

Tired of Being Dumped On

For years, a longtime friend has called me to share the tribulations of her life. Recently the tenor of her complaints has shifted from innocent venting to angry agitation. I feel uncomfortable listening to her unkind and accusatory words about everyone and everything. I can't get a word in edgewise, and when I try to share a positive perspective, my ideas are shot down. I feel rattled, disgusted and exhausted after our conversations and find myself avoiding her calls. Is there any hope for turning this into a healthy friendship?

Over the years, how have you and your perspective of a “healthy friendship” changed? Your friend may be increasingly unhappy, but my hunch is her behavior and your reaction represent an old pattern of yours that is ready to be healed.

To reclaim your power and create the experience you want, start by resisting the temptation to make your upset her fault. One option is to avoid her, but get ready. Someone else will show up offering another opportunity to address this issue. Instead of unconsciously inviting that in, focus on *you*: in what other relationships, present or past, have you had similar feelings?

Avoiding her and not speaking your truth not only derails any hope for a healthy friendship, it sabotages a rich opportunity for healing for both of you. What do you value in friendship? Is it being heard, respected, valued? Is it trust, honesty and feeling loved and supported? If you aren't receiving what you value from your friend, look to see what you are offering.

Don't underestimate the power of asking for assistance from the One Creative Power you are part of. When feeling triggered, ask, “God, what is this really about? What do I need to see here?” Then pay attention. My request when I am upset and confused is, “Spirit, please help me heal this.”

You are a co-creator in every relationship, including the one with the God of your understanding. Start there. Then honor yourself and your friend by courageously sharing how you feel. Pray first, asking Spirit and compassion to guide you. They will. ❀



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