

THE A.B.C. OF LIVING

The business of living involves many different important needs, and if all these fit together comfortably - a person can be happy and free from worry. But should one of the needs get out of perspective, then a person becomes worried - feels guilty, unloved and nervous tensions set in.

The A.B.C. of living is hard enough for the average heterosexual couple - but for the Lesbian it can prove extremely difficult due to the prejudices which have to be overcome when there is no "man" in the house to see to the business side of living.

Heterosexual and male homosexual couples receive much higher wages to live on than the majority of Lesbian couples. And unless they have managed to work hard and obtain a good career they are usually very hard pressed financially.

This all leads back to the Lesbian's school days - when she must be made to realize that to have a good career means more independence and more comfort when she becomes an adult.

I may well be repeating myself when briefly mentioning the various needs,

but their importance cannot be emphasised sufficiently.

1. The Need to be Accepted

If a human being is deprived of the feeling of "belonging" they feel miserable and lose confidence in themselves. It is therefore important for all Lesbians to belong to a club or group, and to meet and make friends with other Lesbian couples; to discuss life and their problems together. One must have a feeling of having been accepted within one's own group ... what does it matter what the heterosexuals think, do not let their ignorant attitudes stop you from joining a club and meeting other female and male homosexuals, who WILL UNDERSTAND your problem, since they have had to suffer the same way.

2. The Need for Security

Everyone needs to feel secure and have a feeling of reassurance, in their relationships with others - in their family life and their financial affairs.

3. The Need to be Recognised

Everyone likes to be appreciated for what they have achieved. Many late teenagers wish to be considered adults. Some people become social climbers. It is quite normal to feel important - providing it does not get out of hand. But to feel unimportant, unloved and unwanted leads to serious mental stresses and depressive illness and the person gives up competing altogether. Many Lesbians suffer from this complaint, and it is difficult to get them out of it, if they have felt this way for too long.

4. The Need to be Appreciated

If you do a job well - or do something for someone you like to receive appreciation - not necessarily thanks - but honest to God appreciation. No-one likes to be taken for granted, and if it occurs a person's enthusiasm will wane. Appreciation motivates people to even greater effort.

5. The Need for Self-Esteem

In addition to needing the approval of others, people also need to be able to "live with THEMSELVES". They need to see themselves in a favourable light. By refusing to face up to an unpleasant fault in themselves does not mean to say it will go away. A person with a bad temper who refuses to accept this fact will find it harder to control her temper. An alcoholic who will not admit that he drinks is not going to be able to overcome his drinking problem.

6. The Need to Give and the Need to Receive

Just as people need to receive praise and respect, they need to give affection and receive it in return.

7. The Need to Know "Why"

To try and find the correct answer to many questions starts when one is a small child. Every child has said "Why Mummy" and if the question is an important one, such as homosexuality, and the parents have not taken the

trouble to find out "Why" that child will grow up with a feeling of insecurity.

The adolescent Lesbian has many questions to ask - none of which have been properly answered up to date: "Why do I feel as I do? Why am I different from other girls? Why can't I talk about how I feel? Why doesn't someone try to understand me? Why are so-called Christians so cruel to those they are supposed to love?" and hundreds of other questions, which I have been trying to answer in this book.

8. The Need to Exercise Responsibility

Everyone needs to feel responsible for something - it is important to feel you are needed and making some contribution, however small or large, to the world. People must feel capable of making their own decisions, of feeling independent. Even if we make mistakes we can learn from those mistakes, and learn to accept responsibility for those mistakes. One must take the trouble to learn about the art of "living" and every aspect involved.

9. The Need for Aesthetic Satisfaction

Everyone throughout the entire world feels the need for music, pictures and stories. They feel the need to create something themselves, be it carving, music, painting or writing. Everyone needs peace and harmony to enjoy lovely gardens, the splendour of architecture, plays, films, ballet, music and others according to their choice.

10. The Need to Relax

The art of being able to "truly" relax, to "switch off", has to be cultivated by some people, who have not learnt, or due to circumstances are unable, to relax. There are also some people who go through life never properly "switched on". They cannot be bothered to do anything that does not interest them, with the result they achieve nothing, and in their old age they have not even achieved mental peace; and spend their time worrying about petty little things they should have learnt to deal with when they were younger, but they could not be bothered. To relax - to rest - to break the pattern of work and build up fresh energy is essential. An office worker may find relaxation in gardening. A housewife may enjoy pottery. To relax does not mean to switch off completely and sit and do nothing. A change of occupation and scenery is a form of relaxation. There are 24 hours in every day - we sleep for 8 hours, work for 8 hours - what do most of us do with the other 8, just sit around, and that is when boredom starts to set in. Everyone should have something to do in their spare time, gardening, painting or some other form of creative work, which gives one a feeling of achievement, a wonderful feeling of satisfaction. Some Lesbians spend all their recreation time in a pub drinking and day dreaming of what they are going to do, their ideas are terrific, but unfortunately it takes more effort than they are prepared to use, to achieve their ideas. Day dreaming is unfortunately a bad habit nearly all Lesbians suffer from, done to excess it can have a bad effect on one's whole life and outlook on life. There are also some people who just do not know how to relax, they feel they should be up and at it from dawn till dusk, using up nervous energy. It is the busy people - who have time to do charitable work and help others - the time wasters never have any time to waste on

others - and spend most of their time expecting others to assist them through their muddled unsatisfying lives, all because they get into the terrible habit of not being bothered: "Oh I can't be bothered". What a terrible thing not to care about one's own life, not to be concerned with any business that relates to oneself. Why should anyone else care - since they cannot be bothered with their own affairs, and cannot be bothered to help themselves. Everyone needs to escape from everyday living at some time, to "get away from it all", but not everyone knows how to do this effectively. What a wonderful thing it would be if one could go and study "how to relax" and "how to be bothered about one's personal self and affairs".

11. The Need for Motivation

We are motivated in hundreds of different ways. The important thing to remember is to keep this motivation fully under "our" control, and not allow ourselves to be overmotivated in the wrong ways. Many influences combine to colour our judgement and decisions - it is the ability to pick out the good from the bad which causes some people a considerable amount of mental anxiety - others do not consider and rush into things which they regret almost as soon as they have done them. Our attitudes and motivation can be affected and influenced by our nationality, religion, beliefs, prejudices, family training and advertising.

Advertising sometimes suggests that we should purchase something because everyone else is buying it - or it is the cheapest - or the product has been selling so well it is nearly sold out, with only a few left. It requires considerable strength of mind to prevent oneself rushing off to purchase this object which everyone is buying - even though one does not really want it. It is far better to keep control of motivation and beware of some people who love to try and motivate others into doing things - they themselves would never dream of doing.

Human beings need motivation, as soon as they satisfy one need another need appears in its place. Perhaps with today's better education the wisdom of accumulating more and more "things" is being regarded as senseless. Today there is much more emphasis on the "quality" of life, rather than its "quantity". Some people have come to realize that owning "things" is not really living - they ask "What do we do when we have everything we want". Most people become bored.