
Fwd: Hi! I'm a mess. Have a race tomorrow and really want to do well. Got in another political argument with my therapist yesterday and quit. It's taking all the strength in the world not to email him and tell him how disappointed I am in him. He apparently just got his newsletter from the heritage foundation (I'm only half serious) because he was going off about how only half the country pays federal income tax yet everyone can still vote on how to spend taxes when they aren't invested becuz they contribute nothing. I was disgusted at thatz Told him he made me ill. Got up to leave, called him an asshole he said "so are you ... don't let the door hit your ass on the way out" then pushed the door on me when I was walking out. I pushed back and screamed fuck you and slammed door. Ugh!



Leah Connor <leah.ann.connor@gmail.com>

Re: Cancelation

1 message

Thu, Apr 26, 2012 at 8:01 AM

Suit yourself. !

-----Original Message-----

>From: Leah Connor

>Sent: Apr 26, 2012 7:53 AM

>To: !

>Subject: Cancelation

>

>I am canceling tomorrow's appointment. There is no need got any appts next week. Thank you.



Leah Connor <leah.ann.connor@gmail.com>

Re: Don't be a stranger.

1 message

Mon, May 28, 2012 at 6:28 PM

Leah, If you want to come talk about it, don't you be a stranger. I meant it when I wished you a good race. I hope the running has been going well despite missing out on my great coaching. BTW something tells me Peggy has not completely, irrevocably seen the last of Don Draper. !

-----Original Message-----

From: Leah Connor

Sent: May 28, 2012 4:47 PM

To: !

Subject: Don't be a stranger.

"We've all had nights in our lives where we've made mistakes for free."

- Pete Campbell

I've struggled the past 4 1/2 weeks wondering if I should just accept the way things ended in your office and move on without any other communication ... or should I reach out in an attempt to have a more honest and fulfilling closure. I have even considered under what conditions I could return (for that closure in person or to continue where things left off).

So when I watched last night's episode of Mad Men I longed to have Peggy's strength to leave on her own terms and with a smile. To be so confident in the decision to move on that "there is no number" to stay.

"I think I've reached a point where it's time for me to have a new experience."

Despite having money thrown in her face by Don (the apparent last straw in weeks of being treated without much appreciation or respect), Peggy was able to gracefully and gratefully end her professional relationship with Don. She acknowledged his meaningful role in her life with sincerity and gratitude. And when he lashed out at her by saying, "Let's pretend I'm not responsible for every good thing that's ever happened to you" she didn't back down. It was amazing to watch.

I don't think I can express how disheartening, discouraging, and disappointing it was to have my "rant" about the inequities in valuing

women's work at home based on economic class interrupted with your own unsolicited political beliefs regarding the "unfairness" of the federal income tax . I've made it clear numerous times in the past that I'd much rather NOT know what you think on political issues, especially if it goes against what I believe and would end in an argument. Ignorance is bliss. It's like having a partner admit to an affair after the fact, does that disclosure help or does it just further drive a wedge in the relationship? Sometimes it's just best to stay silent if you know what you are going to say will probably hurt someone.

The point is that I was more angry that you had the seemingly selfish need to SHARE these beliefs with me rather than be upset that those, in fact, are your beliefs. It didn't feel safe to be in your office anymore when you violated what I had thought was a pact that you no longer express your political opinions.

And then you told me to keep my voice down, which seemed crazy because you actually instigated the situation which led me to become even more emotional and maybe a bit loud because I felt like I wasn't being heard.

So I called you an a----- because you went against my wishes to not have a political debate ... not because of your opinions which you obviously have every right to have (just not every right to share in every circumstance).

When you responded to my "you are an a__ " with "and so are you", it simultaneously infuriated and hurt me like never before. I don't know exactly what happened next ... if I was turning around to get the last word or if you were trying to get me out faster than I was trying to leave, but I felt the door being pushed against me and that was scary.

So when I tried to write a polite message requesting a cancellation, even ending it with a "thank you" and got the reply, "Suit yourself." it truly stung. I shouldn't have been surprised by that response, but I was. Yet later you wrote, "Have a good race." so I was thoroughly confused.

To be honest, a day hasn't gone by when I haven't replayed this situation in my head or thought about what to do next. I'm probably making things worse for myself by contacting you, but this episode resonated with me and compelled me to at least express myself. I cried at the end of Mad Men the first time I watched the full episode and then the 2nd time and the 3rd time



Re: Don't be a stranger.

1 message

Wed, May 30, 2012 at 3:13 PM

Leah, I DO apologize fo inflaming you with my opinion. I'm not sure why it was so particularly infammatory on that day, but I understand that you wanted to rant and NOT hear my thoughts or opinions. It wouldn't make sense that you would hate me. But I can understand that you would want to prove that you are not a masochist, and not so dependent that you could not live without talking to me. So, if you feel like coming back to talk to me in person, I would be apolitically happy to see you and incredibly mysterious about any of my silly old opinions. !

-----Original Message-----

From: leah connor

Sent: May 30, 2012 11:53 AM

Subject: Re: Don't be a stranger.

Hi, thanks for the reply. That means a lot to me that you read my message.

I'm very torn about coming to talk with you in person because I don't think I've forgiven you yet. I honestly want to because it only hurts ME even more to hold on to any anger I have regarding this situation. I don't know if I need more time or something from you (I'll get to that next) to get to that place of forgiveness, but I know I have to get there.

