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**Make up or Break up? Metaphors of Relationships, Feelings and
Emotions in Online Forums: English vs Lithuanian**

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Abstract

This paper analyses metaphors related to emotions, feelings and relationships in online forums in English and Lithuanian. This study is carried out by examining underlying conceptual patterns of metaphorization, the linguistic expression of metaphors and identifying cross-linguistic features. To address these research questions, text samples were collected from English and Lithuanian online forums making up 17 317 words in the English corpus and 17 144 in the Lithuanian one. Metaphors were identified manually, analyzed and classified in terms of their source domain and linguistic expression, then samples in English and Lithuanian were compared to account for contrastive features. The results revealed that the Lithuanian corpus contains almost twice more metaphorical expressions related to relationships, feelings and emotions in comparison to the English dataset. Moreover, the most prevalent metaphors in both languages seem to rely on objectification of relationships, feelings and emotions. As for the linguistic expression of metaphors, the major cross-linguistic observation was the tendency to express spatial metaphors via prepositional phrases in English, whereas in Lithuanian the same metaphorical meaning is rendered via grammatical cases. Overall, in both English and Lithuanian, the conceptualization of emotions and feelings tends to rely on source domains of more concrete experiences; however, there still remains a question as to, whether the tendency for texts in one language to contain more metaphors than in another language could be suggestive of significant cross-cultural tendencies of metaphorical language use.

1. Introduction

Metaphor may come up in a non-linguist's mind as something to do with hardly understandable expressions used in literature, a hidden meaning or an artistic way to describe something instead of using simple, literal phrases. Many people might even say that they do not understand metaphor and avoid using it in their everyday speech. However, quite recently, metaphor has been observed to be deeply entrenched in people's everyday language use and metaphors have been rather extensively analyzed by numerous scholars from various perspectives. Often we do not actually realize that we not only use many metaphors that have already become set phrases in our language, such as *to fall in love* or *to lose one's mind*, but we even tend to conceptualize our experiences with the help of metaphor and create our own metaphors when we have difficulty expressing complex or abstract matters.

The distinguished cognitive linguists Lakoff and Johnson, who wrote many works on metaphor, propose similar ideas in their book entitled *Metaphors We Live By* (1980/2003) which is now-classic and probably well-known to everyone who studies metaphor. They argue that 'our ordinary conceptual system, in terms of which we both think and act, is fundamentally metaphorical in nature' (Lakoff and Johnson 2003:4). The scholars observe (ibid.) that everything we perceive, the way we act in the world and how we relate to other people are structured by our concepts, even though we may not be normally aware of our conceptual system, because we mostly think and act automatically in our everyday life. Naturally, certain aspects of human thought processes are reflected in their language use, therefore, a way to find out something about our conceptual system, is to analyze the language use (ibid.), much of which is metaphorical.

In order to start the analysis of metaphor, it is vital to establish the definition of it and some crucial concepts in this field of study. Lakoff and Johnson (2003:5) also provide the definition of metaphor in the previously mentioned work. Namely, the scholars define metaphor as follows: 'the essence of metaphor is understanding and experiencing one kind of thing in terms of another'. The researchers highlight that metaphor is not only a matter of words, conversely, it is a matter of human thought processes (ibid., p. 7). Specifically, the scholars posit that metaphors only exist in language as a result of human conceptual system which is to a large extent metaphorical. Another prominent scholar in the field of metaphor, Kövecses (2010:4), states that 'metaphor is defined as understanding one conceptual domain in terms of another conceptual domain'. Relying on ideas proposed by Lakoff and Johnson, Kövecses (2010) also holds that metaphor is a matter of thought, i.e. it is a conceptual

phenomenon. Resting on the cognitive approach to metaphor, this thesis examines conceptual metaphors and their linguistic expression which is the object of this study.

In order to carry out research on conceptual metaphors, firstly, it is necessary to take into account significant terminology and provide their definitions. According to the proponents of the conceptual metaphor theory (hereafter, CMT) (Lakoff and Johnson 1980/2003), a conceptual metaphor consists of two conceptual elements, namely, the target and the source domains. Kövecses elaborates (2010:4) that ‘the conceptual domain from which we draw metaphorical expressions to understand another conceptual domain is called source domain, while the conceptual domain that is understood this way is the target domain’. An example to illustrate the theory could be a previously mentioned *to fall in love* metaphor. Its target domain is LOVE and its source domain - CONTAINER (LOVE IS A CONTAINER). Scholars Beger & Jäkel (2009:96) provide an interpretation of such a conceptualization: ‘LOVE is conceptualized as forming a CONTAINER itself, which is outside the body. Instead of having the emotion inside us, we seem to move into the LOVE CONTAINER when we feel this emotion’. Linguists have identified various ways of metaphor conceptualization, such as AN ARGUMENT IS WAR, LOVE IS A JOURNEY, THEORIES ARE BUILDINGS, IDEAS ARE FOOD (Kövecses 2010:6) and many others. Generally, one of the first steps of the study of metaphor is identifying the metaphor in language, and then determining the source and target domains which helps later on to interpret the meaning of the metaphor and carry out the further analysis.

In order to have a better understanding of metaphor, it is worth looking at some previous research done in this area of study. Apparently, metaphor has been a topic of interest for many linguists, and it has been studied from various perspectives. Some researchers were interested in how metaphor is used in argumentation. For example, the scholars who were previously referred to, Beger and Jäkel (2009), are concerned with metaphors conceptualizing emotions. Metaphors are analyzed focusing on the target domains of ANGER, LOVE and SADNESS from an onomasiological (in other words, gathering and comparing samples) point of view. The central aim of the research is to analyze the metaphorical models underlying communication between experts and non-experts in order to reveal the prevalence of conceptual metaphors. The study concludes that experts use more conceptual metaphors than laypersons do and such results may be due to the fact that expert psychologists apply metaphors in order to make the patient receive the therapy more easily (Beger and Jäkel 2009:104). The findings of this article are in line with Lakoff and Johnson's (2003:4) argument that our conceptual system is metaphorical in nature, in other words, that we are not only able

to create metaphors in order to talk about things that are hard to describe, but we also understand difficult concepts expressed by the help of metaphor more easily and naturally.

Another study conducted by Ervas, Gola and Rossi (2015) may also add an argument to the aforementioned theory. The main focus of their paper is the role of emotional and metaphorical processes in reasoning. Having reviewed some major theories about metaphor, Ervas, Gola and Rossi assert (2015:645) that it is possible to ascribe a positive role to emotions and metaphors, because they appear not to be fallacies in reasoning. They claim (ibid.) that metaphors are so prevalent in argumentation since they function as particularly useful framing or reframing strategies as well as a creative way of expressing ideas. Provided that metaphors help to define hardly understandable things, the ones that are usually most difficult to describe are our feelings and emotions. Kövecses (2000:1) argues that ‘emotion metaphors arise from recurring embodied experiences. <...> Human emotions across many cultures conform to certain basic biological-physiological processes in the human body and of the body interacting with the external world’. Furthermore, different cultural contexts seem to have an impact on models of emotions which derive from various metaphorical and metonymic thinking (ibid.) On the other hand, it does not necessarily mean that all the conceptual metaphors used daily will never change, on the contrary, their manifestations are very likely to constantly change due to various cultural, scientific, technological and other developments (ibid.). Therefore, metaphors of feelings and emotions may be a very fruitful field of research.

A considerable number of scholars have already investigated how we conceptualize emotion metaphors. One of such studies was done by Chinese linguists Liu and Zhao (2013:155) who used a cognitive linguistics approach to analyze and compare conceptual metaphors pertaining to emotions in English and Chinese. They explain (ibid.) that linguists view metaphor not only as a rhetoric device, but also as a powerful means to express one's emotions. The study by Liu and Zhao has revealed that mainly emotion metaphors are rooted in bodily experience, also they are influenced by cultural models. In addition, scholars Mashak, Pashakh and Hayati (2012) investigated the universality of the conceptualization of emotion metaphors in the English and Persian languages. They have studied such emotions as happiness, anger, sadness, fear and love. In order to compare them, the authors collected 782 emotion metaphors from various sources, then they have categorized them under their general and specific target and source domains. The researchers compared the collected metaphors and found that anger was the most universal emotion in contrast to sadness which was the least universal in this study. However, they state that the two languages share most of the

general conceptual metaphors in describing these five emotions (Mashak, Pashakh and Hayati 2012:206), therefore, these metaphors can be translated from one language to another literally.

There was also a study done by Apresjan (1997) who examined the mechanisms of emotion metaphor conceptualization in English and Russian. The researcher classified the metaphors identified in the English and Russian data in order to describe and predict the linguistic and cross-linguistic characteristics underlying in the metaphorical expressions related to emotions (Apresjan 1997:179). Having analyzed the metaphorical expressions, two main conclusions were drawn. Firstly, it was found that ‘all emotion metaphors have the same basic structure: they liken a certain psychological state (feeling) to a certain physiological state (sensation) or to another material phenomenon’ (ibid., p. 178). Nevertheless, emotion metaphors appeared to be different according two aspects, namely, the concepts that form the source domain for the metaphorical expression and the kind of its mapping (ibid.). In short, the study revealed that in both English and Russian there is a prevalent use of universal source domains in metaphorical conceptualization, whereas the target domains and the ways chosen to map the metaphorical expressions remain different.

Since it has been already concluded that metaphor helps to express one's emotions and that it is a common argumentation strategy in various cultures, this study, too, is going to concentrate on the conceptualization of emotions as well as feelings and relationships, in English and Lithuanian. As a matter of fact, sometimes the distinction between emotions and feelings is unclear because they are so interconnected, thence, it is necessary to shed some light on it. A professor in the field of philosophy of psychology, Jesse Prinz (2005:23) points out that ‘emotions are perceptions of bodily changes, and when those perceptions are conscious, emotions are feelings. Unconscious emotions are also possible, so not all emotions are feelings. Some emotions aren't felt’. He clarifies that emotions are consciously felt only if we mind the changes in our body (ibid.). Thus, it appears that feelings and emotions are closely interrelated.

As the above review demonstrates, there has been a lot of interest in emotion metaphors; however, the analysis of existing metaphor research shows that most studies draw on corpora or literary sources, whereas metaphor studies based on linguistic data from ordinary, everyday speech on emotions and feelings has been very scarce, especially from a cross-linguistic perspective and based on data accessed from an electronic medium. One of the most convenient ways to retrieve such data is to look into online forums where people talk about their problems, ask for advice or simply reach out for communication with other people. Consequently, the aim of this research is to examine the underlying conceptual patterns of

metaphorization, identify their cross-linguistic as well as cross-cultural features of metaphor in English and Lithuanian. In order to address these questions in an extensive and comprehensible manner, only metaphors related to relationships, feelings and emotions will be taken into consideration in this thesis. The language of relationships, feelings and emotions was specifically chosen to be the focus of this study because it is expected that a discourse on these topics should involve language users' description of complex emotional matters, and the analysis of metaphors related to relationships, feelings and emotions should help to discover more effectively how people process complex concepts and what kind of metaphors they employ when referring to issues pertaining to their emotions, feelings and relationships. Moreover, the linguists seem to have been previously focusing more on emotion metaphors, whereas relationships and feelings (even though being so interrelated to emotions) have not been that extensively studied before. Therefore, text samples including reference to relationships, feelings and emotions will be collected from the online forums, then the metaphor identification procedure will be conducted. Other steps will include metaphor analysis in terms of source and target domains, linguistic expression analysis, and, finally, samples in English and Lithuanian will be compared to account for the most prevalent contrastive aspects of metaphorical patterning. The following section will present the data and methods of how this research was done in more detail.

