

LifeSolutions Corner – February 2008

“My family member is reluctant to talk with me...can LifeSolutions help?”

You may wonder why a family member would rather talk with a professional than with you about a problem or concern, even though you love them and want to be supportive of them. There can be many reasons, including these.

- They may think that you will judge them or be critical of them. Often people are very hard on themselves for making mistakes or being less than perfect. Because they are so hard on themselves, they assume that others, including you, will be equally critical of them and that sharing mistakes, problems, or imperfections will have an impact on your relationship.
- They may think you won't know what to do, will feel burdened or overwhelmed, or will feel hurt by what they say. If so, they may feel a particular need to protect you (and to protect the relationship they have with you) by not opening up to you.
- They may have grown up in a family where people did not talk about their feelings or their problems. Talking with others may have been considered unnecessary or viewed as a sign of weakness or incompetence. If you grew up in a family where it was ok to talk about thoughts and feelings and to solve problems together, it can be quite confusing to find that someone you care about handles things differently. But it is very common that people from “quiet” families fall in love with or live with people from “talk-y” families and vice versa.

If someone you live with needs assistance, don't hesitate to share this helpful benefit with them. LifeSolutions services are confidential and are provided at no cost to them or to you. Our toll free number is 1-800-647-3327, and we answer 24/7.