

I Am the Other One - in this relationship

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Preface

I am the other one or I.AM.TOO, sprang to life after going to a seminar - one about relationships. I was intrigued by this person speaking about various stages in a relationship that if given a chance, would make a couples relationship stronger. Now having written exactly "zero" books on this subject, in fact - no books have ever been written by me (unless you count a technical manual about operating medical software...which gives me some credibility - hey, it was medical, which is kinda close to couples) I proceeded to lay the foundations down, outline the chapters and begin in earnest to write "I AM THE OTHER ONE -in this relationship". How hard could it be? And since I was just an ordinary person with no background in helping to create a loving atmosphere in the home or elsewhere, I started writing.

First I decided it would be humorous, tongue in cheek. Since almost 99% of this self-help book would be fun, with 1% having actual helpful exercises to perform while in your relationship, where could I go wrong? Starting the book? Writing while intoxicated? Now I would never suggest writing a self-help (hic...) book while drinking or getting high for that matter. But writing after going to a drive thru - now that's something to brag about. That first cup of coffee, coursing through the body, a small taste of paradise in a cup. Some beautiful twice cooked fries dipped in BBQ sauce (or ketchup) - that's the ticket for sure. Simply a great way to begin any project.

Another thought that occurred to me, sometimes my thoughts even make sense, are the ancient contentions that relationships rely on a MAN and a WOMAN as the foundation or starting point. Current ones can contain anywhere from one person to twenty persons with any mix of genders, including non-genders such as "r-you" and "I-am" etc. Limiting myself to ten chapters which would be difficult as I am already getting sleepy writing just these few paragraphs of the preface, made sense for the person that would be reading as well as the writer (me).

To introduce myself I am "Hawt Whytesun", most people just say "Wawt?" and leave it at that. And since this book is about helping you to learn about yourself and others close to you, let's get to it and stop all this gambling. Oops! A Freudian slip. I meant rambling of course. Gambling could be my second book as I have tons of experience in losing my pants and shirt. And after gambling, staying overnight in the local hospitality suites (jail) for being naked in public after losing my clothes.

I hope you can get something out of this book, even if it's only to kick your fireplace up a notch.

-Hawt Whytesun

Chapter One - I Am The Other One - *in this relationship*

"How to fake the feeling of being connected with the other person"

There is at least one person in any relationship. Unless you include an individual that has multiple personalities. But that's not being very helpful. So, for this book, one person is one person. My significant other was always complaining there was a lack of being "connected" which never made any sense to me. To her it did. And most likely to her cats. Not my dogs. The only thing that made sense to my dogs was "squirrel!" which was hilarious to watch them scramble for the best view looking out the window. The squirrels somehow sensed intuitively my pups would never be able to pursue them, which caused them to parade up and down the driveway without a care in the world. I swear that occasionally there would be costume changes and some squirrels had tap shoes on. Along with various disguises such as "rabbit" and "bird" costumes. Mostly I would see that after getting high, which I would never do while writing this book.

So, what did being "connected" mean to her? Years later I still have no idea. But I've gotten quite good at faking it. Which brings me to this chapters heading "How to fake the feeling of being connected with the other person". I'll outline the basic steps below:

1 - Pay Attention.

In order for this to work, you need to have had a good nights sleep. If your eyes are fluttering closed, no amount of "sorry honey" is going to get you out of hot water here.

2 - Mirror their hand movements and sitting positions.

Nothing gives the impression you're 100% in the mix while performing the above technique. Your significant other will feel they are being listened too intently and diligently.

3 - Repeat some of the sentences they're saying while making it a question.

For example, if they say "when I look at you while talking about something I feel is important and you look back at me, I feel my message is getting across to you"

You say "To make sure I am understanding this, looking and listening while you are talking feels like the message is getting across to me?"

4 - Make sure these discussions occur close to dinner time. When everything your partner is saying starts sounding the same, mention how hungry you are and that now would be a great time to break.

