

Dear Steve,

I am a 45 year old woman, living with my husband and two children. My marriage seems to be fine. Our first child will be going off to college in the fall. Our second child, a son, is a junior in High School. After finally leaving a boring managerial job I'd had for 10 years, I got my real estate license about 8 months ago, and things are going well in that area.

About 4 months ago I would waken with stiff ankles. Then after stretching, they would feel fine. But after being up for a while and walking around, my lower legs would start to hurt. I saw my chiropractor, and he diganosed me with shin splints. I really haven't done any high-impact exercises since I was in my twenties. I quit after having similar problems back then, and they did heal. I don't know why the problem has returned. But I do want to get back to hiking and more regular exercise.

Tired of hobbling around,
Shana - Minnesota

Dear Shana,

The words "coming down too hard" come to mind. I feel that the job change you made 8 months ago was very positive. However, I wonder if you needed to judge your past employer for not following through on promises in order for you to leave the job. You didn't need to get angry at him or the job in order to move on to something better.

I feel you were in a restrictive personal relationship in your early twenties when the problem first surface. You needed to come down hard on him as well in order for you to leave, and to move on to something better. Bless both your past employer and your past boyfriend. Also, a question - did you need to get angry at family members in order to leave home and live on your own? It's not what you do that counts, it's how you do it. Forgive others for seeming too restrictive and forgive yourself for your past judgements.

Positive Thought To Manifest: I forgive ___ for the pain I thought he caused. I celebrate my freedom.

Thank others for helping you be free!
Steve