



Lindsay WINCHERAUK

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THE 'SPARK' IS DISAPPEARING — WHAT DO YOU DO?

Relationships are challenging at the best of times. Sometimes they tend to make us feel like we're drowning in quicksand. The initial chemical reaction ends with the realities of life, complete with life's challenges blasting to the forefront.

You've been with your girl/guy for a couple of years, and everything was great.

This was the "one!"

Marriage and happily-ever-after were on the blissful horizon.

NEXT

180

The spark vanishes, and you've lost touch with one another. Work stress now occupies the front page of your home life.

I had a tough day at the office replaces Honey, I'm home.

You've discussed the adverse developments and decided that you need to work on your relationship.

You wonder: Can your relationship survive?

This is an unpleasant place to find oneself. Do you stay or do you go?

Your relationship is splintering apart, and the splinters are sticking in places that cause the most pain. You don't want to give up on the 'time' spent.

FIRST OFF

Don't do anything rash. Look at yourself first. Maybe you have some life issues and are not in a position to give your relationship the time and attention that it deserves.

Unfortunately for many people of both genders, they are looking for someone to save them from the world and our sometimes-marginal family upbringing. Insecurities lead us to get into serious relationships (serious means done) at the wrong time. We tend to

be weak, and before we have our own life sorted out, we bring someone else into the mess, hoping their support and stability will give us something we never had growing up.

Unless they are insecurity-free or dysfunction-less, they eventually will break down. The relationship has no rock.

SO, WHAT DO YOU DO?

First off, take your work stress off the evening agenda. We all have pressure at work.

Try to spark things up by changing routine. If you are met with resistance, avoid getting confrontational. Take it as a sign. Life is meant to be lived.

And most importantly, stop working on your relationship. Working on a relationship sounds like a competition to see who can become more caring, compassionate, sexual, taller etc.

NEWSFLASH

181

Discussing the adverse developments are a waste of time. Screw the negative. If you desire to save your relationship, try discussing the positive.

If you discuss the positives, life will be much sweeter.

If your sweetie doesn't want to participate and only focuses on the negatives, your decision will quickly become crystal clear.

***YOUR RELATIONSHIP IS SPLINTERING APART,
AND THE SPLINTERS ARE STICKING IN PLACES THAT CAUSE THE MOST PAIN.***

WHO IS LINDSAY WINCHERAUK?

Lindsay Wincherauk is a fearless writer. He has published two books and has had more than eighteen OPEDs appear in major commuter newspapers. Lindsay wasn't born with a silver spoon in his mouth. His father (who wasn't his father) worked as a mechanic. His mother (who wasn't his mother) worked as an excellent chef in a diner. In fact, his birth was in a secret place where |society deemed| unfit mothers were sent to give birth in isolation – shading families from shame. If the babies survived being born, usually, they were sold to wealthy Americans or adopted out to farm families.

Lindsay's life began with a lie.

Despite Lindsay's perilous beginnings, starting with deception, Lindsay knew no better and went through life excelling at things, usually in two-year stints. Be that athletics (hall of fame, record holding, one-eyed quarterback), scholastically, career-wise (generating more than \$70 million in revenue for one company), socially, + without question: creatively!

Lindsay's challenging beginning instilled in Lindsay heaping doses of compassion and empathy. Lindsay's life starting out as a lie gave him a keen sense to spot BS from miles away. It also provided him with a dry sense of humour and an understanding those born with silver spoons in their mouths will never be self-aware enough to understand (or admit) their good fortune.

During Lindsay's work career, he was well-liked by all coworkers. Lindsay was also well respected by his diverse collection of clients, developing several fantastic friendships, primarily because Lindsay is known for his unflinching integrity and ability to hold conversations on most topics.

Lindsay's life mantra is:

The most valuable part of life is the fabulous people we meet during our journeys. If you treat people with respect (leaving judgment at the door), and more importantly, by opening doors for those less fortunate or who can't speak up for themselves, you are living a good, compassionate life. Making money at all costs is not the only thing mattering. Life can be difficult + devastatingly unfair.

Lindsay believes sharing vulnerability is what makes us human. Lindsay will never shy away from being honest about his pain.

Lindsay also believes we must stand up for ourselves, + more importantly, for those who are too burdened by the injustices of life, they can't find the strength to stand up for themselves.

SOME THINGS LINDSAY IS MOST PROUD OF ARE WHEN:

- A sixty-year-old employee of his, who had entered a point of life where life had become more struggle than joy (it happens to all of us as we age), said to Lindsay, *"I must thank you. I've listened to how you treat people, + by listening, I've learned so much about compassion and patience. Thank you. I consider you a great friend."*
- Another employee who was struggling with addiction thanked Lindsay for his kindness, presenting Lindsay with a Christmas card from him and his girlfriend. Tucked inside the card: lottery tickets.

LINDSAY WINCHERAUK, compassionate, empathetic, well-read, kind, blessed with unflinching integrity, humour in balance, loved by coworkers + friends alike.

Lindsay will always stick up for the underdog. Lindsay understands there are countless older people suffering job loss because COVID gave some companies an opportunity to – Lindsay thinks it is essential to draw attention to this life-threatening issue by being the voice for those too broken to speak up for themselves.

Lindsay is currently pitching four manuscripts to publishers and literary agencies. One of the manuscripts (he can't talk about) will blow the roof off the predatory practices of – Lindsay is writing relentlessly and is also pitching OPEDs and short stories, fiction, + non to literary magazines around the globe.

Lindsay has appeared on Breakfast Television, radio programs in Montreal, + several others in the Vancouver area. Lindsay has also been a featured guest on CKNW + CBC, both on several occasions. And Lindsay was a vital witness of a Hate Crime. This led to the first Hate Crime conviction in Canadian legal history, resulting in him being a speaker at an Enough is Enough Rally (anti-violence rally) with dignitaries, politicians, law enforcement, and community leaders in front of a crowd of approximately five thousand.

Lindsay was the **#1 MIXED-TAPE DJ** at the **UNIVERSITY OF SASKATCHEWAN** for most of the nineteen-eighties, a fact bringing him joy.

Lindsay resides in Vancouver.
