etc. I can suggest two things – firstly, keep your door open, don't exclude them from your life completely and secondly don't let the problems divide the two of you – back each other up otherwise you will have two difficult relationship problems to solve not one.

The good news is that this is only a temporary situation – your caterpillar **will** turn into a beautiful butterfly one day!

## **Who is to Blame?**

Have you noticed that when people argue the point of issue is often “who is to blame?”. Arguments and the anger that flows through them can be a destructive force in a partnership and, in my opinion, a total waste of time. When we shout at someone we are stealing their energy. When the other person shouts back they are stealing it back again. So a ping pong, tit for tat situation is created without any winners – in fact two losers, for both participants will end up emotionally drained and often hurting inside.

My husband and I don't always agree, of course, for we are both quite independent and strong minded. However, as soon as we see an argument becoming a tussle we both start to back off. I would rather take the blame or give way than hurt him and he likewise. There are very few issues that really matter that much in the greater scheme of things. Be big and take the blame – what does it matter. Proving yourself right is a hollow victory when the two of you have ended up hurt and divided.

**Anne Jones**

ANNE JONES

Love is the key



Email: [anne@annejones.org](mailto:anne@annejones.org)

Visit: [www.annejones.org](http://www.annejones.org)