The day after I left your office I serendipitously found the song "I Forgive You" by Kelly Clarkson when I was looking for music for my race. I blared it over and over in the car on the way to the Park to Park Half Marathon (which didn't go very well, btw, you can read about it in my blog, <http://www.agoodgroup.com/twins>) I would actually really appreciate it if you take the time to read my running blog because I do miss sharing my running stories with you. Mark was so sweet and wrote a special shout-out to me on my bday (tho I think he forgot it was my bday) in The Daily Progress on May 18 - The Daily Run by Mark Lorenzoni:

"Doubling"...the act of racing a mile and a 2 mile at a single track meet. High School competitors do it quite often (Western's Annie Taylor and Monticello's Madeline Hermsmeir did just that at the District Championships on Wednesday) but I've NEVER heard of a Masters runner doubling until I actually witnessed one of my athletes doing so last Saturday evening. Leah Connor ran a sparkling 6:29 at the Masters Mile on the new UVa track at 6:45 and then raced the Jennifer Wells Moonlight Two Miler, clear across town at the Monticello High track, at 8:00. And to add to her amazing feat, she won the Two Miler to boot!

But back to the song. The lyrics are spot on ... how I want to feel, not necessarily how I do feel because although I don't hate you, I know that harboring any negative feelings towards you doesn't do anything for me, the damage is done, I must let it go.

*I forgive you, I forgive me. Now when do I start to feel again?
If I hate you what does that do?. So I breathe in and I count to 10
No shame, no blame. 'Cause the damage is done. And, and I forgive you*

I want to forgive you. Maybe you don't think you've done anything that needs forgiveness. I don't know. However, one of my previously undisclosed conditions that I need from you in order to come talk to you in person is to receive a sincere apology. If you don't think you did anything wrong by speaking up about the percentage of Americans that pay federal taxes, then we still have a big problem. I truly hope that you can recognize that the reason I left was because you went against my explicit wish that you not start up a political debate. Even if I begged you to tell me what you thought on the upcoming election (this is a hypothetical, I would actually never do that! I'm not stupid and I'm pretty sure I'm not a masochist anymore which is progress actually!), I would hope that you would decline to speak on any poltical issue, knowing full well that it would probably end in an argument which is counterproductive to a successful therapeutic relationship.

You aren't the only one who has brought up hot button issues with me recently. I have told fran over and over not

to talk about peak oil or obesity because it freaks me out, but on my birthday (yes this happened ON MY BIRTHDAY) when he brought up fat people he saw at a recent conference and I got all upset and starting going on about my own weight struggles (which I was actually glad to be able to verbalize) but he interrupted me and told me to stop talking about it and said he shouldn't have brought it up and I said, you know I don't want you talking about obesity or peak oil because it just upsets me. Guess what he did next? Talk about PEAK OIL! So, what do you think I did? Surprise surprise, I got up, said F U and left. Sound familiar?! When I tell someone important to me (fran or you) not to talk about something that will just upset me and that person does it anyway, it feels like a complete slap in the face and I just can no longer put up with it. I must leave immediately to protect myself from things getting even worse.

So did you ever think I would actually go this long without contacting you? I don't think I believed I would have been able to do it a couple months ago. So in some ways I am thankful to you for giving me the perfect "excuse" to leave, to move on ... to see if I would crash or fly. Some days it's been easy because I'm so busy and other days it's been torturous because I've had no one to talk to and I wanted to touch base with you. I do really miss the times when we got along and I got the support and guidance I needed. My friend Suzanna thought maybe I was too dependent, "You do need to move on! He wasn't your friend, he was your therapist and it was his job. If he was good at it, you wouldn't still need him after all these years of therapy!" She has a point I suppose. But now I know that I'm not a therapy addict or dependent on you because for the first time in almost 6 years I have gone 5 weeks without an appointment and things aren't any worse than before. I'm pretty confident I could continue to work through my problems on my own, but I haven't decided if that's what I want to do.

What hurts the most over the past month was thinking my last words to you would be F U and I would never be able to talk to you again because despite being furious at you quite a few times over the past few years, I am honestly grateful to you for making me feel like I was listened to, that I was important and special and not completely crazy and worthless. My whole life has changed since I met you for many reasons, not the least of which is because you recommended Ragged Mountain Running Shop where I met Mark, another vital force in my new life. So thank you!

Some random thoughts:

- Annalivia is now a huge fan of Big Cat Diaries! She watches it every morning as she gets ready for school.
- Fran and I both attended the follow-up SBIT meeting. Laoghaire's teacher absolutely loves him and recommended that we apply to have him in the gifted program. The school psychologist said he's made immense progress this year. And, despite freaking out on me when I took him to the bus stop the day of the overnight camping trip, Laoghaire actually did spend the night away from home without a parent for the very first time and had a blast at Camp Albemarle. My baby!
- There is a soundtrack of the background music from seasons 1 & 2 of "In Treatment". It's awesome!
- My sister (ok it was me) won a 3rd place age group award at the Marine Corps Historic Half and qualified for Corral C of the Chicago Marathon.
- I came in dead last at the Masters Mile but then came in 1st at the Jennifer Wells Memorial 2 Mile Moonlight Run (both in the same night!). Then me and the kids got horribly lost on the way home, we were on 1-64 for over an hour and had a near nervous breakdown. Kinda destroyed the runners high. L
- I got rejected from the high fat diet research study at UVA last week because I'm slightly anemic. So it's back to the iron pills (kinda glad I have an excuse for not PRing in any races recently).
- Laoghaire has started writing his Willy the Walrus books again also wrote a family newsletter. It's the cutest thing I've ever seen. I'm so proud of my little guy! <http://annalivia.shutterfly.com/>

Thanks again for reading this. I do hope there is the opportunity in the near future for me to come talk to you in person.

I don't want to force an apology from you, and I already feel like I've tainted it anyway because I'm explicitly asking for it.

I guess it might not even be an issue if you don't want to apologize or don't think you need to, so regardless, I do appreciate your time and I promise not to bother you again (for awhile) unless of course you want me to. Ha.

Thanks for your time.

leah