

Impact of Dialogue on My Relationships

Fr. Bob McDonald, SM

When I wrote my love letter to Jesus today, I realized something important. My behavior was telling on me. I was showing anger.

Anger is a feeling that seems to be a part of my daily life. If I do not write my daily letter, I lose the opportunity to discover the real me.

Anger is not a bad feeling. It reveals my values and what I am trying to get. Often, it tells me that I am trying to get someone else to do what I want. When I am out of touch with my feelings of anger, I begin to do things that offend other persons. I say things or do things that put a space between me and others. Or I may move away from a closer relationship when I see the effect of my behavior.

I write my love letter to Jesus. I know He was angry on many occasions. He knows what I am going through. I have to be honest with Him. I try to come up with some practical thing to do when I realize that my anger may have hurt someone. So tomorrow, I will approach the people I live with and work with and ask forgiveness. It seems to get easier for me to ask forgiveness, though it may always be difficult.

FEELINGS ARE NEITHER RIGHT NOR WRONG. Feelings may not be wrong. But my behavior can be.

So writing my daily love letter to Jesus keeps me honest.
HAPPY DIALOGUE!

I love you,
Fr. Bob McDonald, SM