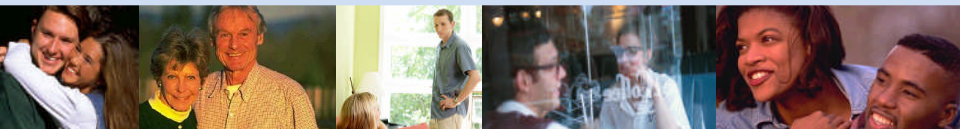


My Husband and I Argue All the Time



by
Roland
Trujillo

*Time-tested truths
for healing relationships*



CONTENTS

My Husband and I Argue All the Time.....	5
How to Forgive and Forget	20
A Deeper Look Into Relationship Dynamics	24
Just How Important is Dad?.....	43
Men, Straighten Up and Fly Right	48
Are There No More Good Men Left.....	54
Can I Reconcile with My Husband, Wife, or Child?	58
How Do I Become More Forgiving?	62
Is Food Your Secret Lover and Enabler?	65
Coach Roland Talks to Husbands and Dads.....	71
Dealing with Hard Times	86
My People Perish For Lack of Knowledge	92
Good Dads and Fathers – We Need Them More than Ever	96
A Listener Asks	99
Adam & Eve: The First Dysfunctional Family ...	106
Ego Problems.....	114
Recovery: Finding the Way Back from Naughty to Natural to Innocence	124

Coping with Manipulative and Controlling People
.....139

Change and Its Defense.....144

My Son Doesn't Listen to Me170

Advice to Divorced Moms176

**Restoring Order in the Home and Nation Via a
Change of Heart.....183**

A Listener Asks

A listener asks:

“My Husband Irritates Me. I can't get him to change some bad habits that he has. What should I do?”

Dear Listener:

Thank you for your question. The first thing to look at is your own judgment and resentment. When we are resentful, we can be irritated by just about anything. Next time you are upset or resentful, notice how sensitive you become. Just about anything--from a slow moving line, to someone's scraping a chair on the floor--makes you irritable.

In essence, resentment and judgment destabilize us because they cut us off from patience and love. The human being is more than just an animal. We have a soul. And the proper environment for our soul is truth and love. Not our truth or our love. But our Creator's truth love.

By definition, when you judge another (with condemnation and unforgiveness), you have separated

yourself from truth. Truth is understanding. It is impossible to have understanding and be judgmental at the same time. When you resent another, you have cut yourself off from love. God's love is a presence within the soul which you cannot usually know is there. But His love stabilizes our whole being. His love, though not palpable, restrains us from running amuck or from coming unglued and becoming hateful and nervous.

If you are like most wives, you have been judging men for a long time. Men are very judgeable and imperfect. At first, men's failings challenge you to try to change them. Their failings gave you a sense of superiority over them.

But soon judgment turns to condemnation, resentment, grudges and bitter memories. Worse yet, your judgment and secret resentment (which you call "hurt feelings") begin to change your beautiful nature into an ugly nagging and dominating one.

Observing these changes in yourself makes you resent your husband even more, since you blame him. The bottom line is this: learn to observe your husband without judging him. See his failings, but don't hate him for them. Give him some space to be himself. Chances are you are ever critiquing, nagging, and wanting something from him. Your pressure makes it hard for him to function.

It is just possible that there may be a real man in there somewhere. But your pressure disables him from functioning, leaving him angry and perhaps uncommunicative most of the time.

A man has to find himself. You cannot make him into one. Of course, it is also possible that there is no good in him. It is possible that he may be just selfish. But you don't know for sure. Right now your judgment and

resentment block you from seeing him as he really is.

We are told to be patient with others. Strange, isn't it, that we can be patient with strangers or coworkers, but find it impossible to be patient with those closest to us. If you can't forgive and be patient with those nearest you, then something is wrong.

Patience does not mean resignation, or acceptance with seething resentment. Patience means giving a person a chance. It means looking for the good in another. It means loving what is good in a man. And for men, it means loving what is good in the woman. Of course, he is wrong too. His weakness, his animalness, his violence on the one hand or his wimpiness on the other hand tempted you and brought the worst out of you.

Basically, when things go wrong it is the man's fault. He is supposed to be noble, honorable, principled, virtuous, brave, longsuffering, and full of wisdom and patience.

