

Helping (and Putting Up With) Loved Ones That Hurt You



Please tell me, God, what to do with some people, sometimes? **You never give us more than we can handle, but You sure know how to push us right to the edge, where we think we can't handle it, don't You?** Please God, I don't want people to judge me. I just want them to love me for who I am and for the goodness that always exists, deep down within me, so please, remind me not to judge and to just love people for who they are, and for the goodness that always exists, deep down within everyone!

As I'm writing this to share with others, I already know I'm going to tick somebody off again. I try to respect people's time and get to the point quickly, but not everybody likes that, and are offended that I seem to be scolding them. I try to offer a viewpoint that helps me realize something new about people and myself, but not everybody wants my viewpoint, and some take it personally. I feel compelled to offer thoughts that may spark ideas to overcome our own worst enemy (our own self), in an effort to help people find peace and happiness, but not everybody wants that, and it only upsets them. I try my best to respect everyone's right to live the life they choose, but knowing that someone helped me a great deal with feedback (good or bad), sometimes I can't keep my mouth shut when someone complains or is unhappy. **One thing I feel strongly about is that we are here to help each other, and I feel worse not trying to help, even when my thoughts are not welcome; but to my disappointment, not everybody wants help.**

Not everybody wants to help others or to be helped. Not everybody wants other viewpoints or change in their life. Not everybody is comfortable being around happy, peaceful people. **Not everybody wants happy.** I have to respect that people have the right to choose, to not judge them, and to love them, all the same. Sometimes this is a random stranger that you can walk away from and say a prayer for, to feel better about not sticking your nose into their business; but more often, it's a coworker, a friend, a child, or even a spouse. Then what? How can you respect their right to misery and suffering when they are directly impacting you on a daily basis? How can you stand by, day after day, as they disrespect and mistreat and bring you down, because they are not capable of anything else? After a while, it wears on you. After a while, it drains you and frustrates you to the point that you start acting like someone you truly are not. Sh** rubs off, after a while, but still, we have no one to blame for our attitude or actions; we are always responsible for that. **But wait, how come they can blame everything and everyone, and go on and on about who's right and who's wrong, but we have to suck it up and be nice and loving?** It's SO unfair, and frankly, it really burns my butt, every now and then. Then we worry, are we being too nice and enabling their bad behavior? Is our lack of expressing how "wrong" and "messed up" they are just making them worse? Please God, tell me what to do with these people! I am still human, and I still have a breaking point, and today, I'd just like to tell a few of them how I feel about it!

But wait. Then I'm the bad guy. Then I'm the problem, and now, I've just given them one more person and bad situation to blame their misery on. Yea, that never works, and to top it all off, I'd only feel worse about everything, then. No, there has to be a better way. Compassion? I try. I keep telling myself that everyone's life and awareness of life is very different from mine, and that they are doing the best they can, under the circumstances of their life and mindset. **But are they really doing the best they can, or are they just slacking**

off, to put the rest of us through hell? Misery does love company, after all. There it is again, though: MISERY. I guess I'd rather have people be threatened by my being too happy than risk being miserable, myself. I guess I need to accept that no matter how much we preach that uniqueness is a blessing, someone is always going to be upset, just because someone or something is different. There's no way that any one of us could always please everyone, after all, so it's a waste of life to even try.

Still, we know how to help others to fix things in their life, to find peace, and to be happy. We ALL know something that would help many, many people find this "secret to life," so it's very hard to not want to help. Most of us know that if more people are happy, they would be nicer to others, and in turn, the world could be a much better place for everyone, and thus, people would better understand their invaluable worth to the rest of the world. Even so, not everyone wants a better world. Not everyone wants a happier life. Not everyone wants "better." So, those people will continue to be angry and lash out at others, just as long as they choose. They may even affect others enough to shake their truth about who they are, and bring them over to join them, on the dark side. **Sometimes, it feels that way, like it's you against an impossible dark force, which challenges you to think again about who you are and how you want your life to be.** It tries to lie to you enough, to where you start to break down and start blaming others for your lack of happiness or lack of progress towards your dreams. It presses you against the wall and forces you to "CHOOSE!"

Do you want to join the masses of misery, out of fear, or do you want to prove to yourself that you love yourself and others enough to stand firm in who you want to be? Will you continue to be the true, loving person you want to be, and to do the things that bring you lasting joy and peace, regardless of what may be going on around you? Will you remain responsible for your life? Will you respect yourself and others enough to love and appreciate the lessons you learn, no matter what anyone else thinks or says? I truly believe that if I stick to keeping my heart and perspective open, I can only have a positive effect on my life and others, no matter what goes on, and no matter how unsettling it may be to someone that is struggling and not willing or able to be their true self. **Perhaps they have chosen to suffer in this lifetime, and must make their world a miserable place; perhaps they have chosen to help others learn to stand firm in who they are, by constantly criticizing and challenging the very core of their beliefs.** Perhaps they are doing me a favor and helping me learn, and this is their way to be a martyr in this lifetime. It's unlikely I will ever know, or ever understand, but that's where faith, compassion, and love come in.

