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## Bonnie Kaye's Straight Talk Newsletter

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**Bonnie's Mantra: LIFE WAS NEVER MEANT TO BE THIS  
COMPLICATED. PERIOD.**

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### TEXAS GET TOGETHER IN MARCH!!!

I am so excited about our get-together for March 3-4 in Houston, Texas. We will be staying in a wonderful spa resort for a fantastic discount price. The dynamic Patsy Rae Dawson will be joining us to give her words of inspiration to our Christian sisters who still may have difficulty with leaving their marriages. Those of you who have read and were inspired by my friend Wendy, the author of Wendy's Lists and have heard on the Straight Wives Talk Show, will have a chance to greet her in person and hear her inspiring words. Debbie Thomas Brown, our spokeswoman for women who are our minority and Caribbean women, will also be attending. You don't have to be from Texas to join this dynamic weekend! People will be coming from other states as well. For details, please write to me at [Bonkaye@aol.com](mailto:Bonkaye@aol.com).

### A BIG THANK YOU

I reached out this past month for home-made cookies because I was having a bad month. Everyone is entitled to a pity-party—everyone. This was mine! Thank all of you so much who contributed to my pity party and the extra 10 pounds. Even though this was such a busy season for you, some of you went out of your way to think of me! If I didn't thank each of you personally, please accept my thanks now for your generosity.

### NEW YEAR'S RESOLUTION

First, Happy New Year to all of my readers—those of you are going through confusion, turmoil, pain, recovery, healing, renewal, hope, and closure. Wow, that should cover just about everyone who is reading this! This was a year of interesting discovery for me as well.

Several months ago, I shared with you that I turned 60 in September. I think there's something about that number that made a change in my thinking. It didn't come on that day, but it slowly started overtaking my thinking after that. I wondered how an age could change a person's view so much—but it did. Maybe it's the enormity of the number that clicks in your head. Maybe hearing that number makes you realize that you don't have to accept things that you don't want to anymore. Maybe it is just because I realized that I have lived many more years than those I have ahead of me. After all, what's the reality of living another 60 years? Nil.

Whatever it was, it gave me a new attitude. And it's an attitude I like. I defined it during the month between Christmas and New Years. I was inspired by so many of our gay husbands who led me to this new place in my psyche. And I would like to share my newest mantra with you summing up my new thinking in hopes that you can adopt it too. Here it is:

**“IT’S ALL ABOUT ME. ME, ME, ME.”**

Wow—that feels so good when I say it. And by saying this over and over again, I started to believe it. And once I started to believe it, I started changing my way of thinking. Now I am truly putting MY needs **first** before EVERYBODY else's. And guess what? I'm loving it! This attitude has taken me to a better place and space. I feel stronger inside than ever. In a way, I feel I have self-actualized and finally become the person I want to be.

I have started to look at life differently since adopting this new way of life. It has affected my personal relationships and my professional ones as well. In the past, I gave so much of myself because I had this constant need to validate myself. You know how **WE** are—the ultimate people pleasers who feel the need to have everyone around us love us so we'll feel good about ourselves. So what ends up happening is that everyone knows we're easy targets—and they aim at us. They zap our energy with their demands and neediness. **Everyone reading this who is guilty of doing this—raise your hand.** But make sure you do it fast because mine is always the **first one raised** when it comes to that. We all have this need to “out-nice” the nicest to make ourselves feel validated. Why? Why do we have to go beyond the limits to keep “fixing” everyone else except ourselves?

I suppose fixing others' problems is easier in some ways. It keeps you very busy so you don't have to focus on fixing YOU. I have done that for most of my life. I throw out the life raft to people who haven't even started to drown yet in anticipation that they will drown soon. Many of us live in a state of avoidance because in some ways it is a self-defense mechanism that makes it easier than accepting the reality of needing to take a long, hard look at ourselves and trying to fix what is broken.

At the risk of offending any of you—I will say this. Almost all of us are broken. Living in a debilitating marriage breaks you—spiritually, emotionally, sexually, and often physically. No, that's not the part that I'm worried about offending you with because I know we all agree that these marriages are damaging. This is the part you may not like. I believe that **most of us were broken** before our marriages. Not all of you—but most of US. Starting with me. Yep, I'll put my hand straight up on that one as well.

