

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Learning to Trust Again

By Thelma Mariano

Learning to Trust Again

by: **Thelma Mariano**

Eleven o'clock on a weeknight I found myself phoning a man whom I'd recently met. We had been talking regularly and I just wanted to hear the sound of his voice.

No answer. After four rings his answering machine kicked in and I hung up. How strange. This man made a point of staying home during the week in order to get up at 5:00 a.m. for work. "Call me any time before midnight," he had suggested. "I'm usually reading or listening to music."

There could only be one explanation - another woman. I'd met him through a phone dating system. Obviously he had made a date with someone else and at this very moment could be in her arms. I stalked back and forth in my living room. Why had I expected him to be different? Just because he was punctual and said he "really really" liked me didn't mean that I could trust him.

The next evening he called to say that he'd fallen asleep early. The phone had jarred him awake at eleven but there had been no message. He still sounded annoyed.

"Probably a wrong number," I said quickly. Good thing he couldn't see my face, because I could feel my cheeks flush.

That was when I realized that I had an issue with trust. Of course it takes time and experience to get to know someone - but I'd been quick to jump to conclusions. I took a long, hard look at my life. I claimed to have no luck meeting suitable men over the age of 40 and none of my relationships lasted more than a few months. Why? Looking back, I realized that I had chosen men who were unavailable - either physically (separated by distance) or emotionally.

Deep down I believed that men could NOT be trusted. Upon further reflection, I saw that my belief could be traced to feelings of betrayal in a long-ago relationship - the disillusion and let down I had experienced in so many ways by the man I'd married.

Learning to Trust Again

In the years following my divorce I had dated men with charm and charisma, who were also unreliable or unpredictable. I just wasn't attracted to serious, responsible partners - they seemed boring by comparison. I poured my energy into my career and creative work and largely ignored my here–again, gone–again love life.

What had changed? With time I grew tired of relationships that were going nowhere. I decided that I wanted to meet an honest man with integrity, someone I could truly respect and appreciate. I also decided that I'd rather remain happily single than be with anyone who didn't fit the bill.

That decision opened the door to a different kind of relationship - one based on friendship and trust.

How about YOU – are you ready to trust again? Here are some ways to tell:

Do you harbour feelings of resentment or betrayal? If so, something in your current life can trigger these feelings and surprise you with their impact. For instance a new partner who arrives late for dinner one evening can remind you of an habitually tardy spouse and bring up unexpected anger. When you consistently "overreact," recognize that you have a problem and trace it back to its source.

Are you healed from the past? It is important to give yourself enough time to get over a person who once meant so much to you. If necessary, get help and support in coming to terms with your past. To truly heal, you also need to let love into your current life. Focus on developing nurturing friendships and new interests.

Examine your beliefs - What do you REALLY believe or expect from members of the opposite sex? That they are out for what they can get? Unfortunately you will attract whatever you expect. It is also important to believe that you deserve to be well treated.

Is there a pattern to your dating experiences? Are you drawn to the same type of character - e.g. someone who always puts you down, doesn't do what he or she says, or has problems with drugs, alcohol or money? You may be disillusioned with love and feel you have bad luck when it comes to the people you meet. However you CHOOSE these partners for a reason. Look back and check for similarities. Then ask yourself what beliefs you must hold to continually repeat this pattern.

What I discovered is that I don't need to trust a man as much as I NEED TO TRUST MYSELF. That is, to know that I am strong enough to leave a relationship that isn't working for me. To do this, I need a high level of self–esteem and I must be used to treating myself well. Moonlight and roses just don't cut it for me anymore – not if that's all there is.

Copyright © 2004 by Thelma Mariano

Thelma Mariano, life coach and author, is dedicated to bringing clarity and direction to people's lives. See her on–line coaching programs, articles and column at

.

Make the Most of Your Mentoring Relationships

By Judith Lindenberger

Mentoring is one of the best ways to learn, to get feedback, and to take your career to the next level. Here are ten tips for making the most of your mentoring relationships.

Tip #1

Self-assess. Ask yourself, "What skills do I need to get where I want to go?"

Tip #2

Identify your learning goals. Put them in writing.

Tip #3

Decide together how the mentoring relationship will work – frequency and type of contact.

Tip #4

Commit the time. Don't give up if the chemistry doesn't feel right at the first meeting. Meet a minimum of once per month. Touch base regularly – by e-mail, phone, in person.

Tip #5

Take time to build trust and communication. Get to know each other on a personal level. Discuss your backgrounds, interests, career histories, and perspectives of your organizations.

Tip #6

Keep confidences. Nothing kills trust in a mentoring relationship faster than a breach of confidence.

Tip #7

Be sensitive to cultural and gender differences. Do a little homework. And listen.

Tip #8

Understand and plan for the phases of a mentoring relationship. Build in time for evaluation and closure.

Tip #9

This is about learning, whether you're a protégé or a mentor. Keep a journal.

Tip #10

You don't need a single mentor who you keep throughout your career. What you need is a mind-set that allows you to learn from those around you, no matter who they are. To get ahead, create your own multitalented "board of advisors."

Judith Lindenberg MBA has a distinguished career in human resources consulting and is recognized for her innovation and excellence. The Lindenberg Group, LLC provides results-oriented human resources consulting, organization development, customized training workshops and personal career training to help individuals and organizations improve their productivity and performance. The Lindenberg Group is a two-time recipient of The Athena Award for Excellence in Mentoring. Contact them at 609.730.1049 or

or

Related Content:

Make the Most of Your Mentoring Relationships

Trusting Yourself and Others

Linguaphone Language Learning Solutions

Market Through Distance Learning Courses

Emotional Intelligence: You Need It. What Is It & How Do You Get It?

Read more Content at

Related Products:

How to play a Guitar

E@sy List Cleaner

The Alphabet of Birds

Success Secrets

Take Control of Alcohol

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!