OK, so let's recap chapter one "How to fake the feeling of being connected" to see what has been learned, along with a small quiz at the end. Of course making sure it's close to dinner time is the number one save! While a few times I would suggest a local steakhouse, most of the time it would be pizza and salad, yum! My favorite pizza is a supreme, which can mean different toppings from place to place. Sometimes I would even shake it up a bit and order 2 pizzas with half the toppings on one and half on the other. Yum! That way I'd never have to choose one or the other. While this recap is not about my eating habits or great pizza, the lesson here is "you can have both" without compromising your ideals and integrity.

Let's get to the short quiz now. In general these quiz's will help you to remember each chapters teachings while preparing you for the next lesson.

Quiz 1:

1 - If you see another person at the restaurant that you think is cute do you:

- a - go up and introduce yourself
- b - dance at your table to call attention to yourself
- c - dribble food down your chin
- d - all of the above

2 - After dinner sex, while great, can be a let down. What can you do to reverse these feelings?

- a - turn on netflix to watch a movie
- b - turn on Amazon Prime to watch something
- c - check your email
- d - all of the above

3 - During the movie, you stand up and yell at the characters:

- a - don't open the door!
- b - you dumb-ass, they're two-timing you with the neighbor!
- c - don't look in the fridge!
- d - wait, I have to pee!

Wow, I know this is a lot to cram in such a short space of time, if you've made it here, you're up for the next chapter "How to fake a stomach ache to get out of anything"

Read on!

Chapter 2 - I Am The Other One - *in this relationship*

How to fake a stomach ache to get out of anything

Welcome back! You've made it this far. And I have some great information to impart in this chapter. While you're probably thinking "I don't need any help faking a stomach ache!" the short answer is everyone does at one time or another. Creating a convincing stomach ache is the key to a successful Segway into something **you** would like to do, instead of what your date wants to do. After many unsuccessful attempts to fake being ill, one evening, while smelling some old decayed chicken that had been in my fridge for months, well, it started a puke fest. I can't tell you how happy I was when my girl came over saying "what's wrong honey?" I was in heaven. The key to being ill had been right in front of me all along. You're probably thinking "no way, this is too easy" Kinda is a little.

Now faking an illness requires expertise and practice. My first time was pure luck. The second time needed preparation. Buy anything that will spoil quickly, such as milk, chicken, vegetables (veggies takes longer - but if you wet them before sticking them inside the crisper they can rot pretty quickly)

Now that you have the basic idea on how, let's talk about why.

- 1 - The series remake of Lost in Space is on Netflix starting that evening
- 2 - Some friends want to come over and play card games
- 3 - You really have a headache - but that's harder to get sympathy for
- 4 - Football season just started
- 5 - Baseball season just started
- 6 - The MDMA is kicking in pretty damn strong that you took right before they came over

Remember, I Am The Other One in the relationship. Most of the time I would find myself conceding into doing something they wanted. What about me? I.AM.TOO! So, it's important to really take control some evenings. For example: Just about every weekend my girl wanted to go out dancing. Didn't matter where or what kind of music. But she had to like it. But it didn't matter what kind or where. Still, she had to like it. Get the picture now? I didn't at first but after chatting with my dogs while on shrooms, everything made sense. They explained all the secrets of the universe to me. Again, I would never take shrooms or get high while writing this book. We would be out on the dance floor while gazing into each others eyes. If the gazing wasn't done properly and who knows what "properly" means (she did no doubt...and maybe her cats) we weren't connecting correctly. Now in chapter one we talked briefly about connecting. I still don't know what it means in chapter 2. I feel a breakthrough coming down the road but as luck would have it, it wasn't going to be tonight. I also felt powerless to affect a change. Until, yep, you guessed it. Fake an ache. Granted this only pushed the elephant down the road a ways, but hey, I watched Lost In Space, had some chips and beer, got lucky after I started feeling better (wink wink) and didn't worry about having the connecting speech.

Let's outline a few simple rules for daily use:

- 1 - Look into your dates eyes while letting yours glaze slightly over**

This helps to create a subliminal feeling that something is coming.

2 - Talk with your partner about some event you would really like to experience soon

They will get the impression you care about going out and what they like to do

3 - *Make small talk about your day to reel them slowly in, while creating a sense of security*

Without this one, no matter how many times you puke, it won't be believable.