Alas your husband failed (as all Adams have failed their Eves). The secret to your recovery is in learning not to resent him. It matters not whether he ever becomes the real man you have needed or not. By not resenting him, you will free your soul to receive the love of God. As long as you resent and judge another, you block God's love from flooding your being.

A Listener Ask: What Is Love?

Dear Listener:

This, of course, is one of the most important questions in life. But most of us think we know what

love is. We think we have love. And we think that what we feel for others is love.

We are shocked when our love is rejected by another (even our kids). We are shocked when our love, instead of making others better, makes them worse. For example, many a lady has thought that her love would make her oaf into a prince, only to see her "love" make him into an angry user or a wimpy slob.

Just look at what the government's "love" is doing to the welfare class. Look at what the public school's love is doing to the minds and scholarship of today's youth. Look at what the entertainment media's love is doing to the caliber of the populace.

A woman can feel when her husband's embrace is use of her. He calls it love, but it feels like abuse.

Therefore, despite all the love songs, romance novels and greeting cards, we, as individuals and collectively, must be missing the boat. Could it be that we don't really know what love is? It could be and it is. If we had real love, then people would be happy, healthy, productive and free. Marriages would be harmonious instead of degenerating into a living hell.

If we really had love, then all the fighting, violence, divorce, alcoholism and drug addiction would be a thing of the past.

I must say: I cannot help the world. The world already has all the help it needs. There are experts, pundits, professors, writers, and helpers of all kinds.

There are more churches, more help organizations, more government social service agencies, more books, more support groups, more psychotropic drugs, more advisors and counselors than ever before. People listen and follow them. If the help really helps--good. But the increasing suffering, crime, and divorce rates indicate

that something is missing. Somehow the "help" is not really helping.

I cannot help the world, but I can speak or write the words that might wake a few people up to realize that they really don't know what love is.

Only when you admit that you don't know, will you have the searching, sincere attitude by which you might discover what real love really is.

In this brief article, I can only give you a couple of clues. So here goes.

First of all, love is correction. When people are permissive, it feels good; but it is not good for us. At times we all need someone to stop us from hurting ourselves. Not with violence and not with anger, but with a force called love. We can tell when someone cares enough to get involved.

Secondly, love must have understanding in it. When we were younger, people would sometimes give us good advice, but we rejected it because they were talking at us instead of to us.

True love is emotionless. It often has a fatherly quality to it. Love is selfless. Mostly we think we love others when we need them or when they make us feel good. But real love does not need another and therefore does not use them. The drug dealer does not really love the drug addict. And though the drug addict may need the drug dealer, he does not really love the dealer.

Love has truth in it. Any relationship that begins with lies (which most do) is off to a bad start.

Love does not have hate in it. When you are impatient with your children, you have no love for them. When you judge and condemn your husband,

you have no love for him. When you resent your wife, you have no love for her.

Perhaps you can see that your egotistical state is naturally selfish. And we are never more selfish than when we are involved in emotions, resentments, and thinking. We are self preoccupied.

We need to wake up. Sometimes a noble person, the sweetness of a child, or a gracious act will awaken us from our selfish self involvement. Perhaps a wonderful old movie or a real life act of selfless courage (such as a rescue operation) will awaken us to love. Sometimes a great tragedy or a close call will awaken us to remember what is really important in life.

Only when we sober up from our emotional soup, stand back and observe things as they are, will we be able to love for the first time. And this love would not feel like love. It would feel like calm observation with concern (but not worry) for the other person. It would include a sincere desire to do the right thing along with the realization that you don't even know what the right thing to do would be. Wanting to do right but realizing one's inadequacy (without resenting it) is the sincere cry of the soul. And it is answered by the Creator.

The Creator's love is first felt as conscience. It is a delicate wordless inner knowing. It makes us feel bad when we see our wrongness. But we also see in our Creator's inner Light that we cannot make ourselves right. This sober seeing becomes sadness, and the sadness becomes mourning, as our soul weeps in regret.

Soon the sadness gives way to gladness, as a right relationship with conscience returns. Before you know it, a situation arises where before we would have done or said what would have supported our ego. This time,

we see what the result would be. And we find ourselves not doing or saying the selfish thing.

We find ourselves loving by not hating, loving by not using, and loving by not taking advantage. And this not of ourselves, but by the power of God.