

## Mr. Wrong or Mr. Right?

Annette is a 48-year-old legal secretary with adult twin sons. Annette and Jack were divorced 12 years ago when the boys were 13. Annette began dating when her sons left for college. She came for therapy because she was having difficulty finding a relationship “worth committing to.” Now she has found a “gorgeous sort of man,” but something feels, “Not quite right.” ▲ **Trust yourself. No one knows you better than you. If you think something is wrong about how you are feeling, you are probably right**

Jason is a 54-year-old automotive executive. He took an early buyout when he inherited from his father’s estate so he could pursue his dream of sailing around the world. When she is alone with Jason he is the nearly perfect man. He is mannerly, generous, interesting, gregarious, tall, fair, and handsome. He has a celebrity smile, “That makes me melt inside.” He is great in bed except for when he is in a hurry, which is most of the time. ▲ **Why is he in a hurry most of the time? Can you discuss this with him? Or are you afraid of upsetting him? Communication in a relationship needs to be open. When it becomes stifled, resentment builds.**

He’s “always game” which Annette finds a charming contrast to her “somewhat timid” personality. Jason loves to remind her: “You only go around once in life. Grab it with gusto!” She gives Jason credit for her getting over her fear of flying: “Sweetheart, this is the twenty-first century. Who is going to wait around for a train?” ▲ **Certainly not Jason. The implication is that Jason is not going to wait around for you.** Jason introduced her to roller blading and skydiving--well, okay, just once—and sex on the beach—not the cocktail. He gave her the confidence to do some public speaking. “I am not the same person I was before I met Jason. Well okay, I am me—but better.” Yes, she always expected she would marry again—“Sweetheart, it’s the twenty-first century. Who gets married anymore? We know what we have.” ▲ **He knows what you have, but you do not seem so sure. Have you even discussed how he views your relationship a year from now if you choose not to go? Is this an ultimatum? Can you live with that?**

When they are together in public, Jason is different, not rude exactly, just preoccupied with others. Annette feels a bit neglected. When she tries to explain this to Jason, he looks genuinely mystified and apologetic. If she tries to explain further she senses he is trying to hold down his irritation. ▲ **Jason does not appear to be overly interested in your feelings. How much of yourself are you willing to sacrifice to retain a relationship with this man?**

Annette begins questioning herself, “ What’s wrong with me?” “Am I just too needy?” Jason has asked Annette to quit her job and come with him on his sailing excursion. Annette has spent six years building her career. She says she loves her job, but she also loves Jason. Jason has stated that he will set sail in two months. If she doesn’t love him enough to come with him, “Well that says a lot about our relationship, doesn’t it?” Annette fears ▲ **Fear is not a healthy part of a long-term relationship. Today it’s the sailing excursion. What was it yesterday? What will it be tomorrow?** if she doesn’t go, there will be plenty of women who will.

Who is Jason? Is he **Mr. Wrong** ▲ or **Mr. Right**?♥

There are a lot of red flags in this relationship. Annette has decided to move on. Jason is Mr. Wrong.

Could you use some help in recognizing the red flags in your relationship? I can help you with that. Contact me \*\*\*\*\* Let’s talk. J