Let's recap: The most important thing to do is reel them into your days events. You can tell them about work, about your drive and maybe the breakfast you got at the drive thru this morning. That also helps set the scene. Usually after having a breakfast sandwich I would call and say "I think there was something wrong with my sandwich from the drive thru this morning. Tasted a little bit funny"

Quiz time! I know you're looking forward to the next chapter so we'll get right to it. Remember we are only going over what you have learned so far. Do not skip ahead as each chapter builds on the previous one.

1 - *If Dr. Smith on Lost In Space - is now a woman do you:*

- a - wonder about what she would be like in bed
- b - think about any tattoos she may have and where
- c - imagine her saying "meet Danger on the left and Will on the right"
- d - all of the above

2 - *When at the supermarket shopping for items to spoil:*

- a - stock up on beer and soda
- b - checkout all the possible single people there
- c - eat something out of a package and put it back on the shelf
- d - find the restroom to pee OR all of the above

Congratulations on completing chapter 2! The next life lessons are just around the corner.

Chapter 3 - I Am The Other One - *in this relationship*

Creating the best possible outcome

Whew! Still here? I.AM.TOO. (I know, pretty funny..right?) But after the first 2 chapters you're thinking where can I go from here? I've learned all I need to. What more can there be? Well I would say something witty about growing emotionally or something. But, I've never written a self-help book before, so I'm winging it! My grandpa used to say "Car. Car" because he couldn't pronounce my full name "Carl". He would give me a quarter for stamping the label on about 25 cigar wrappers. Hard work for a 10 year old. Took about 5 minutes which is an eternity at that age waiting to get paid a quarter. It was almost a year before I realized I could double that amount by printing 50 wrappers. Double that again by printing 100. Little did I know I was "Creating The Best Possible Outcome" at the time. You can also do the same. I'm not saying you can work for my grandpa as he passed long ago, (I know, right? Another source of income unavailable..sad) I'm saying you will be able to apply and modify this chapters lesson without reservation when completed. Just what does that mean? I don't know either, but we all laughed so hard after snorting whatever that white powder was, we were blowing chunks! I'm not advocating you get high to come up with similar meaningless sentences, just saying if you do, write it down. Let's start this lesson with some humor I've gathered online:

What's the difference between a Porcupine and a Porsche? With a Porcupine, the prick is on the outside.

What does that mean to you? Do you know people like that in the above story? Here's another:

One day a mouse heard an elephant calling for help. The mouse sees a big elephant slowly sinking into a pool of quicksand.

"I'll help you!" the mouse shouts. "But wait, elephants are scared of mice and you will step on me once free"

The elephant assured the mouse he would never forget this act of kindness as elephants never do.

The mouse comes back in a Hot, Red Porsche.

Dragging a long tree branch, the mouse climbs onto the Porsche, sticks it over the quicksand and says "grab onto this branch,

climb over the Porsche and out to safety"

The elephant being ever grateful reminds the mouse that someday he would return the favor.

Sure enough a week later the mouse falls into the same quicksand just as the same elephant was walking by.

"Remember me? I helped you with the Porsche" the mouse said.

"Yes, an elephant always remembers." And with that, the elephant gets an erection, sticks his dick over the quicksand and says "Climb onto to my dick and out to safety" The moral is: If you have a big dick, you don't need a Porsche"

To create the best possible outcome in the above situation, the mouse used tools - while the elephant used what he was born with. Which is better? (I know what the cats would say...), At one point in the story the mouse connected with the elephant on an emotional level, worrying the elephant would step on him. When your date or even your wife/husband of thirty years gives themselves freely to you, meaning they give support to you either using tools or what they're born with, they are creating the best possible outcome for a particular situation. One evening after watching a movie my girl wanted to discuss/talk about the story and characters in the movie. She said we would be connecting on a deeper spiritual level if we did. So I said "We can then apply and modify the movies lessons without reservation" She loved it! Maybe I was finally getting the hang of "connecting". For more on connecting see chapters 1 and 2 as both have references if you want to review.

Here are some steps for Creating The Best Possible Outcome:

1 - *Always take the lead. Prepare to take the needed steps for involvement.*

This helps to create a feeling of mutual benefit

2 - *Remove doubt - capitulate whenever possible*

This also helps to create a feeling of mutual benefit

3 - *Increase your desires to achieve a better outcome*

While I would never suggest using any substances for arousal, perhaps you can do your own research on the net - search for boost libido, elevate mood etc.