2. Data and methods

In order to address the research questions of this study, a qualitative, contrastive and quantitative approaches of the research have been chosen. The first step was to collect forum entries and to retrieve all metaphors about relationships, feelings and emotions from them (see Appendices 1 and 2 with forum entries collected from the electronic medium). As it was already mentioned, online forums were considered a good source of this kind of written data, because they are a rich source of language use related to such topics as emotions, feelings and relationships where people share their stories, experiences, ideas and insights with one another. These forums provide an opportunity to talk anonymously about anything of one's concern, therefore people use the forum as a platform to write about their problems, ask for advice or just simply pour out what lays in their hearts. Having this in mind, it could be guessed that such discourse should contain many metaphors, because it is often difficult to describe abstract concepts which are part of our relationships, feelings and emotions.

Turning to the data itself, the corpus of the English forum writings has been compiled of 35 posts from www.problempages.co.uk, which is the forum where people talk on a few major topics: relationships, self, work and education. The lengths of the texts gathered ranged from 160 words to 1109 words in the actual post and dated from August 15, 2012 to November 11, 2016. The whole corpus consists of 17 317 words of the actual text. In addition to this, the name of the website, the post date and the nickname of the writer were saved in each sample of writing. It is important to note that exactly the website with the ending .uk (indicating that the forum page has been created and is active on the server in the United Kingdom) so as to have as many chances as possible to retrieve the data written only by native speakers of English. It is worth noticing that there is always a possibility that some posts may have been not created by native speakers because of the multicultural community of the United Kingdom and the fact, that everyone writes anonymously in these forums. However, it is very likely that only the people, who have been living in the United Kingdom their whole life or at least a considerable period of time, would choose to write in the local forum.

Secondly, 70 forum entries in the Lithuanian language were collected from two online forums: www.vaikulinija.lt and www.draugas.lt, 3544 words from the first one, and the remaining 13 600 from the second one. It has been decided to choose two online forums because www.vaikulinija.lt is a forum for children and teenagers to talk about their problems and seek psychological help from other forum members, so, www.draugas.lt, a page where one can come and just find some new online friends or seek for advice and help, has been selected in order to have a wider range of age of writers. Overall, the corpus in the Lithuanian language consists of 17 144 words, the lengths of posts of which varied from 114 to 758 words, dating from August 28, 2007 to December 14, 2016. Considering the nationality of the authors of the forum entries, it is most likely that only native speakers of the Lithuanian language, or at least people who have lived long enough in Lithuania to feel a part of its culture and choose these local forums, are writing in them, because it is not a world-wide used language as the English language is.

The retrieval of the metaphors related to emotions, feelings and relationships from the corpora was conducted manually using the Metaphor Identification Procedure (MIP), which was first introduced by a group of scientists Pragglejaz (2007) and later on refined by other scholars and named MIPVU (Steen et al. 2010). The procedure is as follows:

1. *Find metaphor-related words (MRWs) by examining the text on a word-by-word basis.*

2. *When a word is used indirectly and that use may potentially be explained by some form of cross-domain mapping from a more basic meaning of that word, mark the word as metaphorically used (MRW).*
3. *When a word is used directly and its use may be explained by some form of cross-domain mapping to a more basic referent or topic in the text, mark the word as direct metaphor (MRW, direct).*
4. *When words are used for the purpose of lexico-grammatical substitution, such as third person personal pronouns, or when ellipsis occurs where words may be seen as missing, as in some forms of co-ordination, and when a direct or indirect meaning is conveyed by those substitutions or ellipses that may potentially be explained by some form of cross-domain mapping from a more basic meaning, referent, or topic, insert a code for implicit metaphor (MRW, implicit).*
5. *When a word functions as a signal that a cross-domain mapping may be at play, mark it as a metaphor flag (Mflag).*
6. *When a word is a new-formation coined, examine the distinct words that are its independent parts according to steps 2 through 5.*

(Steen et al. 2010:26)

The authors of MIPVU (Steen et al. 2010:6) lay down the essential idea behind the procedure: the metaphorical meaning, which is indirect meaning, derives ‘out of a contrast between the contextual meaning of a lexical unit and its more basic meaning, the latter being absent from the actual context but observable in others’. Therefore, the main task in this analysis is to single out those metaphorical meanings from more basic meanings and identify metaphorical expressions. All cases in question whether a word is used in its more basic meaning or metaphorically were checked in the online Macmillan English Dictionary (MED) during the procedure of metaphor identification in the English texts. The MED was chosen because it contains a large corpus of written and spoken English with examples of how words should be used, including their metaphorical meanings. In addition, it is also a dictionary MIPVU proponents are using in establishing the meanings of lexical units in the analysis of English texts for metaphor identification. Moreover, in order to establish metaphorical meanings in Lithuanian, the online *Dabartinės lietuvių kalbos žodynas* (Dictionary of contemporary Lithuanian) was used. Having identified all metaphorical expressions in both English and Lithuanian corpora, only the ones related to relationships, feelings and emotions were singled out for the further analysis for being the object of the current study. Overall, there were 49 metaphorical expressions of relationships, feelings and emotions in the English data and 88 in Lithuanian.

Moving on to describing the process of the analysis of metaphors related to relationships, feelings and emotions in English and Lithuanian, it is necessary to present a bit more about the main framework of this research, which has already been mentioned in the introduction section of this paper: the conceptual metaphor theory (CMT) (Lakoff and

Johnson 1980/2003). It was already established in the previous section that Lakoff and Johnson claim that our natural way of thinking is highly metaphorical and systematic (2003:4). They argue that 'the language we use to talk about that aspect of the concept is systematic', too (ibid., p. 8). A good example from the present research would be the EMOTION IS SUBSTANCE IN A CONTAINER metaphor and many ways that we conceptualize it: being emotionally open or close, keeping emotions and feelings inside, pouring one's emotions out, etc. Lakoff and Johnson (2003:53) further explain that certain concepts are understood in terms of various metaphors. Some examples from the current research would be EMOTION IS AN OBJECT, EMOTION IS A LIVING BEING, EMOTION IS A CONTAINER, etc. The authors claim (ibid.) that there is a system in structuring concepts metaphorically (e.g. EMOTION IS AN OBJECT), and we can use expressions such as *give*, *lose*, *show* from one domain which is OBJECT 'to talk about corresponding concepts in the metaphorically defined domain': EMOTION. This principle, proposed by Lakoff and Johnson (ibid.) will be applied in the process of the analysis and classification of metaphors related to relationships, feelings and emotions in terms of their source domains. The result of the classification of metaphors according to their source domains constituted to 8 categories (including their subcategories) which are as follows: objectifying, spatial, natural element, sensory experience, journey, living being, mixing metaphors and a few cases which did not belong to any of these categories. These results will be discussed in more detail in the following section of the paper.

As far as the linguistic expression of metaphors is concerned, the analysis and classification of it was conducted manually by determining the morpho-syntactic means of forming metaphorical expressions, next, by grouping the metaphors according to these means. This analysis was based on the theory of English grammar proposed by Biber and colleagues in their work *The Longman Grammar of Spoken and Written English* (1999/2007), whereas the analysis of Lithuanian data relied on grammar theory by Bielinškienė and colleagues (2014). The attention was first paid to how metaphors in English and Lithuanian are expressed syntactically forming 7 general categories of metaphorical expressions, and later on these expressions were analyzed in terms of their grammatical aspects, helping to better determine how certain types of metaphorical meanings are rendered in English and Lithuanian. Finally, the results of both the classification in terms of the source domain of metaphors and the classification according to their linguistic expression were discussed and compared between English and Lithuanian.

3. Results and discussion

The results of the analysis of metaphors related to relationships, feelings and emotions in online forums in English and Lithuanian will be introduced in three stages. First of all, the data with overall tendencies and metaphor classification in terms of their source domains will be presented. Next, the underlying conceptual patterns of metaphORIZATION in English versus Lithuanian will be discussed in detail and compared between the two languages, attempting to identify their cross-cultural features. The third part will be concerned with the linguistic expressions of metaphors as well as their similarities and differences between English and Lithuanian. Finally, the conclusions from the overall results of the research will be drawn indicating the limits of the present study as well as possible implications for further research.

3.1. Overall quantitative tendencies of metaphors in terms of source domains

To begin with, as it was already mentioned, all metaphors were retrieved from the corpora of English and Lithuanian by applying the MIPVU (Steen et al. 2010) method of metaphor identification. All instances of metaphors that were not related to relationships, feelings and emotions were discarded from the analysis. Consequently, there were 49 metaphorical expressions of relationships, feelings and emotions identified in the English corpus, and 88 in the Lithuanian one. Therefore, there were 45% more of Lithuanian metaphors compared to English in the corpora of practically the same number of words.

All metaphors characteristic of relationships, feelings and emotions were classified in terms of their source domains on the basis of the previously introduced CMT (Lakoff and Johnson 1980/2003). The results of the classification are displayed in the Table 1 (see Appendix 3) and Figure 1 below shows the results from the English corpus in terms of percentage, whereas Figure 2 represents the classification of Lithuanian metaphors. It is evident from the charts that the most prevalent metaphors in both corpora rely on objectification of relationships, feelings and emotions, even more so in the Lithuanian texts because such metaphors make up 64 % of the data, whereas in the English dataset OBJECT metaphors comprise 51% of all instances found in the data.

