

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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*'Simple kindness to  
one's self and all that  
lives, is the most  
powerful  
transformational  
force of all.'*

**Dr. David Hawkins**

**[Yale University Research  
on PMS - Dr. Yonker.](#)**

**Good day dear woman reader! And dear man reader!**

This month, on top of sharing Shanna's story, I will bring in some answers given by men in surveys addressed to them.

More than 10 years ago when I surveyed hundreds of women, I also surveyed men. The majority of the participants were strangers to me; on the other hand, I also questioned all the men I knew in my surroundings. I was curious to find out what they felt and thought about PMS.

Their answers ranged from a minimum of knowledge to a total ignorance about even the expression PMS or premenstrual syndrome. On the other hand, some men have touched me by their sensitivity; I have been pleased by their awareness of what women may go through. However, I also encountered some who rushed to come out of the hole they had fallen into simply by being asked the question. Whether their jokes were their way out or just plain embarrassment is uncertain. They felt placed between a rock and a hard place. These jokes ranging from funny to vulgar simply revealed their uneasiness.

My niece Roxanne once asked me if I knew the difference between a woman with PMS and a terrorist. Of course, I did not know the answer.  
Answer: *'You can negotiate with the terrorist!'*

And I believe Freud made a point with his theory that jokes reveal a possible truth that is some times easier to reveal through a joke.

In brief, I will state some of their answers from the surveys. It is obvious to me these surveys will never reveal a representative sample of the society for I do not know if these men only answered because they felt their woman was having PMS. As of now, all the surveys reveal that these men think their woman is having PMS.

**Do you consider that your wife (girlfriend) has a Premenstrual Syndrome?**  
Yes: 100%

**During their woman's PMS, men feel :**  
(Many choices were picked)

Deprived : 40%

Frustrated : 40%

Powerless : 10%

Would rather be elsewhere during that phase : 50%

Feel as they are walking on eggs : 50%

Feel angry : 10%

Understand nothing about it : 10%

Find that their woman makes mountains out of ant hills : 60%

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Find their woman is nit picking : 40%

Men who say they have researched or tried to understand PMS: 50%

Men who say they have not researched or tried to understand PMS : 50%

Men who believe that PMS is :

Psychological : 70%

Physical : 20%

Hereditary : 20%

All three : 10%

Now that you have food for thought, let's go on with my last month's announcement that I would talk about Shanna who somewhat self-destructed her relationship and her daily life in more ways than one.

*Be informed that the following is a true story and that I have edited a lot of the story for the sake of simplicity. Only the very important is relayed here.*

Shanna is 37 years old. She works in a job that requires a very analytical and rational approach in which she functions very well. So far, so good. Now, let's explore her relationship and her daily emotional reality.

She is from a family that resembles so many others where parents have themselves never healed their past wounds and therefore transfer them into their children where history perpetuates itself in all aspects: good as well as bad.

Shanna is in a relationship with Julian for the last 17 years. It is clear to me with all I have discovered about her, that she has learned to avoid her emotions, and therefore has chosen a similar companion. Their early years are somewhat reasonable but we will see what develops.

Since Mother Nature and Life always puts us in situations so we have to face our own reality and heal, Shanna and Julian do not differ.

One of the interesting facets of this story is that Julian comes to consult and not Shanna. For men are still a small minority who consults in therapy. He had heard through friends that I was researching PMS and thought I might be able to help him. There will have been a decade between the beginning of Julian's first sessions and the unfolding of the story that I write about today.

Since Shanna's early menstruations, she developed a **pattern of cycles that ranged between 25 and 80 days without bleeding**. Not easy, for both of them, you will admit. Shanna goes through extremes, which is very difficult on their sexual life. They never know if she is pregnant. Not easy, a real roller coaster.

When I saw Julian for the first time, he looked and sounded literally burned-out. It appeared to him that the only thing that exists in life is her menstrual cycle and the mountain of attached stress. And when the focus is put elsewhere, she accuses him of going elsewhere sexually, accuses him of not finding her normal in that she cannot give birth because of their blood incompatibility. On top of that, she has had numerous miscarriages since their early living together. She thinks that he will eventually leave her.

I tell Julian I have no other choice than to examine his own past. He confides that his mother is extremely controlling, even smothering. He cannot give an inch for she will take a yard.

Julian candidly shares he spends an important part of their marital life wishing he would go elsewhere and find another woman. He adds that the first time he tried to have sex with another woman, he could never succeed in having an erection.

For this man who wanders in Shanna's extremes, he feels he has no room in their

relationship. It is possible he is going through severe stress after facing he could not even erect somewhere else. There is a whole chapter about his own mother who had an affair that profoundly confused him in his young days.

I ask him all kinds of questions in order to introspect his past. Many other aspects could become a wonderful story, but let us say that what occupies us here, my main goal was to help him understand why he chose a woman like Shanna.

After asking him what Shanna's reality could mean as regards his own past history, and what pleasure could he have sought in choosing a woman like Shanna. A long silence to get to the answer that showed up, and tears well up. I know he just connected to something. Finally, **Julian** realised a woman's control, (his mother). may even be seen as comfortable and secure. For the first time, Julian saw how Shanna was trying to control him where **HE COULD NOT HAVE ANY SAY: her PMS!**

For Shanna, menstruations and pregnancies had been shrouded in fear and guilt. She was continuing a psychological game that she neither understood nor was aware of. Julian learns from several sessions and I know he will think differently about his relationship from now on. I know he leaves sessions with a lot to digest and understand.

Many years go by without hearing from Julian.

I have the wonderful surprise to have his visit where he shares he is now divorced but that within a short time after he saw me, he feels he has succeeded in finally helping Shanna get rid of her extreme cycles.

Soon after our last meeting years ago, Julian had once more taken the decision to try his sexual charm elsewhere. Shanna somewhat intuited something might be happening. One night when he comes in late, she dares ask him if he was having an affair. His reply was: 'No, but I have started looking'.

The very next month, **Shanna NEVER AGAIN HAD ANOTHER EXTREME CYCLE SUCH AS SHE HAD ENDURED FOR MORE THAN 25 YEARS!** She resumed to 28 days for the rest of their life together for many years. They both eventually decided they were not meant for each other, but her menses finally were normal.

Maybe life will grant me the pleasure to meet Shanna someday, or another women with a similar history. But suffice it to say that I am convinced that if we do not solve and heal our past, we become its puppet and we risk having our surrounding become splashed by our own play.

I wish Shanna to really understand her life script for she also suffered tremendously in all that, I am certain.

As regards Julian, he has really put an emphasis on understanding how others control him, and he is on his way to growth and genuine freedom.

**NEXT MONTH: A surprise I do not know yet!**

**I WISH YOU A WONDERFUL MONTH filled with sunny thoughts and warmth in all areas of your life.**

**Warmly:**

*Pauline Houle* - Therapist – author

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