

## DO PEOPLE FEEL SAFE AROUND ME?

It came as quite a surprise to find out that people around me, people I love, quite often experienced me as unsafe! How could that be, for goodness sake, I was a trained Counsellor and Therapist ...I made my living helping people learn to trust me and share their deepest feelings!

Whilst those who loved me felt secure in my love and affection for them it seems that they also experienced me as a bit overwhelming at times and that triggered all sorts of responses in them. Usually of the running away variety! So my husband would get that far away look in his eye and drift off to another room...preferably one with a computer to hide behind. Or my children would valiantly try to change the subject in order to distract me from my mission. Does this sound familiar?

Well the faster they ran the more I pursued them in the interests of 'sorting out 'whatever 'problem' THEY had. My husband once called me with pointed affection, 'the bull terrier' because he said I just never let go!!

Of course, over in my world I was having a very different experience! What it felt like for me was people withdrawing from me and going into defences that were unhealthy for them (my story!). Well, obviously if I cared for them I needed to keep trying to connect and sort out whatever the issue was. Two different worlds having two different experiences gridlocked in a struggle to feel safe!

So what have I begun to learn through all this?

Are you ready for it?

Here is my **PEARL OF WISDOM!**

People are all different... what an amazingly new concept! And furthermore, they all seem to feel differently and need different things to feel safe and comfortable. WOW!! You mean that immediately talking isn't the only way to sort out things?!

Of course what was coming alive for me was the understanding that we all have our own worlds that make sense to us and deserve respect...even if I don't necessarily agree with them.

So here is my new resolution. I will make space for other people to have their own worlds and I will keep reminding myself that they do.

I suspect it will be easier to say than do...but if I want people to feel comfortable around me then...