Highly Intelligent Women and Harmless Teasing

Highly intelligent women are known to do two things:

1. *Stay in abusive relationships.*
2. *Endure abuse.*

They are also more likely to suffer depression.

The reason is "intelligent experience." Their minds are magnetized to "problems," like a puzzle they must complete. Oddly, it can fuel their "desire" to be with someone. This is brain chemistry at work.

Abuse is wrong. Working through problems is right.

I want to introduce a more advanced concept:

"Right Abuse" Or Harmless Teasing

These are "positive" abuse experiences that we may work through to develop our minds in a healthy way. For example, joking with friends or partners we feel comfortable with.

A "sensitive," tiered approach to working through abuse patterns.

It does not mean that others are allowed to cross our boundaries or hurt us.

It also does not mean that "abuse is a free-for-all."

But it means we become the "spheres" surrounding "right abuse" in order to hone in on our skills.

Through US

A simple way to understand how to navigate "right abuse."

1. *Cotton Eyed Joe – Where did that come from? Where was it going?*
   Example: A friend is standing close by while you put red lipstick on. They comment, "That color looks ugly on you."
2. *Are you offended? Do you agree? What emotions are you feeling? Should you set a boundary? Or just laugh it off? Where is your boundary, and did they cross it? Does this experience make you feel like you need to sit, think, and process? Oddly, a simple comment about ugly red lipstick turns into a day of evolution. You become a wise old lady by noon.*
3. *Spheres, anchors, sophistication.*
4. *W's – Who, when, where, why, what, how? Don't you have so many questions? Processing, processing.*
5. *The spheres of thought circle around this poor, helpless friend. You almost feel bad, guilty even. Spirit guides swarm in. You just wrote a book. Of course, it hasn't been published yet; only a few moments have passed since the comment was made.*
6. *You're not sure if you should frown or laugh.*

7. *Anchor: The friend was named X. The time was X. The location was X. The bigger question is why?*

Why, why, why, why?! What? It was just lipstick! It was red! I hadn't even finished putting it on. A comment. Was it a funny comment or an ugly, poor one? What was its purpose? Was it about emotions? Or was it about lipstick? What lies behind the comment? The one who comments. What is the character of this person? Is this a character I actually want to keep around? Or should I give them the "one, two boot"? Step outside. "Don't lip me."

How? How did this happen? How did I let this happen? How did they let this happen? Should their new nickname be "Howy"?

Howy and I were having a great mornin', or so I thought. Then a truly despicable comment was made.

Yet, Howy made it. And I? No comment. I was at a loss for words. I was navigating some sort of emotional puzzle. Yet the emotion didn't come from me; it came from the comment made about me, or so I first thought. Yet here I am, lost in my second, third, and fourth thoughts.

Questions:

Why: Why did Howy make the comment?

Why: Did Howy truly not like the red lipstick? Or was it about something else?

Why: Why is this process of understanding the ugly red lipstick comment so "emotionally laborious"? Is it worth the labor?

Why: Was I not setting enough boundaries? Did this person feel they were entitled to my "red lips"?

↔ Spheres of Questions: Where? ↔

Where were they taking their comment? Did they really mean it? They didn't like the "red lipstick"?

Howy? May I ask you a question or two? Only Howy has the answers. Only we have the assumptions.

Yet, some truth lies in the details.

Approach:

Which approach with Howy should we take?

Sensitive and loving.

Firm and demanding.

Funny "Right Abuse" OSIRAM ~ Should we "twist" their thoughts back?

Why not?

Howy, I noticed your shoes. You know, I really like your shoes.

What is Howy's response? Should we get to know Howy more? Or should we show Howy the door?

Are those nice shoes? Or are they walking-out-the-door shoes?

Well, I suppose our approach depends on Howy. And can we count on Howy? We know we can count on Howy to make a weirdly delicious comment about ugly lipstick.

Howy, are you being weird? Should we ask Howy this question?

Well, that depends on our approach. Our approach depends on the moment (when) and who: Howy and me.

Howy, what a dreamboat. The nerve. To comment on my lips. Like he owns my lips.

Howy reaches into his pocket. He leaves me guessing.

Is Howy about to propose?