

My Precious Moment

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Difficult and painful experiences are the best teachers in our life. They keep us a lesson that no one else could ever teach. What people have learned from their experiences will be their benefits for the rest of their lives. During displeasure and hurtful moments, people can learn from their mistakes and correct them. I have undergone painful experiences in my marriage and have learned an important lesson that changed me forever.

I never believed in an old saying that it is not easy to have a perfect marriage because of my pleasurable and simple married days in Thailand. However, I have changed my mind since my husband and I came to study in Canada. I thought I knew my husband well enough, but in fact, I didn't even know myself. I didn't know exactly who I was and what my real personality was. The difficult experiences with my husband in Canada revealed my negative attitude and personality right before my eye.

Thinking back to my marriage in Thailand, I found everything was almost perfect. I hardly had an argument with my husband for all the time we had known each other. Of course, we sometimes had an argument, but we solved our problems quickly and never felt angry with each other more than a day. Also, my husband is a calm and gentle man, so he hardly gets angry easily. Thus, our marriage seemed to be happy since we were satisfied with everything when we lived in our country. However, the situations are different in Canada. The new environment made us feel nervous and increased our stress. We faced a lot of problems in our daily life, and they affected our emotions especially mine. I frequently got mad easily when I found things didn't happen in the way I expected. Most of the time when I felt uncomfortable, I used to complain to my husband. I needed him to console me with his kind words such as "Do not worry. Sooner or later things will be all right", but he seemed not to understand my point and always reacted in the opposite way. He blamed me for complaining too much and doing nothing. In fact, his words made me feel worse. They made me feel like worthless. By ignoring each other's feelings, we let the problem become more serious. We started arguments frequently even with a trivial topic. Our conversation sometimes ended with the anger of each other.

One day in December, we had another argument, and I thought that was enough. I couldn't hold on any more, so I ran away from him. I was angry and sad at the same time. The storm of thought was rising into my head. Some terrible thoughts such as he hated me or was bored by me were repeated. I ran until I reached the swimming pool at UCC. I needed a time to relax and think carefully, so I went swimming. The cool water refreshed me and I started to search into my real feeling. I knew I was still angry with the way he responded. I kept asking myself why he didn't understand me or didn't do what I wanted. Then some ideas came to me. It could be my fault. Perhaps, it could be me that ruined our relationship. Thinking slowly and carefully, I discovered the truth that I never tried to overcome the problem. I only complained and bothered my husband. One more thing I realized

was I was hardly concerned about his feelings when he had to listen to my words. I only cared about myself. I was very selfish. Then I decided to go home for apologise. I didn't want to lose him. When I arrived home, I found my husband was still waiting for me. He was worrying about the way I ran away, and he wanted to say sorry. We talked about our feeling, and we promised not to let it happen again. I was happy that finally we could solve our problem.

From the day that I have realized and understood myself from a different point of view, I have tried to change my improper personality. Instead of complaining about my difficulties, I have tried to deal with them. Moreover, I have learned to become more patient and more aware of my husband's feeling. And the most importance difference is I have changed my attitude about the difficulty in my life from negative to positive. I believe without some difficulty people couldn't learn to know themselves. Now I realize I might have an argument with my husband in the future. However, when that time comes, I will not lose my temper and run away again, but I will do my best to overcome my trouble. I have learned all about myself from my experience which is my best teacher