

Previous Podcast

Friends who do not believe in God – 10/8 #MTS1EP1Oct8

Respect Me as a Women – 10/9 #MTS1EP2Oct9

New Episode – IDENTIFYING THE ROOT OF THE PROBLEM

 #MTS1EP3Oct29

Welcome Welcome to the Truth Rebel Podcast I am your host Kimberly Wright-Davis aka Da Host Senna S8nt, red eye beast or Halo Crown it depends who I am that day. And if you know me well you would definitely agree that the name fits. Again, I thank you for joining me on this beautiful day for our Minute talk sessions where listeners or myself ask questions, describe a situation to seek advice, raves and rants, poetry, and whatever it is participants would like to share. This pod cast does not turn down any topics, but I do ask that you consider others when you submit content about politics, religion, and sexuality. I ask that you do not submit any sex, violence or spam recording, and that you keep your audio recordings under 10 mins, and your written material under 500 to 800 words. If you would like to submit your material you can email MP3 formatted audio ,PDFs, or a composed email to Podcast@theventhouse.com . Ok so with that being said let's go ahead a start our session.

So today is a letter, and yawl keep sending because I love to help in any way. And so, does other listeners who post additional comments to offer their help if they can. But this letter is from Gordon out of Hattiesburg, Mississippi. You know when I receive an email, I pay attention to where people are from and go look up the history of these places because I have never heard of some of these cities. I know about Jackson, Gulfport, oxford, and some others but don't recall hearing so much about Hattiesburg Mississippi is that where William Hardy from, uhm the engineer? I don't remember sorry. But anyways This letter is from Gordon.

Dear Senna

I have been working at my job for 16 years. I have been married for 32 years on and off. When I met my wife, I did not have anything. She pretty much built the foundation that I was supposed to. Even though I have a good job, she still brings in most of the income. And trust me she reminds me of it all the time. Only when she gets mad about something that's when I hear her talk down on me. Usually when she comes home from work, she is in an unsettling mood. I've asked her many questions, some very personal such as if she is seeing another person, is she not happy in this marriage so much that returning home for the day is a burden? I'm not sure what to do. Her words are becoming a sword every day. I have boundaries and I am pretty much above the marking line. What should I do?

Hello Gordon,

So, I know this can be truly frustrating and emotional at the same time. Its one of those situations that leaves you in the blind and that is a hard pill to swallow. Everyone wants to have a happy and successful relationship but the key to that is communication, which is coming to you as a sharp sword cutting you deeper and deeper every time. You have identified that she has been pretty much the bread winner since you both met. And bread winner is just another way of spotting out the companion that brings in most of the money. Just a lil slang. And then you mentioned that she comes home in an unsettling mood. No one wants to have an unhappy wife. An unhappy wife leads to an unhappy life. True statement. There could be several problems. Some caused by you Gordon and some that have nothing to do with you. But the key factor is getting to the root of the problem and right now you said you can not figure that part out. Well Gordon I am not sure as well. What I can do is give you some suggestions and direct you to do some things that may get a stable conversation going with your wife to get her to let loose of her frustrations. Some women are hard to break. Women are stubborn beings regardless. Sometimes it may take a while for us to open up because in actuality, deep down inside we still care enough to consider what we say to our partner

without hurting their feelings, but when we feel as if we begin to speak several times about an issue and its unheard women tend to forget all the rules and begin to lash out, and Gordon I think she is at that point with you. I think she has tried to opened up to you before. In fact, I know she has brought to your attention what is wrong, and you refuse to either hear her, or acknowledge your faults in the situation. You mentioned that her words cut you like a sharp sword, so that's telling me she is letting you know what you are doing that cause her to become this way. I think you really need to listen to what she is saying without getting offended. And if you are listening, then acknowledge it by repeating it back, then act on them by making some changes. I really think she is getting to your ego a bit. I believe you already struggle with the fact that she brings in more money, but also the way she is treating you alters your insecurities in reference to your authority. So now you feel you are at your lowest level of not being in control. I just want you to know that she is trying to get you to take authority, but there is something your refusing to do, or refuse to help with that doesn't help her identify you as an authoritative figure. So, Gordon I really think you need to check yourself. And I mean that in a good way. You literally need to reflect on the things she mentions about you. I know it's a financial problem, because of how you started the letter off. You said you worked for 16 years at your current job, then you went on to say that when she met you, you were not established at all, and something tells me that you know this is where the root of the problem is. She was taking a risk by putting her desires of a stable man aside, which is very hard for a woman to do. So that lets me know she really was interested in you because she allowed you to overtake her boundaries, desires and requirements. This is frustrating to any women. We all want a man that can take care of us and our kids if we have any. That does not mean we won't do our duties of supporting you in every way. We understand that we must bring something to the table as well. But we also know that the man must be the key provider in the relationship or for the family. You are not her provider because she feels like she can handle herself. If you were to leave, she can still go on and make it. What can you do aside from her that she is not capable of doing alone then fill that void, and control it. To help with this you can find ways to be authoritative in other areas. You don't hold the title when it comes down to money, well then you become the heavy weight champion in budgeting for more time out together, gifts, confirmation of love – stating to her that she is appreciated for her hard word and

holding things down. Honestly, I believe you do not do this for her because of her frustrations. Women usually don't lash out until they have to show you what to do. If she likes things a certain way, or if her love language requires a few touches, attention, and or acknowledgement and she's not getting it, she will tell you, show you, or lash out on you until you give her what she wants. And clearly you are overlooking her, what I call it as her "Love Language of emotional Stability" women get emotional if we must tell you to hug us, love us, pay attention to us. Specially if we are doing our part, so try putting these tasks and affirmations in play to calm her spirits and show her she is doing a great job and you want to show her that by doing everything I mention before to make things better. And Gordon, let me tell you. If you feel like these suggestions make you look like you are kissing her butt, then this is where you must take fill responsibility for her frustration. You don't know what your wife is dealing with at work, but you do know that she struggles emotionally because you as her husband doesn't comfort her or sooth her worries when she returns home. Which is why you identify that her mood is unsettling when she arrives to see you. Just think what you would want when you come home. Hug and kiss her, give her flowers every now and then, cook, clean, cause the last thing a woman wants who is already doing to much is to come home and still have to work in addition to what she just left. This is too much for her, but because she loves so hard, she suffers and just do it because we know these are our womanly duties. But helping will ease the stress levels a lot. She already let you know what is wrong, yet you say you can not figure out what's wrong. I am pretty sure she mentions what you are not doing, and yet again you say you don't know what to do. Everything she tells you listen, change it, and stick with it. Be consistent. Take authority in areas you can and let her be who she is as the bread winner but let her feel she is winning in her relationship as well. I am not totally on her side, but I understand where she is coming from. I do disagree with talking a man down. But you must fault yourself for that because she has approached you many times with the issues and you didn't hear her out, so now she is lashing out. And you know that. Take responsibility for your lack of acknowledgement and start to work on what you can. So, I will end it right there. I suggest getting marriage counseling if you feel she become extremely frustrated to try to reason with you, which can lead to domestic violence, both verbal and physical, so seek professional help immediately if you believe it is necessary. Listeners are welcome to

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