Many of our women are lacking self-esteem, self-worth, and self-love. There is one thing about self-esteem that I've learned—it's not how you look on the outside. It's how you feel about yourself on the inside. The most physically beautiful women can feel ugly inside—and that's what counts. Feeling ugly inside isn't innate—it is taught. It is either

taught by family, peers, or other people who influence your life. Many of the women that I have spoken to through the years came from families that were dysfunctional in one way or another—alcoholism, drug abuse, domestic violence, mental illness, and other issues. There may have been different extremes of the problems, but trust me, they were there. Then you walk into a marriage with a man who recognizes those signs of weakness and vulnerability and completes the job of breaking you down that was started many years before you ever met him. My friend Misti Hall calls it, “**dancing in the circle of crazy.**” I’ll add to that—**dancing in the cycle of crazy** because it just perpetuates itself.

Why don’t we all adopt a new philosophy? Why not work to become the ultimate self-pleasers and stop worrying about everyone else? Wouldn’t that make sense? I am now thinking it does because it sure has been working good for me.

We all have some toxic relationships in our life that are attached to our hip. We also have good relationships that can be better because we don’t get out of them nearly as much as we put into them. Just because you think about yourself first doesn’t make you an ogre. The problem is that people don’t expect it from you. You have been a care taker for so long that when you want to take care of yourself, people view you differently. That’s why we resist changing ourselves. We are worried about “disappointing” people. But once you re-prioritize who you really want to take care of—namely you—it’s so much easier to learn how to say NO and not care what people think.

Most of my readers know that I have been in a long-term relationship for 18 years as of January 5. Unfortunately, my relationship had some problems that threatened it due to personal problems in my soulmate’s life. Every relationship has ups and downs no matter how good it is. Mine had its moments from time to time especially in the earlier years as I had to learn to trust again after years of not trusting my own judgment and instincts. But through the love and comfort of a man who loves you—and is straight—these doubts left me, and I felt secure with him. Nothing could pull us apart or destroy us. We were invincible. So we thought.

He went through several months where he had some overwhelming family problems. It started hurting us. I was hurting, and I didn’t like the way it made me feel at all. It brought back those feelings of helplessness that I had during my marriage to my gay husband. My soulmate is not my gay husband, so it was a different kind of helplessness I was feeling. But I felt as if WE were sinking, and it hurt badly.

I took a major calculated risk. On the day following our 17-year 11-month anniversary on December 5, I told him that I didn’t want to see him for a month while he put his life back on track—if he could. He needed to put himself together first before he could work on “us.” He was upset, but he understood that he had to resolve his problems. He asked if it would be okay to at least call me—and I said NO. I didn’t say it out of anger, but rather because I didn’t want him to have any false hope that I could resume things the way they had been heading. I wanted my life with him BACK the way it had been for

years—not the way it was moving.

For the first time in nearly two decades, I spent four weeks being a “single” again instead of a pair. Throughout each day of that month, I didn’t know if we would ever be a couple again. My family and closest friends couldn’t believe it because they knew this relationship had been the foundation of my happiness for nearly twenty years. It would have been so easy to call him and say, “Let’s forget about this and just resume.” And guess what? He would have happily obliged.

But I couldn’t do it. And guess why not? Because of all of you. Because of every woman who has come to me throughout these past 28 years for help, I had to not give in to personal temptation. I realized that I could never give someone the best piece of advice to stand up for herself if I didn’t stand up for myself and **NOT SETTLE FOR ANYTHING LESS THAN WHAT I DESERVE.**

The first few days were heart wrenching. I was living in a state of numb. I did cry, I turned off all music that could remind me of love, and I watched mindless shows on television that wouldn’t have me thinking too hard or too much. After the first few days, I tried to refocus my energies and surrounded myself with family and friends for support. I kept moving forward without spending too much time looking back.

Here’s the funny thing. I was okay. I won’t say great—but okay. I accepted I may never have back what had been so important to me for so long. But even though I knew my life as I knew it and loved it could well be over—I was doing okay. I was able to get through the month by re-evaluating what I really needed the most in my life. And after spending several weeks thinking about it, I decided what I needed most was to focus on MY needs and what made ME happy. In almost every case for 18 years, I put my needs second. Making my honey happy was always my primary goal. And he was very easy to please and non-imposing so it wasn’t difficult. But it still wasn’t about ME.