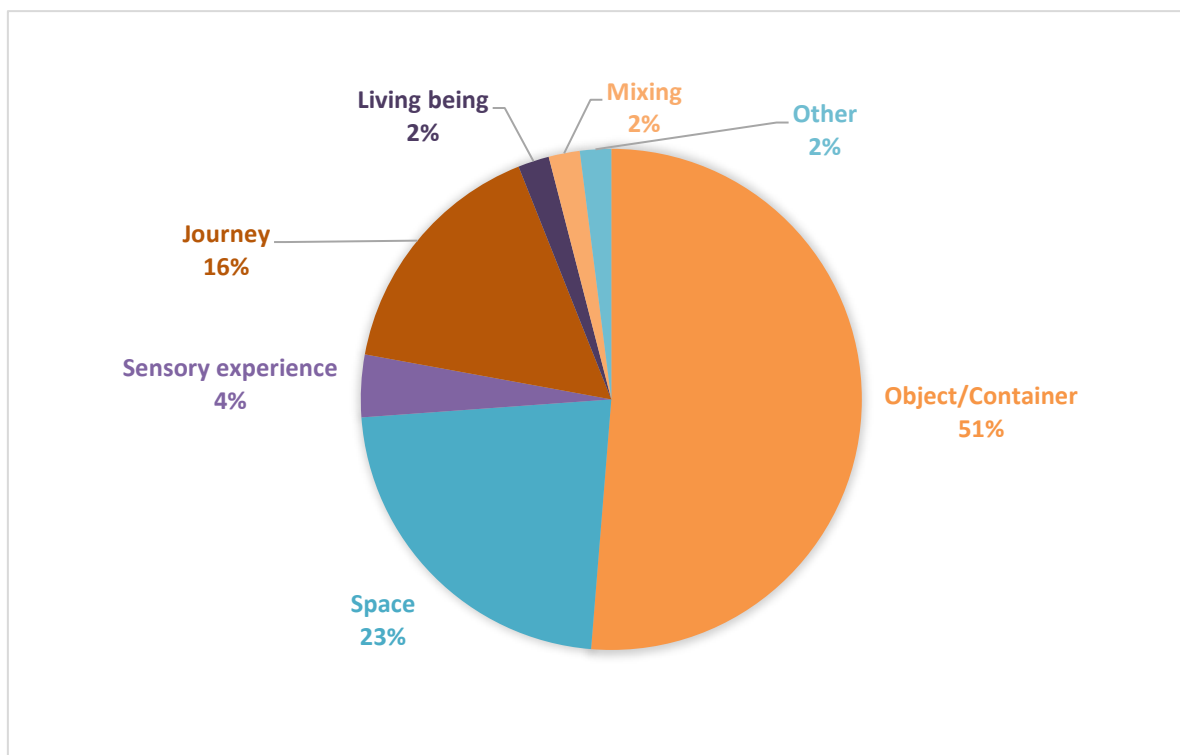


Fig. 1. *Distribution of English metaphors in terms of their source domains*

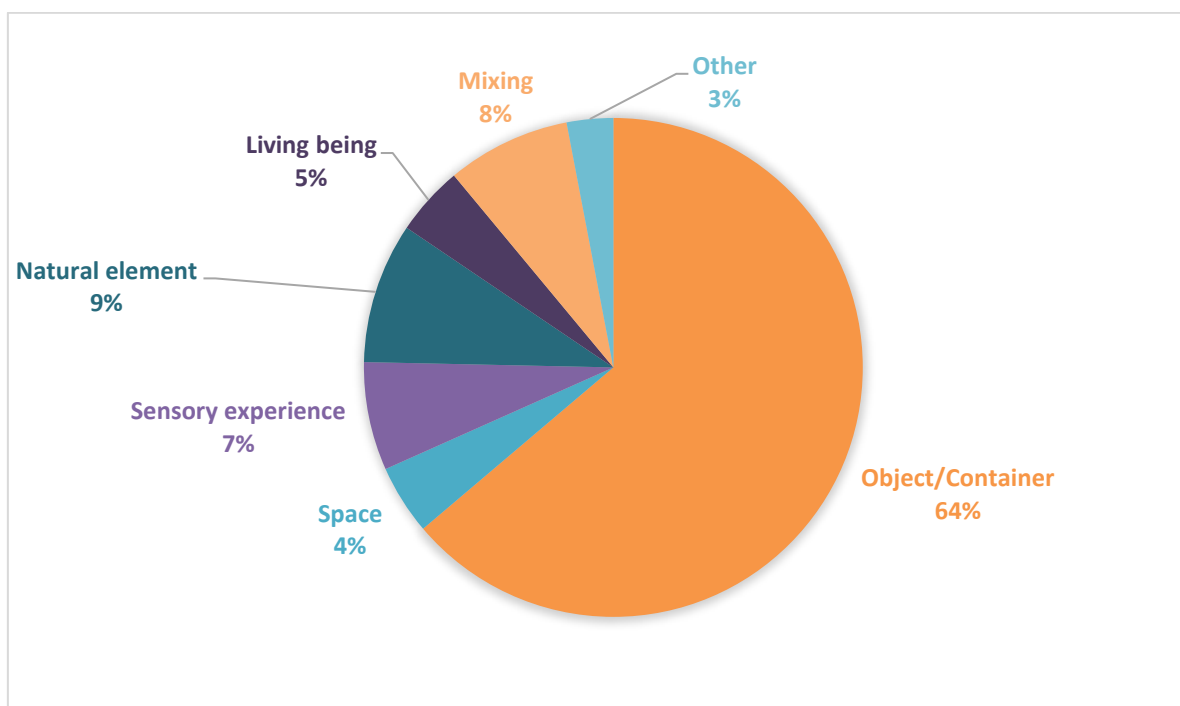


Fig. 2. *Distribution of Lithuanian metaphors in terms of their source domains*

Getting into more detail, the category of objectifying metaphors consists of 11 subcategories of OBJECT and CONTAINER metaphors. The most prevalent objectifying

metaphors in the English corpus fall under the subcategories of the conceptualization of a PHYSICAL STRUCTURE (RELATIONSHIP/ EMOTION/ PERSON/ FEELING IS A PHYSICAL STRUCTURE), e.g. *to break up with her*, and a specific type of container metaphors: EMOTIONS ARE SUBSTANCE IN A CONTAINER, e.g. *I am too open*. As far as the classification of Lithuanian OBJECT metaphors is concerned, Lithuanians mostly tend to conceptualize their relationships, feelings and emotions as non-specified objects (RELATIONSHIP/ EMOTION/ PERSON/ FEELING IS AN OBJECT), e.g. *kelia isterijas*, and their feelings and emotions as SUBSTANCE IN A CONTAINER: *visko laikyti savyje*. There were also some more specific conceptualizations of OBJECT metaphors in both languages, namely, an objectifying conceptualization of the physical attachment (RELATIONSHIP IS A PHYSICAL ATTACHMENT): *bonding*, *reikia rištis*, o <...> *rišimosi pasekmė yra prisirišimas*. Another quite common conceptualization appears to be an objectifying conceptualization of the TECHNOLOGICAL DEVICE: RELATIONSHIP / PERSON / EMOTIONAL STATE IS A MECHANISM with such examples in English and Lithuanian like *in a on off period in our relationship* or *perjungt smegenis ant optimizmo*. There were some instances of a conceptualization of COLOR (EMOTIONAL STATE IS A COLOR) in the Lithuanian texts, for instance, *atėjo juodžiausia diena* (SADNESS IS BLACK), whereas the English texts contained a few examples of a conceptualization of a DOCUMENT, e.g. *never sealed the deal for a relationship* (RELATIONSHIP IS A CONTRACT) with one example of such metaphors in Lithuanian: *padėjau tašką* (RELATIONSHIP IS A SENTENCE/ TEXT). Moreover, different from its English counterpart, the Lithuanian corpus contained the conceptualizations of PLANTS and FOOD, e.g. *jausmai vėl pradėjo žydėti* and *emociniu badu*. Finally, besides the EMOTIONS ARE SUBSTANCE IN A CONTAINER metaphors, there were a few metaphors of EMOTIONAL STATE/ RELATIONSHIP IS A CONTAINER in both corpora: *wallowing in self-pity*, *ji puolė į isteriją*.

Turning to other categories of metaphors associated with relationships, feelings and emotions, there seem to be more differences than similarities between English and Lithuanian. The most evident difference probably is the fact that JOURNEY metaphors make up 16% of all metaphors relevant to this study in English texts, in contrast with Lithuanian data where there were only a part of such conceptualization that was identified in a mixed metaphor (a metaphorical expression with more than one source domain) (Gibbs 2016). In English people tend to use general (RELATIONSHIP IS A JOURNEY) or specific source domains of JOURNEY, for instance, *our friendship took the wrong way* or *the friendship has run its course*. Another observation is a tendency for English users to conceptualize their relationships, feelings and emotions in terms of SPACE (RELATIONSHIP/ FEELING IS SPACE), whereas Lithuanians do not prefer this way of expressing their thoughts that often: SPACE

metaphors are the second mostly used category of metaphor conceptualization for English people making up 23% of all English metaphors in this study, with only 4% of SPACE metaphors in the Lithuanian corpus. Some examples of these metaphorical expressions from both corpora are *my friend choosing to distance herself* or *tolti vienas nuo kito*. These results imply that it is quite usual for English people to express their feelings and emotions using the concepts of JOURNEY and SPACE, which was not characteristic of the Lithuanian corpus in the present study.

Furthermore, the classification of metaphors in English versus Lithuanian has demonstrated that in the Lithuanian corpus, language users have a certain inclination to use the source domains of NATURAL ELEMENT (EMOTIONS/ FEELINGS/ RELATIONSHIPS ARE A NATURAL ELEMENT), for instance, *kažkokie debesys užslinko*, and SENSORY EXPERIENCE (EMOTION/ FEELING IS A SENSORY EXPERIENCE) when conceptualizing metaphors, whereas English texts revealed only 4% of SENSORY EXPERIENCE metaphors and none of the NATURAL ELEMENT conceptualizations. However, there were examples of SENSORY EXPERIENCE metaphors in both languages: *I was a bit hurt*, *galvą skauda nuo jos*. Moreover, Lithuanians seem to personify their emotions and feelings more often than English people do. To be precise, only 2% of English source domains appeared to belong to this category, whereas 5% of all relevant Lithuanian metaphors consisted of metaphors with the source domain of a LIVING BEING (EMOTION/ RELATIONSHIP IS A LIVING BEING). Consider examples in both languages: *it destroys everything around except itself* and *duoti valių savo emocijomis*.

Moreover, there were some metaphors that could not be categorized under any of the aforementioned classes, because of being ambiguous metaphorical expressions that could be labeled belonging to either one or the other category. Also, this class encloses mixing metaphors with two source domains, both equally vital to deliver the message of the metaphor. The English corpus contained one such instance, namely, *we went through all that* (RELATIONSHIP IS A JOURNEY + SPACE), whereas there were five mixing/ambiguous metaphors in Lithuanian texts, e.g. *viskas peraugo į prisirišimą* (FEELINGS ARE PLANTS AND RELATIONSHIP IS A PHYSICAL ATTACHMENT).

Finally, as far as the distribution of metaphors related to relationships, feelings and emotions in English versus Lithuanian is concerned, it is worth mentioning that there were a few instances, precisely, 3%, of metaphors with other source domains than mentioned above in the Lithuanian data and 2% in the English forum entries. These examples were POSITIVE EMOTION IS UP (i.e. *not to get her hopes up*), EMOTIONAL STATE IS A PLACE (i.e. *žmonės stengiasi pabėgti ir pamiršti*) and RELATIONSHIP IS AN EVENT (i.e. *po santykių norisi*

pertraukos) metaphors. On the whole, among the most prevalent tendency observed in the present research is people's inclination in both cultures to express their thoughts about relationships, feelings and emotions on the basis of concepts and experiences that are concrete, physical and easier to understand. Thus, the next section of the thesis attempts to account for these metaphorical patterns and address the question as to why people choose such ways of metaphorization in their conceptualization of feelings, emotions, and relationships in the two languages.

3.2. Conceptualization of relationships, feelings and emotions in English versus Lithuanian

Evidently, it is the most common for both English and Lithuanian people to metaphorize relationships, feelings and emotions in terms of the concept of OBJECT, including the CONTAINER metaphors. It may not come as a surprise that many people tend to conceptualize such abstract notions as relationships, feelings and emotions by means of objectification. The very core of the definition of metaphor ('the essence of metaphor is understanding and experiencing one kind of thing in terms of another'), provided by Lakoff and Johnson (2003:5), suggests that we tend to use one concept in order to express another one. In the case of an attempt to describe one's feelings and emotions, it is usually a more understandable concept, e.g., an OBJECT, chosen as a source domain to represent the target domain because objects are easier to perceive than abstract notions, namely, feelings and emotions. Lakoff and Johnson assert (2003:26) that 'once we can identify our experiences as entities or substances, we can refer to them, categorize them, group them, and quantify them—and, by this means, reason about them'. In addition to this, Kövecses (2010:22) states that 'common source domains also include the various properties of objects and substances, such as their shape, color, size, hardness, transparency, sharpness, weight, and many more'. Therefore, the objectification of our emotions and feelings possibly allows us to understand them more easily, in a similar way that we perceive concrete experiences. Lakoff and Johnson (1980:198) further explain that, however, there is no single concrete notion which would enable us to accurately illustrate some single abstract concepts, therefore, people adopt many ways of conceptualizing one complex notion, which has been already observed from the results of the present study.

As far as the source domain of an OBJECT is concerned, it has already been mentioned that this category consists of quite a number of subcategories, the first of all being

the class of non-specified objects: RELATIONSHIP/ EMOTION/ PERSON/ FEELING IS AN OBJECT. Although only one of such metaphors was found in the English texts, Lithuanians seem to rely on this conceptualization rather often. The English example from this subcategory of OBJECT *to lose a friend* shows a common concept of friendly relationships. The expressions like *have friends, make friends* and, in this case, *lose a friend* show that people are keen on ‘collecting’ their relationships in their minds and metaphorically treating them as objects. One can literally have, make, create and lose a thing, but not a person. Regarding the Lithuanian examples, many are worthy of more detailed comments. Consider the metaphorical expressions *sukelti pavydą, kelia isterijas*. Both of these emotions: jealousy and hysteria, trigger a physical reaction and feeling of ascent in the body, so here they are simply perceived as objects being lifted up. There were also a few instances of emotions and feelings metaphorically treated as objects to give or show to someone: *neberodė jokių emocijų, duodamas tau meilę bei artumą, rodyti vienas kitam daug dėmesio ir švelnumo, meilė - davimas kitam, o ne ėmimas sau, bando parodyti tau savo meilę, dažnai savo meilę rodo*. In addition to this, metaphors like *situacija prislėgė mane, nepakėliau, man jau darosi sunku, jai būtų lengviau* show that Lithuanian people tend to conceptualize their negative feelings and emotions as heavy objects, precisely, as a burden which is either weighty to bear or presses one down, the feeling of which is similar to that of a negative emotion.

