

# Chapter 24

## Relationships While Working, Dating, and Communication

It is all about what you are about, and not about who you are about. It is about what you know, and not who you know. It is about what you recall because what you think affects what you know. Therefore, what you know is a product of you and what is known about you. This leads to the question of whether what you know is representative of who you are or not?

### **(A) Dating**

I think it is really difficult to be in relationships when you are working on yourself and trying to come up in life by trying hard to find your way. It is really difficult to be close to anyone and at the same time, find a job, maintain a job, and still find time to enjoy an active social life. Right now, my social life consists of writing online and keeping in touch with the friends I make along the way who have been very supportive of me, followed me, liked my posts, and corresponded with me. They constantly checked in to make sure I was doing well.

It is really unfortunate when you are doing well and you are not able to share that happiness with another and for whatever reasons, the one you love is not able to share that happiness with you. Everything takes time to develop – including what it is and what it is not, who we are, and who we are in the lives of others, particularly our significant others if and when we find them. Not everything in life is timed perfectly. In fact, most things happen at the most inopportune of times, occurring at the wrong moment due to poor timing. Things to occur on track and at the best time differently for different individuals.

For me, my best timing is when everyone around me is happy. But life does not always necessarily work out that way. I wish my life was different than it is today. I wish I had never campaigned and just lead a normal life. I wish that I never dated in law school and stuck to my gut instinct, which was yelling at me, telling me I was not able nor ready to maintain an intimate relationship. It was telling me to focus on school.

However, instead of listening to it, I put the needs of someone else before my own. When

this occurs, we are told that everything will come back to us tenfold and that our good deeds will not go unnoticed and that when we put others before ourselves, that means that in the end, or somewhere down the line, we are to benefit from that experience and those choices we make in life (to put others before ourselves).

However, eventually you get tired. When this occurs, it is important to step back, breathe, reassess things, and proceed forward. Pretending like everything is okay when it is not will not do you good. Pretending like your feelings are not hurt when they are is not healthy either. It solves nothing. This is particularly relevant when it comes to your ability to communicate with your loved ones or significant others. Less is more. The more we try to fix things, the more we try to buffer misunderstandings with excuses, and the more we try to be accepted, the less likely it is that those things are going to occur.

Why is that? Because a person who tries too hard is seen as compensating for some weakness or trying to overcome some negative obstacle. It is assumed that they are trying to cover up ‘embarrassing’ things in their life and are overcompensating by constructing a positive life, which they assume was not going well and explains why they are struggling at the moment.

Not everything that goes wrong in our lives is our own fault or at our own expense. Usually, when bad things happen, not only may we be harmed but also those around us. They are at risk too. Therefore, it is important to never play the victim when you are the victim as this usually breeds animosity towards you. Trying to situate yourself as disabled or less capable than the rest and in need is generally frowned upon. People who are in need are generally characterized as physically or mentally incapacitated, to the extent that they need or rely on others to take care of them, guide them and help them. Thus, even the term ‘victim’ has a lot of negative connotations attached to it now.

If you do not fit the stereotypical mold of someone who could potentially be victimized, you will not be seen as a victim. Instead, you will be blamed for your own current circumstances. The story will go that you are a product of the choices you have made in your life, which you are expected to take responsibility for and correct on your own best time.

This is unfortunate as many opportunities in life are wasted or passed when we are misunderstood and when we are harmed. It is really not the responsibility of the victim to defend themselves. Yet, here I am. Goodnight everyone, and hope you have a great day tomorrow. And remember to smile and be appreciative of all your blessings in life, as well as those who you have

in your lives. Do not to worry about those who chose not to be a part of your life. I have always been the most popular person in whatever circumstance I found myself in. Whatever school I go to or whatever town I am in, I seem to attract interest and command respect. That is just me. I cannot help it.

So I know something is wrong when someone who is kind to me at one point chooses not to associate with me at another point in time. That is for me to figure out and is really none of anyone else's business except for mine. All I can do is be myself to the best of my ability and live life with or without other people in my life. With or without their guidance, acceptance, love, understanding, or consideration, I will continue striving to be the best version of myself.