It seems as if men have very little problem focusing on themselves—so why should I have such a problem doing it? Look, I’m never going to be a “bitch.” That’s not who I am. But I’ve also learned that you can care enough about yourself to put your needs first and still be a caring, giving person. The trick is to give that caring to people who are worthy of it—**and who will give you as much back in return as you are giving them.**

I used to justify my endless fountain of giving by saying to myself and others, “There are takers and givers in life. The takers need the givers so they have someone to take from; the givers need the takers so they have someone to give to.” I learned that in college 25 years ago from a counseling professor who summed up human nature. It seemed fine to me since I was the giver. But now I don’t want to be the “unconditional giver” anymore. Instead, I want to restate her thinking. I will be a giver to those who give back. And guess what—if they give me more than I’m giving, that’s fine too. It doesn’t have to be equal—but guess what? It’s not going to be LESS for me anymore. I want the home court advantage. I want to have those extra points of the handicap. I want to come out a winner—and feel like I won something of value—namely, self-respect.

Self-respect comes after earning your self-esteem wings. It's the next step up. You can't respect yourself if you don't feel good about yourself. Being a perpetual giver may give you some limited satisfaction knowing that you are a "nice person" and that people "need you." But it's also very draining. It keeps you from finding your ultimate fulfillment because you're still looking to please others in order to please yourself.

I am now on a campaign to put my needs first. I hope I'm going to be able to stick with my new resolution. I will definitely keep you updated and posted. And I'm sharing this with you because I am hoping that for this upcoming year, you will adopt this philosophy with me. We can do this together. We can start a support group within this support group for women who want to take back their lives. We are women hear us roar....ummm...every group needs them song!

P.S. Yes, my soulmate put his life back on track within those 4 weeks so he could get us back on track. But guess what? Now I'm going to ask for more. I don't want to return to how it was—I want it to be even better. And if it's not—well, I'm going to be okay. I can make it on my own because I have truly come to learn to love me. ME, ME, ME!

## **MAIL BAG**

**Each month, my readers send me letters and offer to share them with other readers in hopes of giving some insight and sharing of feelings. Before I reprint a letter, I always ask permission and also how you would like the letter signed to keep your privacy protected.**

Several weeks ago on my radio show, I read a letter sent to me by a gay man who claims he is not gay, but rather an "alpha" male. This man was responding to a recent newsletter trying to explain to me some of the things I don't understand. One of our members sent me this letter in response to share with all of you.

First, I'll reprint the words that were sent to me:

Dear Bonnie,

I have been married twice and I have infrequently had relationships with men, and have a lot of information on what you are talking about. Here are my answers to your questions ...

Bonnie wrote in the newsletter: Now here are some of the things I don't understand:

I don't understand why some gay husbands compromise their wives' health by having unprotected sex with men and then their wives.

*His response: Most married men do not engage in anal sex for this very reason. Just kissing and mutual jackoff and frottage. I know from direct observation. Married men are typically very careful about this for the exact reason you state -- they love their wives.*

On a side note, we have hundreds of women in this network who have written to me about sexually transmitted diseases they acquired from their gay husbands ranging from herpes, syphilis, PVC virus to HIV/AIDS. I don't think men are picking up these STD's through mutual touching, do you?

Bonnie wrote: I don't understand why gay men are out there having multiple affairs before they can "believe" they are gay.

His response: *Because they are not gay. "Gay" is a label and a lifestyle, not a state of being. You need to understand why men act this way. We are not women, our brains are wired differently. I have been married twice and neither time did I divorce because I like to be with a man sometimes. It has nothing to do with my wife -- nothing. If you study primate societies you will discover that in all primate species where the males and females live in separate groups, homosexual behavior has been observed, and the reason the genes for it are passed down are related to its actual purpose in natural selection. In chimp societies, male chimps who are dominant sodomize and dominate the other males are the males that have access to the females -- the other males are "beta-males" much like workers in a bee hive, and rarely have access.*