Another subcategory of objectification metaphors is that of a PHYSICAL STRUCTURE: RELATIONSHIP/ EMOTION/ PERSON/ FEELING IS A PHYSICAL STRUCTURE. It is more common in both languages to conceptualize relationships, but not emotions or feelings, in terms of a physical structure. This is so probably due to the fact that a relationship requires two or more persons to be a part of it, therefore, it could be easily compared to a structure which consists of more than one part and is kept together by some sort of a link or connection. Consider the English metaphors *you’ve split up with someone, break up with her* and *had a connection*. These instances show the metaphorical breaking, splitting or connecting the parts of a structure which is a relationship. Another example *to repair the damage* is also best described in more general terms of a physical structure, because in common understanding, a damage can be made to something that has been built into some kind of a physical structure. Some Lithuanian conceptualizations are similar regarding the connection links in the physical structure: *ryšys yra reikalingas, ryšys tampa vis silpnesnis*. Others are conceptualized more likely on the basis of a structure of a building: *aš griau nu gyvenimą, negriaučiau santykių, jaučiausi apleista*. This type of conceptualization is more or less alike in both languages

presumably because generally people perceive relationships as a unity of parts regardless of their culture.

Both corpora, subsequently, contained metaphors which fall under another subcategory of an OBJECT, the PHYSICAL ATTACHMENT: The RELATIONSHIP IS A PHYSICAL ATTACHMENT with examples such as *you don't actually have to keep in touch, bonding* in English and *reikia rištis, o rišimosi <...> pasekmė yra prisirišimas, viskas peraugo į prisirišimą, žmogus kažką pančioja ar yra pančiojamas* in Lithuanian. This conceptualization appears to be similar to that of a PHYSICAL STRUCTURE: the attachment of oneself to another entity. The concept of ATTACHMENT is rather common in the context of relationships, because during the time when relationship develops, the couple start to share things between themselves, be together a lot of time, get to know each other well. This process is similar to that of the physical attachment: separate parts become connected, attach themselves to one another. Therefore, it seems a comparatively prevalent concept to metaphorize relationships.

There were also instances of more specific ways to express emotions which belong to the subcategories of the class of OBJECTS. To start with, the metaphor RELATIONSHIP/ PERSON/ EMOTIONAL STATE IS A MECHANISM was found in the corpora of both languages. *I haven't really clicked with any of them, in a on off period in our relationship* were the expressions in English and *perjungt smegenis ant optimizmo, <...> o kur mašina mezgė, pareiga suvaldyt (jos emocijas)* were found in the Lithuanian forum entries. It is usual nowadays to operate in everyday life with the help of various technological devices, and while we constantly try to control our emotions and feelings, it seems rather natural to perceive them as a technological device which is easily controlled.

Then there were metaphors with the source domain of DOCUMENT identified mostly in the English data, and one metaphor of this conceptualization was taken from the Lithuanian corpus. Consider these instances: *never seal the deal for a relationship, padėjau tašką* and a bit more unconventional metaphor in English *cut that person out of my life* which may be interpreted as RELATIONSHIPS ARE PAPERS IN A BOOK OF LIFE metaphor. The first metaphor is also an idiom *to seal the deal* which means that both sides come to a certain agreement. Similarly, a relationship includes undertaking (or, coming to an agreement) of both parties to commit to each other, and taking certain obligations, like signing a contract. The conceptualization from the Lithuanian metaphorical expression (*padėjau tašką*) has another meaning: relationship is like a sentence or text which becomes terminated by putting a period at the end of the sentence.

Next subcategory of an object was found only in Lithuanian texts: EMOTIONAL STATE IS A COLOR (*akyse pasidarys šviesiau, šviesiau galvoj pasidarys* (NEGATIVE EMOTION IS A DARK COLOR AND POSITIVE EMOTION IS A LIGHT COLOR), *atėjo juodžiausia diena*). Apresjan (1997:187) comments on the source domain of COLOR: ‘the overall connotation of light <...> is positive, whereas the connotation of darkness is negative. Due to this, light is often metaphorically mapped onto the domain of positive emotions, whereas darkness is associated with negative emotions’. Apparently, the same could be noticed about the conceptualization in the given Lithuanian metaphors: light is associated with a positive feeling, whereas darkness – with a negative one.

Furthermore, the Lithuanian texts contained a few metaphors with the source domains of PLANT (FEELINGS ARE PLANTS) and FOOD (EMOTIONS ARE FOOD) such as *jausmai vėl pradėjo žydėti* and *emocinį badą* man. Esenova (2011:15) explains that ‘the PLANT metaphors map different stages of plant growth onto the stages of emotion development. They also highlight the intensity and cause aspects of the emotions they characterize. <...> Both plants and emotions come into existence, develop and fade away’. As regards the FOOD source domain, humans share the physical need for food, without which they would perish. Kövecses (2000:39) states that ‘Nutrient/Food, War, and Game’ share ‘the desire to obtain an object (corresponding either to an emotion or the object of an emotion). Their application seems to be limited to love and lust’. The concept of one of the basic human needs, FOOD, is very similar to that of a need of the experience of certain emotions, in this case, not physical, but a spiritual need, which is also crucial for a human being.

Finally, as regards objectification metaphors, there were a few instances in both English and Lithuanian, which fell under the conceptualization of some specific object and did not belong to any of the previously mentioned subcategories. One of them is the English metaphor *to remove me from their deranged picture* (RELATIONSHIP IS A PICTURE) which, as can be speculated, may imply that a person does not want to belong in the relationship where people act upon rules that are not acceptable to that person. It is as if the speaker has in his/her mind one kind of picture, and the people he/she is talking about have a different kind of picture of what a relationship has to be. A noteworthy example in the Lithuanian language could be the *vyras emociniu požiūriu yra skurdesnis nei moteris* (EMOTIONS ARE ASSETS/ WEALTH). Here the fact that women appear to be more emotional than men, at least, in the majority of cases, is considered a positive fact and the range of emotions are conceptualized as assets or, in other words, spiritual wealth.

Moving on to another category, specifically, the two subcategories of CONTAINER, it is worth noticing that this concept also belongs to the category of OBJECT, however, in a bit different way. Kövecses (2000:37) argues that the CONTAINER conceptualization is in many ways the most prevalent source domain in emotion metaphors, which was also noticed in the present study, where quite many occurrences of such metaphors were identified. The author (ibid.) also points out that ‘the CONTAINER image defines an “inside–outside” perspective for the human body. Consequently, emotions in many cultures throughout the world are seen as occurrences inside the body’. Apparently, both English and Lithuanian people tend to perceive their emotions and feelings from the CONTAINER perspective, consequently, this confirms the Kövecses’ (ibid.) statement that CONTAINER conceptualization can be encountered in unrelated languages.

The collected texts from online forums resulted with two different conceptualizations of CONTAINER: EMOTIONS ARE SUBSTANCE IN A CONTAINER (*I am too open, emotionally drained* and *išlieti savo neapykantą, visko laikyti savyje*) in contrast with the metaphor EMOTION/ EMOTIONAL STATE/ RELATIONSHIP IS A CONTAINER (*wallowing in self-pity, pulti stačia galva į kitus santykius*). The metaphors that occurred in both languages, and which, generally seem rather recurrent, were the expressions *I am too open, she opened up to me, or she opens up* from the English texts and *aš esu visiškai atviras žmogus, jį būti atviru* as well as the opposite conceptualization *užsisklęsti savyje, žmona užsidarė dar labiau*. These metaphors do not mean that people are literally open or closed, but, figuratively, they either open up and let their emotions out or keep them in themselves.

Turning to the conceptualization of SPACE, Pernau (2014:1) comments that ‘bodies are necessarily situated in space. <...> Mediated by the body and its senses, different spaces become linked to different emotions’. As it is universal in all cultures that human bodies are situated in spaces, one would expect to find many metaphors of this concept in both corpora, however, the Lithuanian texts, differently from English, contained only a few instances of SPACE metaphorical expressions. There were many English examples, for instance, *my closest friend, I’m right here, to step away a little, me and my friend have been drifting apart* and a few Lithuanian ones: *tolti vienas nuo kito, atsiriboti nuo tokio žmogaus, norėjo bėgti nuo manęs*. Regardless the contrast between the numbers of instances, the metaphorical expressions of the conceptualization of SPACE seem rather similar in both English and Lithuanian.

Quite similar to SPACE is the JOURNEY conceptualization, occurrences of which were found exclusively in the English corpus. For example, *our friendship took the wrong*

way, *it's difficult to go back on that, it got to a point*, including a more specific JOURNEY metaphor, i.e. *the friendship has run its course* (RELATIONSHIP IS A SPORTS TRACK). As regards relationships, JOURNEY is a concept which denotes experiences of people involved in a relationship, the figurative path they go together and the development of the relationship: all of which is perceived in terms of a JOURNEY. One of the hypotheses may be that the concept of JOURNEY is rooted deeply in the English consciousness because of England being the country of colonization which meant many long-distance travels. Also, Huong (2011:6) hypothesizes that English is the culture of advanced industry that enabled people to travel by trains, then to have cars almost since their invention, which affected their conceptualization of abstract notions. In contrast, Lithuanian people were not that much of travelers as English and the major part of its history, Lithuania has been a settled, agricultural country. Therefore, it may be one of the possible reasons why the concept of JOURNEY did not develop that much in the consciousness of Lithuanians.

The conceptual metaphors that were found in both corpora, although, in quite contrastive numbers, were the EMOTION/ FEELING IS A SENSORY EXPERIENCE metaphors. Lithuanians appear to be using more of this kind of expressions, e.g. *man skauda, galva skauda nuo jos, gydytis sielos žaizdeles*. Under such a conceptualization, a negative emotion or feeling is likened to a physical feeling. Moreover, some English instances of the conceptualization of emotions via the source domain of a physical feeling were identified: *I felt sick, I was a bit hurt*. The neuroscientists Nummenmaa and colleagues (2014:646) claim that 'we often experience emotions directly in the body'. They illustrate (ibid.) that when we go for a date in a park with our sweetheart, our hearts beat with excitement and nervousness, but before an important job interview, the anxiety makes our muscles tighten and our hands sweat. This connection of some emotions with bodily experiences enables people to perceive other, more abstract emotions and feelings in terms of SENSORY EXPERIENCE, too.

Metaphors from the next category, EMOTIONS / FEELINGS / RELATIONSHIPS ARE A NATURAL ELEMENT/ FORCE, came out to be rather recurrent in the Lithuanian forum entries, however, no metaphorical expressions of this conceptualization were found in the English corpus. 'The idea and image of a natural force (like wind, storm, or flood) seems to be present in the conceptualization of many emotions. When in an emotional state, we often describe ourselves and others as being overwhelmed, engulfed, swept off our feet, and so on' (Kövecses 2000:37). There were a few different conceptualizations of NATURAL ELEMENT/ FORCE in Lithuanian data. There were expressions based on the concept of SUN. Being the source of life, warmth and light, surely the SUN has a positive connotation, therefore, it is possible to express

positive emotions in terms of it, namely, *tu spinduliuoji meile, spinduliuoti teigiamus dalykus atgal*. Also, the concept of TEMPERATURE was identified: *jausmai pradėjo šalti, santykiai atšalo*. Here the negative meaning and the unpleasant feeling of cold is taken as a concept to perceive an undesired state of a relationship. There were also some more vivid metaphors of the natural element, e.g. *kažkokie debesys užslinko* (NEGATIVE EMOTIONS ARE CLOUDS), *jausmai jai neišblėso* (FEELINGS ARE FIRE), *uraganą pakėlė* (EMOTIONS ARE A NATURAL DISASTER) *įpūs geresnės nuotaikos* (EMOTIONS ARE AIR/WIND). Generally, it occurs that positive emotions and feelings are associated with warmth and light, whereas the negative ones – with cold, darkness and natural disaster.

