



**BAELESS IN SEATTLE: #Johnny Mahaffey is Single**

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"Not everyone in the dating game is seeking intimacy. The traditional notion of romance emphasized trust, honesty, connection, and other markers of closeness. But people may date for many reasons: to ease feelings of social isolation, to have fun, or to build their own self-esteem, finds Catherine Sanderson, a psychology professor at Amherst College."(1)

It turns out--Jaime and I have very different ideas about what love is, and she has now retracted all of her I-love-you's, and promises of marital bliss.

Originally, I had listed a 20-point "Why Johnny is a Piece of Crap" list that Jaime had spat at me in anger. But, I was asked to remove it, because 99.9 percent of it was not true, and all it did was belittle me for no reason whatsoever. I had merely minimized my own self-worth for the benefit of someone else.

That wasn't healthy.

"In your brain, the aftermath of romantic rejection can look like cocaine withdrawal, a Rutgers study found. 'So give yourself time to clear your head,' says psychologist Gary Lewandowski, Ph.D." (2)

I have a hypersensitivity when it comes to amorous rejection.

I forget, that it's not always because of me! Or her....

I won't go listing any point-by-point dissection of EITHER of us in this matter. I'm not going to demonize her; or let her blame me in any way. I have to stop thinking of her as my lost "one true soul-mate", and stop giving her so much space in my thoughts. I will respect her decision(s), and path in life. I will appreciate the time that we did have.

I've spent so many years wishing that she hadn't have stopped wanting me, that I never once stopped to think, that if (or when) the day came--it might not be in my best interest--for *me* to want her--I never imagined that, or even considered it a possibility. And, it breaks my heart to realize that, while I do still love her, I would not want to be with this current version of her. Not romantically.

I am a better man now, than I have ever been in my life. I deserve to be treated with respect, and not be taken for granted; I believe that a person should get out of a relationship, what they put in, and that it is a partnership. That you have each other's back, especially when they're sad, or need help. I may very well die alone, in here, or baeless in Seattle, typing away in front of a rain-streaked window, writing my novels, with a view of nothing but gray clouds....

I don't know what my future holds, or if I have one.

I've been alone now for 12 years, and that first week of October showed me that I don't have to be--I still have a lot to offer. Jaime saw it too--she just has too much going on in her life, she doesn't have room for me, or the need. I can't rescue her, because I myself am in need of rescuing. Here I am, putting every resource I can, every dollar I've made, and every minute of every day--towards her. Not caring of what it did to me, only caring of her, and willingly being a stone for her to step on to better her life.

I know you'll read this Jaime, and you'll make this about you.

But, it's not.

I hope that you get your life together--I really do--and, I'm still going to help you in any way I can. I'm just ... taking a step back, and putting a few emotional walls up to protect myself; and, you can't blame me. Your slate is still clean as far as I'm concerned, and I have no blame or animosity towards you. I just have to give myself time to "clear my head" of the promises you gave me. And, please don't get mad at me, for removing the original version of this post--if you had cared about me, even just as a human, you would not have been okay with me posting it. But, that's in the past. I realize how stupid it was, and I should never have repeated the negative things you said about me.

I am proud of you, Jaime.

You are getting through, surviving, and trying to repair yourself and your life; you will one day have our kids back; and you will have a life that you deserve. A junkie-free, ex-junkie-free, drama-free, safe home for you and the kids. I know it. In all of my heart and soul, I know you can succeed! Especially once you remove all the negativity surrounding you--which, you're doing a pretty good job of now. Focus on you, and break that old cycle.

A lot of good people are rooting for you to make it.

I'm sorry if I disappointed you, or let you down.

But, you can't blame me for trying. For me, you really and truly do mean the world. That will never change. You'll forever be between the lines of every story, and my dark angel that lines the dark clouds outside my window, and in my broken heart. You have shown me heaven, and you have shown me hell. You have shown me trust, and utter betrayal. You have shown me how thin the line can really be between love, and hate.

But, most of all, you have taught me who I am.

What I can be.

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1. Phillips, Lisa A. "Getting Close", Psychology Today Jan/Feb '17 p.48
  2. Vrabel, Jeff "Don't Let Her Haunt You" MensHealth Jan/Feb '17 p.116