

From: cheri\_smith@take3.com Date: Fri Feb 4, 2000 3:34:18 PM US/Eastern To: "Wes Smith" smith-wesley@dol.gov  
Subject: Apology

I got a somewhat clearer idea from Brittany this morning about what you need to hear from me. So before I address the issues in your letter, I would like to say that **I'm sorry I hit you (and engaged in various other bodily harm) last Sunday. It was inexcusable** and I am embarrassed and sorry that it happened.

No, I have not stuck with my plan to talk to Brittany regularly. To try to help with this, I have written on the calendar to call Brittany on Wednesday mornings.

No, **I have not managed to consistently not follow you** when you're upset, although I do feel I've made some progress. I've made up some more **signs that say "Don't Follow!"** to put up around the house.

No, I have never tried defining a way of getting to the heart of a disagreement. I don't really feel like I'm ready for that, at least not yet. I'm more concentrating right now on just avoiding the huge flare-ups and taking the time to cool down before any discussion takes place.

Yes, I have tried telling you directly when things bother me sometimes, sometimes I don't. Once in a while the direct method has worked out, often it doesn't. Not sure what to do here.

Yes and No - I have tried writing down things that bother me, but have never brought them up again.

I'm not all that happy about the resolution, either. I think at this point I would like to concentrate on trying to do the first two. **Losing control seems to be especially damaging to our relationship**, and so concentrating on getting rid of that seems like the most important thing right now.

I think we can both agree that I'm sensitive to criticism. We seem to be quite a ways apart on how we view your level of sensitivity.

Yes, I have considered that it will be difficult make and keep friends on such a tight schedule. On the other hand, I seem to remember that we acknowledged at some point that I should get some personal free time also, and that's where I'd try to squeeze it in.

I'm glad that you're willing to still try.

>I had been hoping for more acknowledgement of how extreme your behavior has been and also acknowledgement that it is a behavior problem that you have that is not caused by me (triggered yes, caused no). I feel a good first step in addressing the problem is for you to admit you have a problem.

**I do have a problem.** There are actually several different aspects to it that you bring up in your letter. There's the question of what specifically triggers the reaction, there's the question of **why I indulge my anger in that particular way**. I do have hang-ups. Some of the ones you mention in your letter I agree with, some I believe you're only partly right.

The whole money thing is very loaded. I did make a lot of mistakes with the money, and you had every right to take it over. But there is a lot more to it than that. I talked some of it over with Brittany this morning, so I don't think it's necessary for us to try to wade through all of it. However, I'm curious how specifically you think I messed up? I'm thinking along the lines of bouncing checks and making payments late, but I get the feeling that your condemnation is wider ranging than that?

Yes, **I thought you did handle it quite well after I hit you**. I was thankful for that. I'm sorry I didn't apologize to you better after that.

I hope this helps you feel better -  
Cheri