

Active listening

1. Every time I see Tim, he tells me how tough it is to make ends meet, how I let him down and how he is going to remember this part of life without me.
2. With Bobby, there was never a moment when my education came first. It was always about Bobby's climb up the corporate ladder, and that made me think about what living in second place would mean.
3. Life was always about spend, spend, spend – appearances seemed to be the only thing Sandy cared about.
4. I can't sleep at night. I am having a hard time with mood swings right now – and the whole idea of going into a court room and actually having to talk makes me cry.
5. For months after we separated, I could not even decide what carton of eggs to buy. It would take me 20 minutes to figure out whether I should choose grade A or AA, whether to get brown eggshells or white eggshells, whether to get free range eggs or organic or both. I would stand in front of the egg case at the supermarket like a zombie – unable to get on with this simple decision.