Furthermore, both English and Lithuanian corpora contained some cases of personification, more specifically, the metaphors EMOTION / RELATIONSHIP IS A LIVING BEING. The English expression was *it destroys everything around except itself*, whereas a few of the Lithuanian ones were *po mano situacija slypėtų kažkokios asmeninės nuoskaudos, duoti valių savo emocijoms, pagauna pyktis* and *šildyti bei gaivinti santykius*. Lakoff and Johnson (2003:34) suggest that personification ‘allows us to comprehend a wide variety of experiences with nonhuman entities in terms of human motivations, characteristics, and activities’. The reason why, according to the authors (ibid., p. 35), we tend to personify our emotions and feelings, is because personification enables us to perceive the world phenomena in human terms and it allows us to understand concepts in respect of our impulses, ambitions, actions and traits.

Finally, there were cases of both English and Lithuanian metaphors that did not quite belong to any of the previously commented categories, namely, the mixing, ambiguous and other metaphors. The English results revealed one mixing metaphor: *we went through all that* (RELATIONSHIP IS A JOURNEY + SPACE). It has been already discussed that SPACE and JOURNEY metaphors are comparatively prevalent in the English forum entries. This metaphor is no exception as it even contains both of these concepts. Turning to the Lithuanian results, there were quite many ambiguous or mixing metaphorical expressions. Consider the ambiguous example which could be treated as a metonymy: *man tiesiog pradeda drebėti širdis, man labai širdis spurda*. It may be so that the feeling of fear makes the heart literally beat faster, therefore, a physical feeling is part of the mental sensation, which can be treated as metonymical. However, it may be so that the beating heart figuratively represents the feeling of fear and concern, but is not literally working more intensely, consequently, this expression could also be treated as a metaphor. Mostly all instances in this category are mixes of some of the previously mentioned categories, however, there is one original example:

EMOTIONAL STATE IS PEST IN A CONTAINER (i.e. *graužtis iš vidaus*). Here the negative emotion is expressed via the concept of a PEST which eats one away from the inside: the CONTAINER concept.

Moreover, some metaphorical expressions were the only examples of a category. One of those conceptualizations is EMOTIONAL STATE IS A PLACE with the following expression in Lithuanian: *žmonės stengiasi pabėgti ir pamiršti*. The concept of a PLACE seems quite similar to that of a SPACE: bodies are not only situated in spaces (Pernau 2014:1), but also in places. Accordingly, a negative emotional state is expressed via the concept of PLACE that one wishes to exit. Furthermore, the Lithuanian corpus contained one occurrence of a RELATIONSHIP IS AN EVENT metaphor: *po santykių norisi pertraukos*. Being in a relationship here is conceptualized as an event which requires one's tense attention and from which one needs a break when the relationship is not satisfactory. Finally, there was one exceptional metaphor in the English corpus, particularly, a POSITIVE EMOTION IS UP metaphor: *not to get her hopes up*. This expression entails the metaphorical orientation. Lakoff and Johnson (2003:17) claim that there exists a 'physical basis for personal well-being: happiness, health, life, and control—the things that principally characterize what is good for a person—are all UP'. Hope can also be understood as being good for a person, therefore, it is expressed as being UP. Apparently, there seems to exist not only such concrete conceptualizations of relationships, feelings and emotions as OBJECTS, CONTAINERS, JOURNEYS, SPACES, etc., but also more complicated concepts that are ambiguous, contain more than one source domain or are original examples from one's imagination.

3.3. Linguistic expression of metaphors

It has been observed that there are certain patterns not only in the structure of conceptualizations of metaphors in different languages, but also it appears that there may be a limited range of lexico-grammatical compositions of metaphorical expressions. Some studies (Stefanowitsch 2004, Hanks 2006, Berber Sardinha 2012) aim to prove that often metaphors can be identified paying attention to their lexico-grammatical structure, in other words, a word in a particular word combination may be understood literally, whereas in a different composition it may be identified as a metaphor. Hanks (2006:1) argues that one of the most basic ways to express metaphor in English is the use of *of* construction. 'In literal contexts, *storm* denotes a kind of atmospheric phenomenon; *torrent*, *mountain*, *lake*, and *oasis* denote kinds of geographical locations' (Hanks 2006:2). However, if put into the *of*

construction with other words, the meaning of these words becomes metaphorical: ‘a storm of protest, a torrent of abuse, a mountain of paperwork, a lake of blood, an oasis of sanity’ (ibid.). Apparently, there exist more grammatical patterns like the aforementioned one, and an analysis of grammatical features of metaphors related to relationships, feelings and emotions was conducted in the present study in order to examine how they are expressed linguistically in English and Lithuanian.

Having performed the Metaphor Identification Procedure (MIPVU) (Steen et al. 2010) with the English and Lithuanian texts, the present study revealed that there is at least one difference in terms of lexico-grammatical features of metaphors in English and Lithuanian which is present because of the Lithuanian inflectional system. During the identification procedure, there was a difficulty in identifying some of the Lithuanian metaphors because of them being coded in the grammatical cases, and it is not explained in the MIPVU what should be done in these cases. These, and some other more prevalent lexico-grammatical structures found in both English and Lithuanian (see Table 2, Appendix 4) will be discussed shortly.

As far as the lexico-grammatical features of OBJECT metaphors are concerned, it has been observed that quite a common pattern of expressing objectifying metaphors is the *verb + object* combination, for instance, *to repair the damage*, *to lose a friend*, *had a connection* and *duodamas tau meilę bei artumą*, *bando parodyti tau savo meilę*, *sukelti pavydą* and many other examples. It seems that objectification is oftentimes conveyed not only by the meaning of words, but also their occurrence in a limited range of syntactic structures and a tendency for objectification metaphors to be expressed by a limited range of parts of speech and syntactic patterns, i.e., nouns, and syntactical structure of a phrase: a verb and an object. This pattern was marked to be much more prevalent in the Lithuanian texts.

Also, a very productive way of combining metaphorical expressions (most likely of PLACE, SPACE and CONTAINER source domains) in both English and Lithuanian is by expressing them with an adverbial modifier which is combined with prepositions and other words: *feel at a loss* (*verb + preposition + noun*), *wallowing in self-pity* (*verb + preposition + noun*), *goes to extreme lengths* (*verb + preposition + adjective + noun*). This pattern is quite common in Lithuanian, too: *tu čia tai į dugną*, *tai į nulį*, *tai į plusą*, *tai į minusą* (*preposition + noun*), *pulti stačia galva į kitus santykius* (*verb + adjective + noun + preposition + adjective + noun*), etc. However, the inflectional system of the Lithuanian language enables its users to form phrases of these meanings without prepositions but rather with case inflections such as the locative, e.g., *visko laikyti savyje* (*adverbial modifier of place expressed by one word savyje in the locative case*), *šviesiau galvoj pasidarys* (*adverb + noun*

in the locative case + verb), *skęsta tokiose pačiose abejonęse* (verb + determiner + noun in the locative case). As it was mentioned previously, such cases make the metaphor identification in Lithuanian more complicated because the MIPVU method has not been adjusted for the languages with inflectional systems yet.

Finally, there was one way of composing metaphorical expressions that seems to be quite productive in the Lithuanian language, precisely, the *subject + predicate* (or a predicate alone) pattern. Consider the instances *trūksta kantrybė, jausmai pradėjo šalti, pagauna pyktis, santykiai atšalo, nepakėliau* and many others. The reason of such a result may be of Lithuanian being a language with a relatively free word order that allows many of such combinations, whereas English is known to have very strict rules of word order, making it hard to produce such grammatical patterns. These essential differences in English and Lithuanian evidently make some structures much more prevalent in one language than the other.

4. Conclusions

To summarize, the aim of this research was to examine the underlying conceptual patterns of metaphorization of relationships, feelings and emotions and to identify their cross-linguistic as well as possible cross-cultural features. Similarly as in the findings of Kövecses (2000), Lakoff and Johnson (1980, 2003), also Apresjan (1997) and Liu and Zhao's (2013) studies, metaphors in English and Lithuanian also liken abstract notions such as relationships, feelings and emotions to certain physiological experiences or other concrete concepts, only the metaphorical mappings differ in these two languages. As regards the patterns of metaphorization, the objectification of relationships, feelings and emotions was the most prevalent in both English and Lithuanian, but this tendency was stronger in the Lithuanian texts as compared to English. Also, Lithuanians seem to use more NATURAL ELEMENT, SENSORY EXPERIENCE and LIVING BEING metaphors, whereas SPACE and JOURNEY conceptualizations appeared to be more common in the English corpus.

Moreover, the analysis of lexico-grammatical features of metaphors revealed that even though English and Lithuanian metaphors share some grammatical patterns, however, English being analytic and Lithuanian – synthetic languages, influence some differences: Lithuanian metaphors can be formed not only by using prepositions, but also by applying grammatical cases, moreover, the inflectional system of Lithuanian allows a freer word order than the strict word order rules of English does. In addition to this, the manual

metaphor identification revealed that the MIPVU (Steen et al. 2010) method does not propose how to detect metaphors hidden in the grammatical cases of the Lithuanian language, therefore, there might be a possible need for the adjustment of the MIPVU method to the languages with inflectional systems.

Naturally, a larger corpora to show more representative tendencies might be a good idea for further research, also, there still remains a question, whether the tendency for texts in one language to contain more metaphors than in other language could be suggestive of significant cross-cultural tendencies of metaphorical language use. However, this study shows that there may exist a universal model of thinking about abstract things in terms of concrete phenomena, even though in some cases these models are influenced by cultural aspects. After all, the present research illustrated how we speak metaphorically about such indefinite phenomena as relationships, feelings and emotions and a whole system of metaphors could be compiled on the basis of the findings of this research. Finally, this kind of study may be useful for psychologists or teachers as a possible source for guidelines on how to facilitate the comprehension of more complex concepts by presenting them to the audience figuratively in terms of material notions.

5. Summary in Lithuanian

Šiame straipsnyje tyrinėjamos santykių, jausmų ir emocijų metaforos interneto forumuose anglų ir lietuvių kalba. Metaforų tyrimai stipriai pakito pasirodžius kognityvistų darbams, atskleidusiems, jog metaforų apstu kasdienėje kalboje, todėl metafora nėra tik kalbos puošmena, kurią aptinkame tik literatūroje. Atvirkščiai, kognityviosios lingvistikos atstovai įtikinamai parodė, jog metaforos padeda mums reikšti mintis ir todėl yra mūsų konceptualiosios sistemos dalis (Lakoff ir Johnson 1980/2003). Ypatingai metaforos padeda reikšti pat, Kövecses (2000) darbe iliustruojama, jog daugybė emocinių sąvokų atspindi žmogaus minčių metaforiškumą. Mokslininkas aiškina (Kövecses 2000), jog emocijų metaforų raišką įvairiose kultūrose sąlygoja fiziologiniai žmogaus kūno procesai bei kūno sąveika su išoriniu pasauliu. Taip pat (ibid.) yra ir skirtingų emocijų metaforų modelių kurie formuojasi dėl unikalios metaforiškos ir metonimiškos mąstysenos įvairiuose kultūriniuose kontekstuose.

Emocijų konceptualizacijos tyrimų atlikta nemažai, nors gretinamųjų metaforų tyrimų dar nėra itin gausu. Verta paminėti bent keletą ankstesnių gretinamųjų metaforų tyrimų.. Liu ir Zhao (2013) straipsnyje atskleista, kad dauguma emocijų metaforų anglų ir kinų kalboje yra susijusios su fizine patirtimi, taip pat jų konceptualizacijai įtaką daro kultūriniai modeliai. Mashak, Pashakh ir Hayati (2012) teigia jog anglų ir persų kalboje randamos tos pačios penkių jų analizuotų metaforų konceptualizacijos, o Apresjan (1997) tyrimas parodė, jog anglų ir rusų kalboje pasitelkiamos tos pačios metaforų šaltinio sritys, tačiau tikslo sritys ir metaforos raiškos būdai skiriasi.