Quiz time! This is the moment where you can show what you've learned in this chapter. Let's get to it.

1 - *When you're on the roof repairing shingles that were blown off from a recent storm*

- a - do you wear a safety harness attached to the top of the roof
 - b - wear a safety harness with a beer in one hand, a hammer in the other
 - c - wear a harness, drink a few beers, removing roof shingles just because
 - d - fuck the harness, finish a six pack, throw the hammer at your neighbors windows
- shout "stop parking in front of my house you turkey brain" and call down for another six-pack to help you finish repairing the shingles you removed earlier.

2 - *Your evening date arrives just in time to see another person leaving your house*

- a - do you explain it was the maid you just hired
- b - say "oh, have you ever met my sister? Ok, next time for sure"
- c - my lawyers office sent over a paralegal to sign a few docs
- d - did you think she was cute? She might be interested in a 3-way

If you answered "d" to both questions you're on your way to creating the best possible outcome! Congratulations!

Chapter 4 - I Am The Other One - in this relationship

Dog Person - Cat Person

If you read any chapter in this self-help book, you really should read this one. Being a dog person or a cat person defines your very essence, life blood, moral compass. I used to have a moral compass until a fateful evening when I accidentally took a hit of LSD and lost my compass. I spent the evening looking under the cushions, in the salt shaker and various impossible locations to find my compass. I know, you're thinking *how does one accidentally take a hit of LSD*, if that's what you got from the above we've got some serious work ahead to do. The important part from the above is: *Where is the Compass? How did it get lost? What does a moral compass even look like?* I knew what it looked like when peaking, no doubt, but after coming down, it was all kinda fuzzy. I have stated in previous chapters I would never advocate taking drugs or getting high while writing this book. However, since the above was an "accident", it falls in the "shit happens" category which makes it purrfectly OK.

A friend gave me a brief explanation of the differences between dog and cat people. I have included them below:

Cat people: *Finicky, neurotic, picky, want to be pampered, subtle, clean, independent, mysterious.*

Dog people: *Loyal, honest, affectionate, funny, faithful, unconditional, team player.*

When dog and cat people are in the same room, shit happens. How you deal with the shit, determines the outcome of your relationship. For example:

She says "We can sleep together at your place but the dogs can't be on the bed"

He says: "But when I sleep at your place, the cats sleep on the bed"

She replies, "Your point?"

Now you're faced with a major problem - you're not getting lucky if the dogs jump up on the bed. The simple solution is to have a talk with your pups after taking shrooms. Anything can be explained to them and your pups will absolutely understand you! They will sleep in the other room for that evening, as dogs are very faithful to their owners. You can even "accidentally" take shrooms as we have learned in an earlier paragraph that accidents happen. Or you can say "honey there is a major gas leak in my neighborhood so can I sleep at your place tonight?" That avoids any confrontation regarding your loyal and faithful pups. Yes you will wake up with a cat on your head. In that case have a hat handy and make a morning joke: "There's a cat in the hat and here's a back rub, purr if you must... as loud as the cat!"

There are no steps to follow in this chapter. Talking won't help, mirroring -nope, repeating their words - nope, even connecting will get you nowhere. Wish I could give you more encouragement, but everything I tried ended up with me in the doghouse. After which I made plans to build a much bigger one.

Now onto my favorite part of each chapter - The Quiz! Let's see what we've learned...

Remember to write down your answers for later review.

1 - Your friends invite you to a game night at their house - do you:

- a - stop and pick up a bottle of wine or six-pack before getting there
- b - pick a fight with the truck driver eyeing your woman making hand fucking gestures
- c - smear ketchup on your body daring your girl to dip her fries - yum!
- d - not knowing you've butt-dialed them - tell your girl they're both having affairs

2 - When buying a sweater as a Christmas gift for your girl, is it:

- a - something you can also wear
- b - on final markdown clearance
- c - cool to suggest her sister tries it on for you
- d - all of the above

Whew! Some tough questions this time around. You're a definite trooper having made it this far.