

Frank's older sisters had dominated him. A female boss reminds him of this boyhood inferiority.



a long-forgotten but infuriating sense of helplessness.

Frank was encouraged to transfer to another department, where he gradually became his confident, competent self again.

If there is an alternative to a situation which is painful because of disagreeable recollections, the most sensible step often is to try the alternate course, as Frank did. If many situations seem unbearable, it may be necessary to seek help from someone trained to give personal guidance.

Harboring a grudge against a brother or sister seems incredible in some families. Disliking a brother- or sister-in-law is another story. So without realizing what you are doing, you may transfer

to your husband's brothers and sisters your long-buried resentment against your own. Your in-laws become convenient scapegoats for settling old accounts with which they had nothing to do.

On the other hand, when nothing you do seems right to your in-laws, don't decide that they are "out to get you." Remember that jealousy which once was directed toward a brother or sister may now be subconsciously transferred to you.

Talking about feelings isn't guaranteed to improve them, but old antagonisms can generally be dealt with more honestly if you can put them into words. Once you state a problem, you are on the way to solving it.

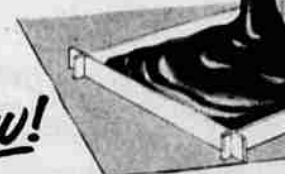
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