Šiuo tyrimu siekta nustatyti, kokie santykių, jausmų ir emocijų metaforizacijos modeliai slypi anglų ir lietuvių kalboje, taip pat, kokia yra jų kalbinė raiška bei galimi kultūriniai aspektai. Šie darbo tikslai buvo įgyvendinti pasitelkiant kokybinį tyrimo metodą. Pirmiausia, buvo surinkti angliškų ir lietuviškų forumų įrašai, kurie sudarė 17 317 žodžių angliškame tekстыne ir 17 144 – lietuviškame. Tuomet tekstuose identifikuotos metaforos buvo suskirstytos pagal jų šaltinio sritis, vėliau ir pagal kalbinę raišką. Analizė atskleidė, jog tekстыne lietuvių kalba yra beveik dvigubai daugiau metaforų, nei anglų forumų įrašuose, taip pat išryškėjo tiek bendros, tiek skirtingos santykių, jausmų ir emocijų metaforizavimo tendencijos abiejuose tekstynuose. Kalbant apie metaforų kalbinę raišką, buvo pastebėta, jog anglų kalboje erdvės metaforos dažniausiai reiškiamos prielinksniniais junginiais, o lietuvių kalboje ta pati reikšmė gali būti perteikiama ir linksniais. Galima prieiti prie išvados, jog tiek anglai, tiek lietuviai suvokia jausmus ir emocijas per konkretesnes sąvokas, tačiau vis dar

išlieka klausimas, ar tai, jog lietuviškuose tekstuose rasta daugiau metaforų, nei angliškuose, atskleidžia reikšmingas tarpkultūrinės metaforinės kalbos vartojimo tendencijas.

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Appendix 1

The original forum entries with marked metaphorical expressions in English.

1. www.problempages.co.uk

by jedicho » Fri Nov 11, 2016 10:48 pm

Hi everyone, I'm new on here and have a friendship problem. I'm a happily married 32 year old male with 2 young boys. I have just started university and have **made new friends**, one of which is an 18 year old female. We have mostly chatted online (nothing flirty but make each other laugh lots, if you can believe the emojis) and only occasionally actually see each other at university. I have attached every facebook conversation with her here if anyone is really dedicated to help my situation (oldest messages at bottom, person's name replaced by).

Basically we were **getting on really well** and then **I happened to drop in** that I go trick or treating with my two boys. After this and seeing on Facebook that I am married the **conversation has dried up** and now it has got to a point where she no longer wants to talk to me. I did not intentionally keep this info from her and assumed she had seen my profile properly and knew everything.

The thing I do not understand is how this changes our friendship, surely whether I am 20 or 50 and married or not, if we click as friends it should not matter - maybe **I am too open** in that way? She said at one point that she does not want **our friendship took the wrong way**, what does that mean? **It got to a point** where I was bugging her which unfortunately is easier done than I realised, I just don't like the situation being awkward and kept trying to resolve it. Although the way we left it was that I would not contact her again, I have been tempted to ask her to go for a drink somewhere and chat properly, **get everything in the open** - is this what a female of that age would want to do or should I leave her alone?

Thanks in advance!

1. I am too open (EMOTIONS ARE SUBSTANCE IN CONTAINER WHICH IS PERSON)
2. Our friendship took the wrong way (RELATIONSHIP IS JOURNEY)
3. It got to a point (RELATIONSHIP IS JOURNEY)

2. www.problempages.co.uk

by Celebritydiscodave » Sun Nov 20, 2016 10:25 am

It makes every difference in the world. **Age prejudice and discrimination is all powerful** and I'd **contend that it is still accelerating away**. This girl is either predisposed older, or she's neutral, either way she is still in all probability significant disparity of years negatively programmed. **Either on the surface, or just beneath the surface they are virtually invariably vessels for the prejudice** born of the family, media, and her friends. Put just the one stereotypical/thought stereotypical attribute in place and the full weight of societies prejudice is likely to follow. In the position that you are now, a single individual, not any army, the best thing for it is **to give up**. The alternative is only **to dig yourself a deeper hole**. You may well have ended it for yourselves had you of been of similar years but **the age gap puts the lid on it**. Her trust had to accede that which she could sustain without your constant support. This relationship will serve to further the prejudice, and your trying **to repair the damage** now will likely further it substantially more. There are a few girls that can extend to the age of their father, but the circumstances generally, less the case in the states, have to be highly supportive first.

In my opinion the worst way to end a relationship is generally in ignoring the other party. It might have worked better for the both of you had she just the one time sat down with you and explained why there now **could under no circumstances ever be any going back**. **You cannot have your cake and eat it (idiom?)**. I'm sixty one years old, male, and live with three girls, two are nineteen, and one is twenty, but that's perfectly fine because I made the decision long back to restrict my relationships to friendships.

1. The age gap puts the lid on it (RELATIONSHIP IS CONTAINER)
2. To repair the damage (RELATIONSHIP IS OBJECT)
3. Could be any going back (RELATIONSHIP IS JOURNEY/PATH)

3. www.problempages.co.uk

by Brainfizz » Mon Jul 25, 2016 7:02 pm

I met a new person a few months ago, she is lovely and always encourages me and builds my confidence and is friendly to my children, she offers to help too.

The only thing that seems weird is her and money; when we first met we went to get coffee, she said she didn't have any money to go but I said I'd pay, then I ended up paying a few times and bought her lunch a few times.

Then we went out to the pubs one night and I paid for that too, she offered to give me some money back when I said I was worried about how much I spent but when I said just give me what you can she said ok and never gave me anything.

Also we went out the other night and she literally didn't pay for any drinks the whole night, she only drunk soft drinks but she didn't even offer and asked for a drink when one of us was paying for a round :-/

What should I do? She's asked me to buy her something and then pay me back at the end of the month but I'm not going to because I can't afford to keep doing this.

Why do you think she does this? what should I do other than not pay for things anymore?

My husband says everyone has something 'wrong' about them and she's a good friend to me so I should just let it go, what do you think?

I don't particularly want **to lose a friend** over money but want to know **if someone's just taking the pee** (idiom?)

1. To lose a friend (PERSON (FRIENDSHIP, RELATIONSHIP) IS OBJECT)

4.www.problempages.co.uk

by Minna » Mon Aug 22, 2016 1:42 am

Hi there,

I've just found your message, so I'm sorry to be a late replier.

When I read your message, I was immediately reminded of a work colleague from a while back. She was just like your would-be friend - a very friendly, chatty, person, full of compliments, always a big smile on her face for everyone and I believe that she did enjoy being with people but, importantly, she was also what you would call a "user".

In other words, she would think nothing of, for example, asking a favour from someone even though she must have realised that she would be **putting them at an inconvenience** if they agreed. She just relied on the "niceness" of people, who found it very difficult to refuse such a charming lady.

I think your "friend" is the same. She is a "user" and **has latched on to the fact** that you are a nice person and, whereas most people would feel embarrassed by continually not paying their way, she either won't, or can't, see there is a problem.

You ask whether **she is taking the p****. (idiom?) I think she is.

It's almost like she has been **"testing the water"** (idiom?) during the "coffee, meal" situations and has come to believe that **you are a push-over**, so now she is "uping the anti" with the purchase request.

Unfortunately, this woman will never change because she has no shame about the way **she uses people**. She only thinks of herself and getting what she wants.

A nice person like you doesn't need her - let her go.

Did not find any relevant metaphors?

5.www.problempages.co.uk

by Mrconfused74 » Mon Aug 22, 2016 12:28 pm

Hi there,

Instead of going out for coffee, why not invite her over to yours? Or instead of going out for drinks, have friends over and ask them to bring a bottle. Whilst it's great to go out socialising, clearly in this case it's not.

Then if she says why don't we go out for coffee, just say, you can't afford it, or you have to wait in for a delivery. **If she is using you** and you stop paying for things she will soon **latch onto someone else**. We often have people come into our lives that make us feel better, but there is a underlying reason they do. Be it to get people to buy things, or to make them feel good about themselves by complimenting them or just to help them with a problem they have. **These people eventually move on**. But if you don't want to just say it too her, then you need to try something else.

Did not find relevant metaphors?

6.www.problempages.co.uk

by daisybw1 » Mon Apr 04, 2016 10:33 am

Hi there,

I am 25 and live with my boyfriend. Last summer, one of his childhood friends **passed away** from a drug overdose and it would be his birthday this weekend. Some of their friends **are holding** a fundraiser in his name to **raise money** for charity. **I'm basically stuck on whether to go**. The tickets are really limited and I managed to get ours a couple of months ago, but now I'm having trouble deciding what to do.

While I had only known the deceased friend for a couple of years, my boyfriend and his large friendship group **have been close since** a very young age. At the funeral last year, we went to stay in the area for a week, and **I found it all a bit overwhelming**. My boyfriend (understandably) wanted to **spend time** talking to his friends, which was fine, but it meant I

was left sitting alone in a large group for most of the week. I don't really know his friends that well, and while I think they are all great, **I haven't really clicked with any of them**. They are all quite loud and I am very quiet and a bit socially awkward. This paired with the fact that everybody was grieving, including myself, meant that the atmosphere was absolutely awful **and I found myself going home to my boyfriend's mum's house early every night**. My boyfriend was obviously aware of this and felt bad (unnecessarily) but he did express gratitude that I went with him. I think he would think I should **'man up'**.

This weekend, the fundraiser is taking place at a nightclub in the city. Their whole friendship group take a lot of drugs (which I don't) and I'm basically worried that **I'll end up alone** with nowhere to go, and totally **emotionally drained** from the whole point of us being there. I have just started a new job, which I am finding tiring, and I don't want **to burn myself out even more**. **I have been feeling really on edge** lately and this is getting to me massively. I think my boyfriend would be disappointed if I didn't go, but I think he finds it hard to understand - last year, he had 30 of his closest friends around him, grieving with him, whereas I was alone in a crowd and didn't want to make a fuss.

There are a lot of pros to me staying - I can pet-sit for my closest friend who really needs it, my boyfriend can **spend quality time** with his friends without having to watch out for me, plus he can get a lift instead of the train (I can give my ticket to someone who can drive) and I can relax a bit -I haven't had a chance **to chill out** since starting my job. On the flip side, the deceased boy was my friend too.

So, what would you do? Am I bad person if I don't go?

1. Have been close (RELATIONSHIP IS SPACE)
2. I found it all overwhelming (EMOTIONAL STATE IS A SURROUNDING FLOOD)
3. I haven't really clicked with any of them (RELATIONSHIP IS MECHANISM)
4. Emotionally drained (EMOTIONS ARE SUBSTANCE IN CONTAINER)
5. I have been feeling really on edge (?)

7. www.problempages.co.uk

by nonplussed » Fri Mar 13, 2015 7:13 pm

A few months ago I was sitting outside the Library waiting for it to open. A girl came up to me and asked if I had once lived in a nearby village. I confirmed that I did and she said that my Mum had given her lifts to work. She mentioned me having a dog at the time (he died in the 1980s). Unusually for me I chatted to her and we very nearly flirted. She jokingly said the lifts were 10 years ago and was amused when I queried this. She also said my hair had blond highlights (it's grey really but that did not stop me looking in the mirror when I got home!).

I found her charming company and hoped that we would meet again at the library. I confess that I visited the library a lot over the next week but there was **no sign of her**. C'est la vie. Life resumed **it's normal pattern**.

A month or two later I was walking in town when a voice called out. It was this girl!! She was waiting outside a shop that was late opening. She said she was leaving on a trip, **a long held dream**. I was truly impressed and said it was unusual for people to follow their dream like that. She said we must meet up for coffee when she got back. I was really pleased about this but did not give her my contact details.

More weeks passed and then on New Years Eve we met by chance in town. We agreed to meet to talk about her trip. She didn't show up. On another chance meeting she explained she had had an accident. I believe this was genuine.

Today I saw her in the library. Before speaking to her I went to the librarians desk, borrowed a pen and paper, and wrote out my contact details. I then asked her how she was and she asked me how I was, but in a cool manner. I went to the nearby bathroom to compose myself. When I came out she had gone!! Scarpered.