*Males being "labeled" as "gay" or "bi" are actually true genetic alpha males -- and these genes were selected for because only these males were aggressive enough to dominate both the males and females -- you have to remember ape and primates are INTELLIGENT. So normal sexual competition strategies between males observed in lower mammals break down in primates, which lead to the development by natural selection of another model to select the most fit males for reproduction. This appears to be its genetic basis and why the genes for selected for and exist in all primates, including humans.*

*You can take 100 straight men who are not "gay" and put them in prison together and within a year most if not all of them are engaging in homosexual behavior and enjoying it, then when they get out of prison the very idea makes them want to throw up -- its because these genes are in ALL males, and are active in varying degrees in all men. When men are confined to a group of all males these genes appear to activate. Just in some men they are switched on all the time. When I want to be with a man it's is a deep subconscious desire to DOMINATE another male and has nothing to do with my wife -- in fact, it makes me want her MORE afterward. I cheated on my first wife with men, but not my second. I learned and accepted I am an Alpha Male and this is just the way I was born -- but I like women, not men, and I find sex with men unsatisfying compared to the powerful passion and intense emotions I feel when making love to a woman.*

*You were fortunate to have been married to an Alpha Male. If you had understood what was happening in his head, you could have averted your divorce. It's the labels and enforcement of "Western" views of morality and role models that screwed both of you up.*

My response to this: WTF?????? And my ex-husband is not an Alpha Male. He is GAY.

Bonnie wrote: • I don't understand how gay men marry a woman whom they supposedly love but mistreat her by making her think she's crazy causing years of self-doubt and loss of self and sexual-esteem.

*He wrote: Again, it's the role models that messed you both up. What you and the rest of society considers a "normal" male is actually a neutered "beta-male" that mother nature selected for cannon fodder and to be used a disposable work force. Human society is totally constructed around beta-males -- alpha males exist on the fringe of what we call "civilization" but we still exist, and we start companies, and live independent of what you term "normal".*

*He married you because he loved you but he could not exist in the framework around him -- that's my guess -- he knew he did not fit and it had NOTHING to do with you. NOTHING. He loved you -- but he is an Alpha Male, which means he will love himself more. His genes were encoded that way -- so he would be the best fit for survival.*

After hearing this letter read on the radio show, Roxanne sent in her response:

Hi Bonnie...

I listened to your radio show last night and I have to tell you, it sent chills down my spine and sent me on another crazy, emotional roller coaster ride. You see, that Alpha male crap was exactly what my husband said - all the time! Nearly word for word, minus the "scientific" citations. It's stunning to me how convincing a few statistics can seem, how persuasive well thought out arguments can be. I felt myself, listening to you read this man's e-mail, sliding back into that dark hole of useless hope, self-blame and despair.

Until I got my own mind going in the right direction....

1. We are not animals - not even primates. The tiny difference in DNA is ALL the difference in the world. There isn't much more difference in the DNA of pigs and humans.
2. As highly evolved human beings, dominance can be achieved in numerous ways, assuming one is a dominant personality. Putting your penis inside a man just means you prefer it that way....NOT that you're 'naturally' dominant (alpha). (see #1)
3. Males put in a long term situation where no other options exist will engage in homosexual activities at a higher rate than in a balanced population. So do females. This is an unnatural situation that creates unnatural behavior in SOME. Outside that unnatural environment, both males and females return to their true sexual preference.

4. Dominance is not a need. Sex is. If you happen to be a dominant (alpha) gay guy, more power to ya. Own it. Don't blame your wife (or any one else's wife) for "not understanding the way it is."

5. CHOOSING to engage in sex with men when you have female options (or are married) means that is a sexual preference. Dominant / submissive are personality types - not sexual preferences. There are both dominant (alpha) and submissive (beta) homosexuals and a cheater is a cheater, dominant or submissive. (see #4)

My two cents worth...thanks for letting put that in black and white. Bye, bye 'hole of despair" for today!

*Roxanne*

[This letter is from a gay husband who requested that I print his letter for our women to read.](#)

Bonnie,

My wife has been a member of your network for quite some time now. When I came out to her back in 2003 we remained married up to this point in time. It has been a very terrible time for her and for our children. At this time she is going to file for divorce and in my heart I know it's the right thing to do as she needs to heal and find her happiness. I hate myself for letting this get to this point. I have been the ultimate horrible gay husband. I never could accept my sexuality and was so preoccupied with my own needs that I let her needs as a human being, woman, wife and mother take a back seat to my needs. It was wrong for me to act this way and I have apologized to her but I would also like to apologize to all the women who have been affected by their gay husbands.