I need to practice loving and not judging, no matter what someone is doing or not doing, and no matter what type of life they have chosen to live. I believe this is what we call, "unconditional love," and I believe it is the true test of our understanding that we are all here to help each other, in whatever which way that may be. Everyone has a soul, after all, and at the very core of that soul is goodness; I cannot doubt that, just because it may be hidden from my small human eyes and my small human mind. Some things are meant to be believed, even when we cannot see them. Following your heart and believing is what leads us to fulfillment and peace, especially when we realize it's not about the outside world or anything going on in it. Truly, it's all about what we have within us, and I suppose that people like me would never realize this, if everyone was nice to me all the time. **I would be misled into thinking that all my happiness was coming from other people, and worse, that I had to rely on them for where my life went.** I would be miserable, frustrated, and depressed, waiting for someone to fix my life and tell me who I was, and to let me be who I really am. But it would never happen, because no one can ever do this for you, and I wouldn't know it. That would be the worst. I would give up all

hope, I think. I might even be angry at happy people, because it would feel so unfair that someone or something made their life great and now, mine couldn't be, because it was all used up on them. Life would suck!

I remind myself, that every interaction and every experience with others must be a mutually beneficial interaction, so it must be assisting me, somehow? I also remind myself that fear only comes out when someone doesn't feel safe; some people do not feel safe having to look at their feelings. Are they blind? Can't they see what they are doing and how much they are hurting others? Are they deaf? Why doesn't anything we say to help them and to help the situation seem to be heard? Are they dumb (mute)? Why can't they let the true feelings of their heart, the ones they swear they feel for you, be spoken out loud? Are they paralyzed? At least if they can't make words come out of their mouth, couldn't they make the smallest gesture towards showing a little kindness?

I can find compassion for someone that truly doesn't realize what they are doing because they really are unaware of what they are doing by envisioning them as emotionally blind, deaf, dumb, and paralyzed, that is, until, they go the other way. Hiding feelings so far down that you can't find them or use them is one thing. **Actions that seem to want to see others hurt, or take what you ask for and use it against you, or say hurtful, mean things, or make gestures or situations that they know will offend you, is another.** Now they seem to be fighting you, like an enemy that needs to be conquered, sending you feelings that cannot be received as anything other than hate. This is when my humanness loses all hope for being able to hold on to who I am while I am still with this person. **This is the biggest obstacle in staying true to who I am, that I can think of: When someone you love, that has said they love you displays the opposite, a lot of the time.** My heart goes into hiding, just to survive, and covering it up automatically drains and depresses me. I know it's not right, and I know I cannot stay there too long; life is too valuable and too short, and I do know that I don't want to waste it. I have to do something to respect and love myself. I have to do something to respect and love the handicapped person that may be too far gone. Allowing things to go on and on, doing nothing but simply praying for change, only hurts the both of you, along with everyone else in your environment. No matter what, we always have an effect on others, in some form. **No, when we have the awareness to see, hear, say, and do, we need to do whatever we can, regardless of the pain we may be feeling. Other people really do rely on someone to do something.**

I have to remind myself that darkness is nothing more than a place where someone is not shining light. Sometimes to survive the hurt we are feeling, we have to hide our light until we feel strong enough again to let the world know we are there. I know I have to do it sometimes, but even then, I have to remind myself that it is temporary and I refuse to stay there. **Guess what happens if I stay there? I start to slip into a habit of not listening to my heart, and start hiding my true feelings.** I am not truly myself, and therefore, I cannot really live the life I was intended to live. I slowly decide to become blind, deaf, dumb, and paralyzed myself! Oh my God! Just the thought of existing like that terrifies me! The thought of the misery I'd cause myself physically makes me sick to my head and stomach! NO! NO! Oh my God! It breaks my heart to think that the person I'm struggling with is that unhappy, even some of the time, but doesn't have a clue! How do they get up in the morning? How numb must they be to go through even a day like that? Is that why so many lose themselves in their electronics, addictions, depression, sickness, and isolation. . . just to get through another miserable day? It's heart-wrenching! **They don't know how to change, even if they realize it can be changed. They are paralyzed, after all.** It's easy to recognize them. They are the ones that complain about everything, but never

consider a solution. They are the ones constantly finding fault with everyone, and everything, and pointing it out to anyone that will listen. They are the ones that complain that there's "nothing to do," but are always too busy to have time to spend with you or on things they should be doing. Instead, they try to busy themselves with whatever will keep their mind off of thinking too much; quiet time alone or with someone that may try to get them thinking must be avoided, at all costs. Oh my God! Yes, they push us to our max!