I'm 56 years old and very surprised to feel the angst of a teenager. Writing this has helped me to see that I should have been more assertive and been the one to suggest coffee. It might also have helped if I had given her my phone number.

Thank you for reading this. Venting has helped. I think it is best that I don't speak to girls in the library.

Did not find relevant metaphors?

8. www.problempages.co.uk

by Artemisowl » Sun Aug 30, 2015 12:06 pm

we are both adults, she is 23 and I am 22. she has recently **gone through a period of really bad depression** and has kind of come out of it engaged to a guy she's never personally met, she knows him only via the internet and I'm really worried about her! **she said this guy helped her out of her depression** and that she really loves him, yet he's a lot of things she hates! he's manipulative and controlling and very jealous and possessive! all things she has left guys because of before! however this isn't my biggest worry! **she is still in a very fragile state of mind**, I know this! However she is planning and has booked tickets to go see this man in America! she is planning to go see him for a month where she will meet him in Texas, and because this guy is a lorry driver she will be living in his truck for a month and they will be traveling all over the US... or so the plan is! I don't really know the guy, but neither does she, she only knows what he's like online and when he's using her facebook! I just

don't know what to do! do I go to her parents or is that childish? do I try and talk sense to her? how would I do that without really upsetting her and pushing her to him? I know the problem sounds really childish and I may, be over reacting, I'm just really worried about her and I want her to live to see 24 not end up dead in a grave on a texas highway!

Did not find relevant metaphors?

9. www.problempages.co.uk

by David020549 » Mon Aug 31, 2015 5:15 pm

This is a worry no doubt but she has bought the ticket and will probably go ahead whatever anyone says, so all you can do is make sure that she has a "Plan B" if (when) it all goes wrong. Touring the U.S. by bus is a good choice for as long as she wants staying in youth hostels, she will need access to enough cash to do this and will meet other backpackers doing that, help her with planning that.

I don't think she will be at any more risk than meeting a stranger in the UK, truckers in general are a pretty decent responsible bunch but touring the U.S. living in the cab of a truck is not very romantic despite what the movies portray, nor are the road houses that truckers stop for meals and overnight, she will probably be fed up after a few days. However the yanks are very friendly and helpful, the women that she does meet will be concerned and will ask "you sure you're OK honey", those women will know how to handle truckers.

if she does not go ahead the depression will likely get worse, the experience of the trip may be just what she needs and you never know he may be her soulmate, stranger things have happened

Did not find relevant metaphors?

10. www.problempages.co.uk

by Nagyat » Tue Aug 18, 2015 5:22 pm

I met a lady at a local charity shop admiring a pair of shoes. I told her how nice and comfortable they were as I have one and she told me they were too expensive. She had recently moved with her husband and son from Africa and not working so could not afford it. I am also originally from Africa. We then got chatting and lo and behold, she lives few streets away from me. She asked for my number and we parted. That same day we met again at the health centre and she went on about how is not well and all that. We said our goodbyes. I am someone who easily makes friends and often gets hurt as I give too much and taken advantage of so I was quite hesitant to even call her. She even lives close to the park I take my kids but I never know the right time to visit or call. This lady once called me, feeling really frustrated, telling me how lonely she gets when her son and husband goes to work. She is even depressed because her visa was still being processed, hence she cannot even work. She regrets coming to UK and living all her families and already established life in Africa. She asked me how long I'd been in UK and I told her over 10 years. She asked of my job which I told her and I also do freelance Career Advisory service so she even said she will come to me when she obtains her work visa to help her look for a job. I calmed her and shared few on my personal experiences when I came to the UK and assured her that it is normal but she'll get over it when she starts working. I asked if she has friends around and she said a few of her son's school friend's mom had invited her but she's not sure as she needs to know people well before visiting. I told her there is always a start and she should give them the chance. I also told her that we often come to the park and will pass by with the kids sometime. She said OK that will be lovely as she's dying of boredom. About a week later, I called to find out if was available as we were planning on having picnic at the park. I called twice but no response. Later the same day on the evening, I met her at the local shop and she smiled nicely and I just said 'OO' been trying to get hold of you as we were coming to the park. She hesitated, said 'ooo yes, I was planning to call you in the evening. I met her between 7-8pm. I was in a rush as hubby and the kids were waiting for me at the car and told her another time. A week later, I wassup her just saying hello ... but she never responded. I could tell from wassup she read my message. I have recently called her and she quickly told me she was on a way out and will call back right away. I never heard from her. I am think should I just delete her contact? or leave it but stop contacting her? could I have done /said something wrong? I only approached her because she opened up to me and she seemed like she wanted a friend. I don't have many friends as well and I thought this was going to work. I'm confused. What do you think?

1. She opened up to me (EMOTIONS ARE SUBSTANCE IN A CONTAINER)

11. www.problempages.co.uk

by highlandcow » Sun Apr 22, 2012 5:12 pm

Why is it so hard sometimes to see friends and be sociable?

I have spent this weekend alone. I contacted my friends (like everyone I guess, I have a few separate groups of friends) but all of them were either busy or just didn't bother to text me back.

I have got in touch with a few old friends on Facebook, but everyone just seems to talk about how great it would be to go out and do something but no one can commit to a date.

I know that people have their own lives and that I shouldn't expect too much from people as it can't always be like the TV where a big kooky gang of buddies can always be relied upon to be sitting in the coffee shop waiting for you, but surely an actual day or night out rather than just talking about it isn't too much to ask?

I know it's not going to have a simple answer, but I'm feeling really fracked off (idiom?)

Meaning: Phrasal Verbs:

frack off

1. Used in the imperative as a signal of angry dismissal.
2. To spend time idly.
3. To masturbate.

I'm supposed to meet a friend tonight...but I'm just waiting for him to cancel. I'm not a pessimist but I bet that's what's going to happen. :-(|= I've sent messages to people asking how they are and what they're up to, in the hopes that something will come of it.

Am I coming on too strong (idiom?)? Or am I expecting too much. I've always thought of myself as a friendly, approachable person, but now I just feel like I've been swept under the rug and forgotten about.

Did not find relevant metaphors?

12. www.problempages.co.uk

by Sidlicious » Sat Feb 21, 2015 3:00 pm

About 10 years ago now my ex girlfriend and i of 7 years were in a on off period in our relationship, at this time i spent alot of time with my best friend and friends, i would confide in my best friend on my situation with my girlfriend, he would assure me and say things like dont worry we will get a shared place and get on with our lives (We were 19 at the time so the age to be thinking about becoming independant)

A few months later i found out through a friend that was reluctant to even tell me that my best friend was meeting up with my ex very often and was even bringing her out with the rest of our friends (obviously when i wasnt around) and everyone knew except me !! for months

anyway i kept my intel under wraps because me and my best friend both had invested in things that we share between us. such as musical equipment and so on.....

so i suggested these shared things have there turn at my house for a few months, so with my recent discovery, my plan was to leave this group of friends that i had literally been friends with my whole life starting from very first years of school. leaving with my new half paid for equipment, semi stolen out of the despicable acts of a best friend.....

i didnt want to do it ! but i was faced with questions like....

why has no one told me ?

am i really that much of a low ranking member of the group that they would all happily keep this from me ?

Should i leave them all ?

Whats lonelier ? being alone ? or being with a group of so called friends like this ?.....

MY desicion was to leave them all behind, i figured i was hanging around with a bunch of immoral lowlifes, that would eventually crush me into low self esteem..... well its 10 years later..... its never been lower !!!

But im jumping to far ahead - REWIND

so.. i made my desicion.....

This desicion allowed the group to talk about me amongst themselves in a whole new light of hatred, i spent a minimum of 10 years with these guys, so i know ther the sort of ppl to put ppl down all the time using shear numbers of the group, theres always been one or 2 ppl in the lime light of these guys jelly talk and demonizing..... i suppose it was just my turn !!!!

a year or so later have passed its my 21st Bday and my ex turns up and somehow we are talking again..... P.S (her n my best friend never sealed the deal for a relationship) wich suited my (so called) best friend fine cz he was young , dumb and horny. (in other words he was still exploring)

yep - A few months after my 21st me and my ex are back together, after all she was my highschool sweetheart, i really did love this girl and she did back, i looked at the past and realised we all make mistakes and learn from them or find out what we really want.....

ive been pretty lonely this last year or 2 trying to find new friends with what feels like the added demonization of me by my old friends spreading fast accross my city, sometimes to people that dont even know me !!! coming up to me saying 'are you so n so ?' , me replying 'yeh 'and them saying some very uneducated insults at me based on what my old friends are saying about me

18 months after my 21st, ive created a new life, i have new friends (or so i thought) i have a career focus thats going well and me and my ex are still together happily (or so i thought)

My ex confronts me with the fact shes cheated and with guess who, my ex best friend, i couldnt look her in the eye when i was told, i knew instinctivly before she even told me who it was she cheated with, i told her to go, she left replying i love you repetadly.....

4 hours later

My Ex girl friend and my ex best friend enjoying the day out

10 months later

my ex girlfriend gives birth to my ex best friends baby.....

Yep..... this is all one big chucked up time for me right now !

the demonization of me still remains and is now worse with my ex girlfriend jumping on the bandwagon, at this time i feel hated by lots that have no genuin reason to hate me other than the fact they were involved in gossip that had my name swung about.

so im at an all time low at this time, but i got my carrer focus and new friends coming in daily.

a year later

im settled in with a new group of friends, but i still feel demonization of me on one side of the city, but im doing buisness with a new friend, weve decided to start up something we both love doing (#BONDING)

Bonding my ass ! this guy wanted my set of skills and that only !....so not much happens from here in the new group of friends untill i feel the end of the friendship coming,i feel ive landed inside a group of popular narrcasists , everyone always talking jelly about somone and i hated it, i never got involved....

sooner or later i became subject to this behaviour and this stole the last of my self a steem, as a result i slowly dissapeared from the group.....

im now 27 and ive been socially excluded for a long time now, i wont work, i wont go outside barely, ill just keep myself to myself. so much fear out there for me ! all the jelly talk, all the demonization, all the hatred..... ive heard a million times all the right things to do, but theres a difference between thinking up these ideas than actually taking part in them after my experiences.....

Anyone else ever suffered or suffer from similar situations ?
id like to know im not the only one and id still like to hear solutions ?

sorry for the long story

1. In a on off period in our relationship (RELATIONSHIP IS MECHANISM)
2. Never sealed the deal for a relationship (RELATIONSHIP IS CONTRACT)
3. I'm at an all time low (EMOTIONAL STATE IS AN ALTITUDE)
4. Bonding (RELATIONSHIP IS PHYSICAL ATTACHMENT)

13. www.problempages.co.uk

by UKs-o-t1234 » Thu Jan 22, 2015 5:19 pm

Hi i really need some advice. I will limit detail on a personal level as I am a bit paranoid if someone i knew actually read this. I am a white male in the early 20s with a female friend a couple years younger from an Arabic background.

We have a close relationship at times then we don't speak for ages. It used to seem she wanted me when she needed me but now i know why she's not in touch often. I am also close with her best mate and she tells me bits here and there of what's going on but i don't like to ask unless I'm told or she opens up.

The girl has a boyfriend long term who she also has limited contact with. After so long of her mate saying she had problems, for whatever reason the other night she finally elaborated a bit. The girl was admitted to hospital after a male family member hit her. When i found out i felt so sick, i asked her mate if it had happened before or if it was a one off and also if it was likely to happen again. She assured me it was an isolated incident but i really aren't so sure.

My concern emanates from her friend a few months ago saying 'it got so bad at one point i wanted to call the police'. She never went any further and i never felt i could ask. I tell this girl all the time I'm here for her on every level, there's times at uni i put her education before my own. This isn't meant in an arrogant manner but I'm a smart lad and can pick things up immediately, the last 18 months i've kinda juggled both our degrees.

