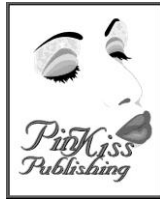


# I Need Therapy



Glenda A. Wallace



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# Why Therapy?

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**M**y man has been and always will be the king of my castle. I pamper him and place him on a pedestal. When I'm in love with him, I will do anything for him, and that is as it should be, but ladies, we know how easy it is to fall out of love—or should I say, to be pushed out of love? Unfortunately, these same ideas and high opinions some of us have of our men can also eventually be perceived by that man, our king, as a weakness.

Some men don't know how to handle a woman's heart, and they can become neglectful and unappreciative. Sadly, some of them are not even aware they are committing this injustice. Sometimes, a man may view his woman's efforts to please him and keep him satisfied as being weak and needy; men can be and often are intimidated by strong-minded, independent women. Face it, ladies... a man will always be a man. Throughout my lifetime, whenever I've become unhappy with one man's faults and decided I could not and would not live with those faults, I simply moved on to the next man, the next new relationship. But unfortunately, the next man came with his own set of faults, and the cycle continued. Looking for a good man is a process, and there will be many misfires along the way.

To find a good man, we must determine what a good man really is. What qualities make him a good man? Ladies, we must decide individually for ourselves what that means. In relationships, women want a man who is the total package. We look for companionship. We want a man who is a great provider and has the ability to give us great sex. We want our man to be our best friend and soul mate. Can all of these qualities really be found in one man? I would like to think so, but let's face it, probably not. It is all too common to find a man who is great in one area but

lacking in another. If, for example, he is a great provider and father, he may not be exciting in the bedroom. Maybe he works long hours in order to be a great provider, but then he doesn't have enough time or energy left to think about romance. I have heard many women say that if we could take the best characteristic from each man and combine them, we would have the perfect man. That might be so in a perfect world, but in the real world, we must take what we have and work with it.

Although I have never believed in cheating in a relationship or marriage, I do feel women cheat for different reasons than men. Some men cheat simply based on the physical characteristics of a woman. Since men are naturally visually stimulated, a nice body and a pretty face is reason enough for some to cheat. Women, on the other hand, typically cheat based on emotions. Women crave emotional stimulation in our relationships. When we don't get that from the man in our life, we will find it in someone else.

Most women will admit to having a standby. A standby is someone who is ready and waiting to step in at any given moment if anything should happen to go wrong in your current relationship. He may be a friend, a coworker, or someone who is close enough to you that you feel comfortable enough to confide in him. He is normally so into you that he pays attention to details. He will be the first one to remember your birthday, often even before your man does. He listens to your wants and needs, and he waits. He tunes in to what you are missing in your current relationship, so he knows exactly what you need. Your standby will be whatever you want him to be. He will comfort you when you need comforting. He will be your best friend and lend an ear when you need him to listen. He will even be your lover. He will offer you all that you are lacking in your current relationship, but he will be there when you are most vulnerable and need a shoulder to cry on. Women won't normally fall in love with a standby, but we will use him as the rebound guy, the one who helps us get over the man we love who has broken our hearts. We use our standby to feed our ego. We enjoy the attention he gives us and the boost to our

self-esteem. Normally, the standby is who we allow to feed our emotional side.

In addition to our standby, we also have each other. Women share a common bond. At some point in our lives, we have all been hurt by a man. It does not matter how pretty or how skinny you are, for skinny girls get hurt just like the big girls. Some of the most beautiful women in the world have been betrayed in a relationship. It is inconsequential how much money you make or your social background, as we have all been hurt at some point in time. So, when you are going through emotional heartache, know that you are not alone. What is important is how you handle that heartache.

When we are hurt by a man, there are a number of things we must do in order to keep our sanity. There is no weakness in crying or showing anger. Cry, throw things, and do whatever it takes to get it out of your system. Crying and displaying anger is a natural part of the recovery process. Recognize that grieving is essential to healing, and it is okay to grieve when you lose someone you love. Then pick yourself up and begin healing. I don't care if you have eight kids and weigh 300 pounds. You must begin healing by embracing the beauty in you – and there is beauty in you, whether you see it or not.

We relate to movies and stories that deal with infidelity because, for most women, when we have been hurt by a man, we indulge in overeating, excessive alcohol consumption, and negative thinking; all self-destructive behaviors. When we listen to the lyrics of some of our favorite songs, we know that someone actually lived that pain and hurt that we hear in those lyrics – and it is a pain most of us can relate to.

When a man leaves us for another woman, we have a habit of beating ourselves up. We convince ourselves that it is our fault he left, our fault that he cheated. We look at the other woman and ask ourselves, what does she have that I don't? We make excuses, if I had done this differently, then maybe he would have stayed. Ladies, when a man lies and cheats, it is NOT your fault! It doesn't

mean you have done anything wrong. We are quick to blame ourselves, but we are not responsible for the choices our men make. What hurts a man most is when he sees that his behavior has not crippled us. When men leave us, cheat on us, or put us in a position where we are forced to leave them because of their lies and deceit, they draw strength from our suffering. They feel power when they see that we can't go on without them, but ladies, we CAN go on! We are the powerful ones!

After a breakup, you must begin to take control of your life by taking care of someone you've probably been neglecting – YOU! The greatest weapon and the sweetest revenge is a smile. When a man breaks up with you, he expects you to be miserable without him. Don't give him the satisfaction! Throw back your shoulders, put a smile on your face, and face the world with confidence, even if you're not really feeling it and you are only putting on a façade. When you are out in public around friends and family, act as though you are happier without him than you ever were with him. You'd better believe that after a breakup, everyone around you – especially mutual friends and coworkers – will be watching to see how you are coping. Some will even take comfort in your misery, but you simply can't give anyone that much power over you. What hurts a man most is when someone says to him, "I saw your ex and Man, she was looking good. She was smiling and looked happy." When a relationship ends men expect us to have an emotional breakdown, and when we don't, they don't know how to interpret our lack of emotion. The tears will probably come, and crying is okay, but save those tears for those private moments when you are behind closed doors.

