

Relationships: Honesty Is Key

Last year, I became friends with a guy at our teen group at church. We have a great connection, but my parents won't let me hang out with him until they meet him and his parents. His family is a total mess, so I know that won't happen. Plus, I know they won't approve of him because he has long hair, is shy and plays the guitar. My other friends say I should just do what I want and not tell my parents, but I'm proud of the good relationship I have with them and don't want to lie. I'm feeling trapped and angry, so I could use some suggestions.

Good for you for not taking what may seem like the easy road and hiding the truth. Instead, lean into the good relationship you have with your parents and give them the benefit of the doubt. Confess your concerns about their reaction to your friend and his family. In this way, you strengthen the bond of trust you share by being honest. And in that space, ask them if they'd be willing to meet him at church and maybe invite him to lunch after service.

Regarding your anger response: What is your underlying belief fueling that? Is it a belief in powerlessness or injustice? Do a vulnerable inner inquiry. What draws you to your friend, and how do you feel about him? Is it possible your concern about your parents' reaction reflects some anxiety or hidden judgment you have?

There is no right or wrong here. Courageously explore your thoughts, reactions and feelings around what he's shared with you about himself and his family. Also consider what you value and find challenging in your own family. Be honest with yourself about the outcome you seek around all these relationships.

Remember, you deserve the blessings of meaningful, interpersonal connections based on integrity and openness. Of course this, as with everything, starts with you and your relationship with yourself. Continually choose to interact with the qualities you hold dear and know the creative and intelligent universe will guide you in kind. ☘



STEF SWINK, RScP, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.