When you put yourself out there, you can only be harmed. You will not benefit when situated in such a weakened state through failure, mishap, rejection, or misfortune. Bad luck is a variable that will always exist, and it is one's own responsibility to turn their luck around and not rely on others to help enable that to occur. At the end of the day, you are what you attract in life.

Reference: <http://www.mymollydoll.com/blog/relationships-by-leslie-fischman-081716>

## **(B) Relationships**

Not all relationships begin the same way. Each has its own stages. Not all of them occur at the same time for everyone. They are all unique to each individual that we meet in life. Why is that? For every experience that we have, we have a new beginning in life. The lessons we learn from previous interactions with others help us improve the basis upon which we make decisions in future interactions and relationships. A relationship is not defined solely on the intimacy that exists between two people, but can also vary in terms of its closeness. In some relationships, we desire closeness into others and bridge any distance between us.

It does not matter who attaches to us, for every relationships fosters our personal growth, both positive and negative. What does matter is to whom we attach to. To whom, where, and why we attach may often baffle us. Why do we get attached to so many negatives and so few positives? Why are we so affected by those we do not get along with, and why is it so difficult to develop healthy attachments to those we do get along with. What is it about negative interactions that gets under our skin so much that it interferes with our ability to attach to the positives in our life?

This is one area of relationships that has constantly created disturbances in my life and in the relationships that helped foster my growth. They interfered with my ability to attach to others

because relationships from which negativity resulted from interfered with my ability to maintain current positive relationships and form fresh bonds and positive relationships with new people. What I learned from these experiences was to not be too concerned with why I did not get along with these individuals and instead, focus my attention on what it is that they said to me that caused me to become disturbed. I had to assess what they did that interfered with my ability to achieve happiness in my life.

Reference: <http://www.mymollydoll.com/blog/chapter-relationships-draft-book-by-leslie-fischman-061016>

### **(C) Breakups**

One question you always ask yourself when confronted with disillusion is whether or not you were at fault for the demise of a relationship that dissolved apart before you even had a chance to save it from falling apart. Sometimes, things occur when we least expect them. They will not always be in our favor as sometimes, to do us a disservice in life, these life experiences we call challenges in life will catch us off-guard.

When certain circumstances, persons, or things occur that we have a finite understanding of why or how they happen, then we just have to learn how to accept things the way they are without any further investigation. I am never one to investigate the faults of others or reasons for the demise of relationships, and always move forward and let go of things in the past.

However, when the harm resulting from that loss is recurring, then I know it was not me that was at fault. If he is still so affected after I have already let go and moved on unaffected by him, then it is a clear sign that he is the one wracked with guilt. When there is room for constructive discussion and it is not done, then at no later point in time is discussion or the continuation of a discussion required on your part. You do not owe it to anyone who has not given you the opportunity to be heard or left no room for healthy discussion. Where one assumes things about another, and then one is harmed as a result of those assumptions, than the other is not liable for the harm resulting from those assumptions about the character of another.

### **(D) Does Dating Come With a Map?**

With all this said and done, here is my bit on relationships; umm, does dating come with a map, because I think I make sense, but apparently I am still a little rough around the edges. This is not just according to what others say, but also because of my own introspective assessment. I

always been a tomboy. That much will not change. Fill my closet with high heels and fancy blouses, but all I need is my desk and my brain to function optimally.

It is hard for me to start a new relationship because my judgement in this regard is often clouded by emotions and negative thoughts or comments that get me triggered and then retriggered when I am out in public. I get paranoid when I get triggered. I think that people are watching me and trying to see if they get the same result as me – a negative reaction (that just makes me want to drink). This makes me feel more insecure about myself, which is why I spend the majority of my time alone in my apartment.

This reaction would not have occurred if I was not triggered, but no one will admit to laughing in my face or staring at me funny. They will just find satisfaction in me reacting negatively, which is when I start talking to myself and being weird – when I am made to feel uncomfortable in my own skin. I have never been overly critical of others, and have just held myself to a high standard. However, when the reverse occurred, it was not anything I have not already felt or anything that was said to my face before. Just in case you were wondering, I am not proud of myself, and since everyone is embarrassed by me, I do not want to embarrass you or for you people to think you are dating a loser. I do not have a job, yet. That is why I am quiet for the time being. Thoughts for today.

