

# Relationship Rehab Show

## Episode 44: PLEASE CHANGE! (So I don't have to!)

I've met with several clients who want drivers on the freeway to change their behaviors. I hear complaints about women driving with their knees so they can text with their hands. Or a man who speeds and cuts off my client in order to get a few feet ahead.

No doubt we've all been annoyed or frightened by some peoples' driving habits. But for these clients it moves up a notch to enormous anger...the kind that raises their blood pressure and leaves them exhausted and drained by the power of the angry energy flowing through their bodies.

One recent client admitted that his knee-jerk reaction of excessive anger with other drivers is spilling over to his treatment of his partner...threatening to ruin their relationship. He knows, logically, that he can't make others change. He admits rationally that he's the one who has to change...a big step forward for him!

I remember clearly one day when I was irritated with my son because he wouldn't fulfill his promise to do his own laundry once per week. I stood in the hallway by his room and asked myself how I could get over my chronic irritation with him... Like a lightbulb being fed electricity, it dawned on me that the reason I was mad at *him* is because *he* wasn't going to change. Frequent nagging and reminders hadn't done any good. That left only one way to eliminate the resentment. *I* had to change.

In this case, it meant setting a reasonable boundary. If I wanted his laundry done once per week, I would do it but make him pay me for the service. So once per week, at 3 p.m. every Saturday afternoon as we had agreed, I would enter his room, pick up all the laundry, do it without complaint, and collect my \$10 fee. The rest of my reward was every two weeks I got to have my nails done...something we couldn't afford at the time.

Blaming others because they aren't doing what we want them to do, is rather useless and short-sighted. These "others" are sent to us to expose an attitude, belief or behavior that needs to be changed.

My client is willing to learn and practice better anger management skills. He recognizes that his out-of-control episodes of behavior are damaging to his health and relationship. In that sense, the “bad drivers” are serving a positive purpose in his life.

My son’s chronically dirty laundry taught me another lesson in codependence recovery that has been very valuable to me. When I stopped labeling him as “wrong” and looked at it as an opportunity to change something about myself, a simple answer came that served us both.

If you’re ready for more insight and step by step actionable ways to remove resentment from your life, get this powerful little book, [Pungent Boundaries](#) at [www.RelationshipRehabShow.com](http://www.RelationshipRehabShow.com)

You have my love and support,

*Nancy Landrum*

[www.RelationshipRehabCoach.com](http://www.RelationshipRehabCoach.com)