Now that my anger and disappointment has been strongly defeated with this reasoning, I can see a little more clearly again. My sight is slowly returning, and so is my compassion. I remember that any damage that an unaware person does is the worst to themselves. What I'm feeling is nothing, compared to what they are, or eventually will feel. **Truly, some go to their grave, never allowing their light to shine because of this.**

That's where we desperately need each other. When someone doesn't realize they even have a light, we need to shine ours bright enough for them to hopefully use a little of it to see, hear, speak, and move. Huddled in their darkness, they have forgotten what it even feels like to do all this. Do we have to be a martyr and live a life of neglect, criticism, hurt, suppression, and hopelessness, turning all of our light onto them? NO, NO, NO! Harming yourself while helping others is never the answer. **You cannot "love another as yourself" if you don't love yourself enough to respect yourself enough to stay in a place where you are able to be your true self.** First and foremost, you need to listen to your heart and be your real self, or your light goes out, too. It is critical that your heart shine, and shine brightly! How else are you going to provide light to others?

We are only human, so sometimes this is impossible to do with someone you love hurting you. It's up to you to find a way. I know this sounds like an unfair responsibility, but the paralyzed person can't help, usually. **This is where you finally can see a little more of the intense goodness and strength you already have within you.** I've heard it said that negative situations and people are our much-needed and most influential teachers. Based on my personal experiences, I have to say it has been this way in my life, for sure. I prefer to learn and grow, and not drag out the confusing and frustrating phases of my life. I do know that I have firmly learned invaluable things and moved on very quickly to change my life for the better, because of the negative experiences in my life.

Oh, and my secret to not losing it completely when I'm being pushed to my limit...I ask God to be with me, to handle it, and guide me to do what's best for everyone. Most of the time, I'm most comfortable asking the angels, as I'm still working on not feeling like I'm pestering God with little stuff (which is altogether silly), but it's all the same. He can handle anything, any size, any person, and if you ask and expect miracles, you will get them! Keep your light shining in your heart, good and bright—we all need you, so badly!

Need ideas on dealing with people or just following your heart, especially when it's hurting? **There's tons of my thoughts on this in the book, RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin, and in free articles on our website, AnniePress.com. I also have a very rough video on the top corner of the TeensRiseAbove.com site, called, "You Are Here For A Reason!"** It teaches how to learn to listen to your heart, versus the lies in your head. Take the time to love yourself enough to reach out for new ideas when life isn't blissful...lack of bliss is your first clue that you are not following your heart!

Be ready, as some may perceive your turn towards self-love as turning away from them. This is what I call, "tough love," because it's tough to outwardly appear as though you're withholding love by not enabling further

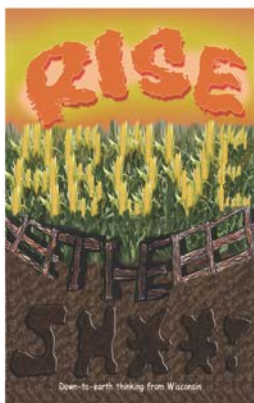
disrespectful behavior. In reality you're pouring out love for both yourself and the other person, by being strong about what will be best for the two of you (and in reality, for everyone else then). It's enlightening to realize that by not doing anything about the situation, and allowing the less-than-loving treatment from our loved ones, we are asking for more of the same, and so, we are now doing whatever we can, out of love, to change things for the better. But again, sometimes this is very unsettling to our loved ones, as their fear of change itself tips their world on its edge. Sometimes, their terror of having to think about how they feel is too much, and they rebel and resent you. **It may hurt for a little while, to watch someone chose misery over realizing they are in control of their life, but we have to stay focused on the long-term benefits.** Even if they never realize what you have tried to do for them, it will affect the both of you (and again others around you) in a good way, ultimately. Following the heart never fails and draws in more love, and more love will always bring peace. Even if the love is never returned from the person because their emotional handicaps keep them from being anything but angry at you, you will know you did your best, and that's all that matters. That's what brings you peace.

We have to remember that no one, and no one, has our experiences, our awareness, our challenges, our dreams, our successes, our hurts, or our exact way of thinking. We cannot possibly expect others to see exactly what we see, regardless of how obvious we believe it is. Everyone is on their own path; everyone has their own free will. **Everyone must live the way they choose, no matter what we think about it.** Our role, as someone that crosses their path, is to stay true to our heart so that our light shines as brightly as possible. There will be many that need and use that light, whether we realize it or not. **So there it is again, right in my face: All that matters is love and compassion, for ourselves first, because it naturally touches everyone else we come in contact with.** Stay true to yourself. The world is absolutely depending on you.

With love, and I'd really appreciate your feedback on this one! ~Mary Anne

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