After a breakup is the perfect time for a change, so use this time for healing and self-love. Know that you have the power to make some positive changes in your life, and that includes letting go of any negative energy you are holding onto from past relationships. Take the focus off of him and put it on you. True happiness doesn't come from a relationship you have with a man, it begins with the relationship you have with yourself. If your man has

done something that hurt you and the relationship is over, rejoice and be thankful. Your daily anthem should read, "Lord, I was happy with me before I ever met that man and I'm even happier with me now!" If you're not happy with you, make a commitment to be happy with you. Find ways to be good to yourself and start loving yourself again.

When healing from a breakup, it is important to make your-self feel as attractive as possible to boost your own level of confidence. Even though your romantic relationship is over you still have to nurture that relationship you have with you, so learn to have a love affair with yourself. A spa day is a great way to pamper you. Treat yourself to a massage, and get a complete makeover, maybe get a new hair cut or a new color. Go shopping and buy a new wardrobe. If you can afford it, you should even go all out and indulge yourself in a big way by taking a trip to that exotic island you've been thinking about. This could be the perfect opportunity to get your girlfriends together for that singles cruise.

Part of taking care of you means taking care of your body and your health. Join a gym. Working out conditions not only the body, but the mind as well and it is a great way to relieve stress. When you are physically fit, not only does it improve your overall health and well-being by making you feel stronger and healthier, but your overall appearance will improve. Being physically fit also assists with self-esteem issues. It is a known fact that when you feel good, you look good. As an added bonus, the gym is a great place to meet single, attractive men. If we condition our minds that certain types of male behavior is not good for us; for our health and well-being, we can then provide therapy for ourselves and for our souls.

I embark upon this journey full of personal experiences of not only myself, but those of female friends, family, coworkers and neighbors of all races, cultures, and national origins. I began my journey at the age of nineteen with my first intimate relationship

with a man. Now, at age 44, after five marriages and eighteen proposals, I can truly say that I have evolved.

In my quest to show the strength of the common bonds of sisterhood shared by women, I encouraged women to speak out and share their experiences about men, love and relationships. I believe we can all learn from each other. By sharing our stories, we can bond together, provide support, and encourage one another to find strength while facing our life challenges. During the interview process for this book, I wanted to know which issues women viewed as the most important in their relationships. The majority felt security was of utmost importance, whether it was financial, emotional, or spiritual. I asked women from all over the world, "What is the one thing that would completely destroy your faith in your relationship?" The answers were:

- Cheating
- Physical, verbal, and/or emotional abuse
- Lying
- Not providing for the family
- Lack of or no communication
- Lack of intimacy

I personally view lying and cheating as one in the same. There is nothing worse than a lying man, and I have ended numerous relationships for the lies that men have told me, no matter how insignificant. I feel that if a man will lie, he will also cheat. But I have decided to accept the fact that men cannot help the way that they are; they experience a male version of PMS. Men relate to everyday issues on a totally different level than women. Although men and women have different views on relationship issues, there is no excuse for dishonesty.

As women, we must never let a man bring our spirits down. Always make yourself as attractive as possible. When you feel attractive, you are attractive. You have attitude. When you feel attractive, it shows. We have all seen television shows like *The*

Swan and Extreme Makeovers where ordinary women for various different reasons are not happy with themselves or their physical appearances. They suffer from low self-esteem and ask to be transformed. Before the so-called 'miraculous transformations', the women are just ordinary, but after the transformation she is beautiful, sexy, and confident. She immediately has attitude, and she is beautiful.

I am not suggesting that in order to feel confident about yourself, you must go through the extreme of plastic surgery, but there are other changes you can make to develop and achieve self-confidence. Years ago, one of my best girlfriends had the worst self-esteem problem. She weighed 290 pounds, wore huge, thick-rimmed glasses, and had short, unattractive hair. She always wore homely clothes that were big, baggy and hung off her body. She dressed like that because she was trying to disguise her weight. One day she said to me that she wished she was thin and pretty like me because maybe then men would notice her. I told her that there is nothing special about me. By no means am I extraordinarily beautiful, but I disguise the fact that I am quite ordinary by being confident, approachable, and I play up my assets. All women have assets. The important thing is learning how to identify your assets, which we will cover in a later chapter.

Over the years, I taught myself to be sexy. For years, I had been interviewing men in order to find out what captures their attention in a woman, asking them about their greatest desires. I told my friend she was unattractive because she believed she was unattractive. Actually, in many ways, she was a very beautiful girl. She had gorgeous brown eyes with the longest, thickest lashes. Many women have invested thousands of dollars in Maybelline mascara just to get that look that she possessed naturally. Yet, no one could see how beautiful her eyes were because of the glasses. She also had a beautiful smile and a slamming personality. She just didn't know how to display her assets to her benefit. I showed her a few tricks: I styled her hair, added a few extensions, and exchanged the glasses for contact lenses. We went shopping and

bought clothes that were not only sexy, but also flattering to her body type.

She decided to try out her new look the next day at work. It was amazing that just this simple transformation gave such a boost to her self-esteem! She walked into that building with her head held high and a smile on her face. Her new look gave her confidence, which, in turn, brought on a fierce attitude that screamed, I can be sexy because I AM sexy! It was great to watch men do a double-take when she walked by. Not only did she get the attention of the man she secretly had a crush on, but several others as well. Think you have to be a Size 4 to be gorgeous, ladies? Think again! You ARE gorgeous... you just have to let it out!