I know for me (I can't speak for the other men who are the other side of the women in your group) I have struggled with my own sexuality for most of my life. I was never the husband my wife needed, wanted or thought she had. My struggle has crept into every aspect of our marriage and I was never really totally into the marriage as any straight husband would have been. My wife is the most generous and caring person and actually had compassion for me even after what I have done. She has said several times that she could even live with the lack of intimacy/sex if I was even able to demonstrate a true kind and caring disposition to her but I was so preoccupied with myself that I threw her and our children under the biggest bus in the history of buses.

Her family has been very kind to me as well and the loss of my wife and family and my relationship with her family is a tragedy that no one should have to bear.

I would ask you to either post this in one of your newsletters (I have read a few in the past) or maybe if you would consider a separate email blast to your membership. I am really not the evil, horrible person my wife thinks I am but I am nonetheless quite less

than a man in the way I have acted. My wife has gotten comfort by the support of your group and for that I thank you.....  
Anonymous Gay Husband

I received this letter in response to last month's edition about telling the children. The writer, Julia, sent me this comment when I asked her permission to share it with you: **I hope it will encourage some of our ladies not to be afraid to talk to their children.**

Dear Bonnie,

Thank you for your December newsletter. I won't try to send you cookies all the way from England (crumbs!) but I am thinking of you, having lost a baby daughter ourselves - our second child who was born in October and died in January 27 years ago, so Christmas is always 'her' time for me. However two years later we had another daughter who is now an amazing young woman who has already lightened many lives and I hope her words will be of encouragement to your readers.

She sent me this email after my husband *finally* agreed to come out to her (turns out he didn't, though he talked around the subject a lot!). Having worried for so long about what she would think of me not telling her, of course I didn't need to - they always know. So all I need to do next is get up the courage for the next step - after 25 wonderful years of marriage and 7 horrible years since everything changed it's nearly time - as she says 'I think you worry too much Mum! You need to look after yourself.' Maybe that's something we all need to think about for the New Year. Best wishes Julia.

Dear Mum,

Well actually Dad did talk to me a little bit about the situation between you but he hasn't actually told me what you are talking about. Don't worry about it you haven't put your foot in it... I do actually know what you're talking about don't ask me how but I have actually known for a very long time although I don't think that Dad knows that I know. Maybe if you felt like it was appropriate you could tell him that because I know it is probably hard for him to talk about. Goodness how complicated!  
Anyway all I want is for you both to be happy. I know that it is very hard to move on. I also know that with the stage that you and Dad are at in your relationship it is hard for things to not become bitter between you both. I think that you both have to just remember that you have been together for a very long time and, in my opinion you have both did a wonderful job of making a family and bringing us up. Now that we're adults though you both have to realise that this is the time for you and Dad to begin your life as something else than parents (of course you are both still our parents but you know what I mean). You also both need to treat each other with the respect that you both deserve from each other for getting this far. And to be honest I don't think that you would even be going against your wedding vows, you may not be together or love each other in the sense that you both imagined at the time when you got married but the history that you both have together of course you will always have that connection.

I know that the last few years have probably been incredibly difficult for you and Dad, and if you decide that now is the time for you both to part from one another then things

will probably get a bit more difficult for a short time but you both have to keep in mind that things will get easier with time. The thing that really upsets me and worries me is that you both stay living in a situation that you are not both happy with. We are both here for both of you of course and if either of you want or need anything then you shouldn't hesitate to ask. You shouldn't feel like you are burdening us. We are your children and that is what we're here for.

As for me. I'm absolutely fine, in fact I think I'm actually in a much better place than I have been in for a very long time. I think you worry too much Mum! You need to look after yourself.

I love you very much.

xxx

Well my friends, that's it for now. I hope you will take my words to heart, and I would love to see you start the New Year with a New Attitude. Make it about YOU, YOU, YOU!

With love and hope,

**Bonnie**