I want to make it absolutely clear i am in no way trying to disrespect any cultures, i have a mixture of friends from different backgrounds but some things i have been told about make me worry even more. My best mate is Asian and when I told him he almost laughed it off and effectively said that's extremely common in this sort of culture. He assured me this had happened to him and it really wasn't a big deal in the eyes of their culture. From my perspective that seems shocking and extremely sad, however if it is a one off as bad as I think it is, i accept these things do happen and i don't know the full facts of why it happened so maybe i aren't in a position to judge.

I just have a gut feeling (idiom?) though there's more to it, considering the comments from her mate a while back, the fact she seems to spend way more time with family in another city as oppose to been at home with her mum and the person who hit her. When her friend said about contacting the police i just think it must have been serious and possibly an ongoing situation because their culture are known to sort their own problems, going to the police is seen as bringing shame to the family according to my friend. Please don't think I'm judging cultures, my knowledge of them is minimal and I'm only repeating what I have been told.

I am terrified she's suffering physical abuse or possibly even worse. She isn't allowed to live her life in the way a lot of girls of the same background seem to be. She has had her phone taken from her at present and seems to be controlled by her family. I know I'm over analysing this because i care but she's an extremely pretty girl, i worry if this male doesn't think twice about physical abuse, would he really draw the line at going any further?

Other things fall into place about it not been a one off, she's a very westernised girl but never wears clothing that exposes much of her body and sometimes seems to cover up when it's not exactly appropriate. Don't get me wrong i don't expect her to dress provocatively but there's a difference in that and seemingly hiding parts of your body in warm weather. I haven't a clue what to do.

I have no limits as to how far I'd go to protect her and i told her as much but she probably rightly said any sort of shall we say 'making sure he didn't do it again' wasn't the answer. I probably should admit part of me is in love with her but I am absolutely clear it won't ever happen and i have accepted that and learnt to love her as a friend. I think my fascination with her comes from she's the one girl at uni who can take or leave me. The others i could probably take my pick but she's such hard work! She is the sweetest, most beautiful person inside and out i've ever met **and i care so deeply for her**. I just feel useless because I can't do anything for her and don't even know what to do. I mean Is talking about it the answer for her? Or is she likely to feel too ashamed/embarrassed?

On the other hand is she desperate for someone to help? As I have said she has her best mate and i don't know how their relationship is but her friend can be quite selfish. She's into the degree for herself and and i know if she had uni work to do that would come before her mates problems. Any advice please? I know maybe there's nothing i can do as until she's ready to talk i can't force her but i just wanted others opinions.

1. Or she opens up (EMOTIONS ARE SUBSTANCE IN CONTAINER/ BUILDING)
2. I felt sick (EMOTIONAL STATE IS PHYSICAL NAUSEA)
3. My concern emanates (EMOTIONAL STATE IS LIGHT/RADIOACTIVE STH?)
4. I care deeply for her (FEELINGS ARE WATER/SEA?)

14. **www.problempages.co.uk**
by chocolatelemon » Sun Oct 26, 2014 12:37 am

There's a girl that is part of a group chat I'm in on Facebook, and we're fairly close friends, known each other for about two years, talk fairly often in person and online. Tonight, we were just casually talking in the group chat and I said something that reminded her of another of her guy friends (we'll call him Jeff, not his real name). She starts talking about him and sends a picture her and Jeff together. After this, she begins talking about something that Jeff did in a local supermarket that she found funny and resulted in **him being kicked out**, and after I send some more neutral messages (hahah, yeah, ahh right, etc) she says that he's a really nice guy and **wouldn't hurt a fly** (idiom?). Then, she mentions a time that he apparently convinced one of her friends to not commit suicide, and I respond saying that I really respect him for that, but (this was after at least 20 minutes of him being the conversation topic) that I was confused why she was telling me all this. She responds saying that she got the impression I didn't like him, and I say that telling me about the supermarket story didn't give me the greatest first impression. She asks why, and I say it was kinda immature and maybe a nuisance to people who were there. She doesn't really respond, so I go on to say that I don't dislike him and I don't know him, so it doesn't matter.

A few moments later, I decided I'd tell her what I was actually thinking, because she has done this thing before and it made me feel the same way. Some backstory: I have some social issues, and they include that I can't get the courage to ask friends to do things or sometimes to start conversations and such because I fear I'm being annoying or needy. No one asks me, so I'm almost always alone in my room at my computer. I tell her that it kinda makes me feel sh***y when people send pictures

and things of them doing things with friends, but that's my own problem. She apologizes and I tell her not to, and in a roundabout way I say that it's late and we're both tired, goodnight, then we both leave.

I feel really, really bad now, and I can't shake the thought I've upset her, which honestly I really don't want to have. Bearing in mind she's done similar before this but this was the first time I said anything, do I have a problem? Does she? Is she trying to make me jealous? Am I reading too far into this? Am I being selfish? Is this regular for girls to do? I'm not interested in anything further than being friends, but I'm not sure if she knows that or not, or if she does and secretly dislikes me for it. I definitely do want to stay friends though, but how long can you be friends with someone who makes you feel insignificant on a routinely basis? I have no clue how to interpret this, and I do fear I sound like an ass in this.

Just looking for some advice on what is happening. Thanks.

Did not find relevant metaphors?

15. www.problempages.co.uk
by UKs-o-t1234 » Thu Apr 03, 2014 5:39 pm

Hi I am at uni studying law and its something I really enjoy and I have done really well, gaining some amazing work experience and great grades. The problem is I have become incredibly distracted over the last 3-4 months. During the first year at uni I had the best time of my life and it totally changed me as a person, I was so motivated and borderline obsessive with how well I wanted to do. I do get distracted relatively easily depending on the type of person involved and I know which way this is all heading. Around Xmas of the first year I noticed this kurdish girl who was quite cute in a sort of childish way but didn't take a great deal of notice of her (we were in different groups etc so never really spoke until like exams and things where the whole course comes together). She is quiet and fairly private, sticking to her best friend and only mixing with others to say hello and goodbye and making small talk occasionally. I am quite the opposite and had a lot to do with most people and made the most of my experience. Sorry about the extensive information but i would prefer to clarify the situation rather than have someone say you only give half a story!

Anyway me and this girl got talking briefly and I can't describe how nervous she made me feel, every time she came anywhere near me I almost froze. We got on but I think she either thought I was shy or worse still perhaps a bit ignorant. For the remainder of that year I never saw much of her and there was no issue as until September I didn't even know she would come back to the same uni as its not uncommon for people to come to a uni out of their city and obtain the grades to go to the place of their choice, usually closer to home. Eventually my best mate began to notice how I unintentionally acted around this girl and told me he knew she was struggling in a particular subject and if it bothered me that much to offer to help her. I got him to arrange this for me, pathetic I know but I was still so shy around her. Within two days me and her became like best friends and although her friend was usually there we obviously enjoyed each others company (or at least I thought so).

She was aware people picked up on how close we had been and although she said it was nothing to do with them and how important I was to her I was far from convinced. All the phone calls etc stopped and we literally spoke for a couple of awkward minutes at uni if we saw each other. She said she had a lot on family etc but I was aware the calls stopped just after the exams and that didn't help my thoughts about her. I told her mate about my concerns who then told her and we did sort of discuss it and have slowly been getting back to how we were before. The problem is I had to plainly say I would do anything for her and really make a big thing of how much she mattered to me. Judging by how she's been with me since she's either realised I am genuinely nice and worth having around or worse case scenario is she's realised it's exam time in a month and I may represent her best chance of passing. I know this must sound like I'm making a huge thing out of nothing but I value this girls friendship so much, I don't know if its the different culture thing I enjoy or if its simply her personality I can't get enough of. I don't mean to sound arrogant but she's not clever enough to manipulate people and I think I could see through her quite easily. We will talk about uni work on the phone but she will phone me and really press the point that she's only ringing me for a chat rather than to get any help which I find a bit odd.

I concede completely I know little about kurdish people and their mindset but she gives the impression if you treat her well she will do the same. She's also considering moving unis which I would hate, I really want her to stay but telling her that could come across (collocation/idiom?) the wrong way. I'm really confused but I care so much. Any advice would be greatly appreciated.

1. It and have slowly been getting back to how we were before (RELATIONSHIP IS JOURNEY)

16. www.problempages.co.uk
by UKs-o-t1234 » Fri Apr 04, 2014 7:43 pm

Yes we went through all that. I text her and she seemed really happy I cared so much and sent me a similar message back, I even included a bit about how I aren't after more than friendship. We have such a strange thing going on, she gives me a phone number to a phone she probably turns on once a week at most but clearly isn't able to give her main number out. I do understand this as she has a long term partner etc and what appears a very difficult family situation. Another thing a few lads asked for her number and none have been given it so not giving me her main number isn't anything personal by the sound of it.

I am very caring towards her and at times treat her like she's the most important thing in the world. I did try and tell her that

I was a bit hurt over how she treated me but I fell completely for the 'I have so many issues going on'. I do kind of believe her as she's committed to uni but isn't always able to attend and she's often in and out of lectures and looks stressed. I worry about me moaning she's not giving me enough attention then her telling me she has the most horrific home life. I am in no way racist and the majority of my friends are Asian, however it is not untypical that at home kurdisch women don't have the easiest of times. Obviously this would vary from person to person but it does fit in with her behaviour that there's problems at home. This girl is the sort of person that dressed up looks like some sort of supermodel but often drags herself to uni half asleep with no make up and doesn't seem too interested in what people think of her. I find that an amazing quality in a friend as I am the most vain person I know, the type of person who if they have a spot goes to extreme lengths to avoid anyone seen me looking imperfect. I hate that side of myself but been around her helps me see the way you look one day to the next isn't the most important thing in the world. One day I had a work experience placement and was slightly bruised from football. I moaned to her and she said 'its a bruise! It's inside what counts'. No girl in this day and age has that mentality. You don't meet people like that often and I couldn't bear to lose her.

1. We went through all that (RELATIONSHIP IS JOURNEY)
2. I was a bit hurt (EMOTIONS ARE PHYSICAL PAIN)
3. Goes to extreme lengths (?)

17. www.problempages.co.uk
by UKS-o-t1234 » Thu Aug 28, 2014 11:00 pm

As for the 4am chats they really didn't last!! I have heard nothing for a few days since I did what she needed me for. To be fair I know specifically this week she has a lot on family wise but even so when she needed me she certainly managed to find the time to contact me. I have actually text her just once since as I don't want to seem strange and I try to give her space when I think she needs it. I do try to think the best of her but this is like the third time we have spoken a lot when she's needed me then nothing after. I feel hurt when she doesn't bother with me because she made me feel like even if just as friends we were really close and I believed everything she said about our friendship. I know it sounds pathetic but when we do talk, I feel so comfortable with her, she makes me laugh in a way no one else can and I just generally enjoy her company. I have started to wonder when I'm loving the time we spend together is she actually desperate to get away and struggling to keep an act up. Sometimes I do try to subtly talk to her about this but I end up either totally agreeing with her and feeling guilty or making myself feel ridiculous for bringing it up. Before it seems like I don't paint a great picture of her, she's the nicest girl you could meet but it makes me uncomfortable how she's always got things on when she doesn't need me but when she does it seems like whatever problems she has can wait and I'm suddenly a priority. I am really good to her and try to always understand and give her the benefit of the doubt when my friends insist I'm been used. My best mate doesn't really have much of an opinion, its more of a joke to him but I think he thinks that she's using me and is only in contact when it suits her. I don't think I need to try anything like that because I have started to realise its just her friendship I love, she's pretty but I don't have any real sexual feelings for her. It's an emotional sort of attachment I have towards this girl but telling her that could come across very full on (idiom?), especially considering I have said a few things on a friend level about how much I think of her. Sometimes I feel like saying you can't be my best friend for a week and then treat me like a distant acquaintance when it suits you but I find it hard to speak to her in an abrupt way.

Did not find any relevant metaphors?

18. www.problempages.co.uk
by PriscillaP » Fri Aug 01, 2014 5:22 pm

Hi really looking for impartial advice. My friend and i have been friends since school so we are talking 17 year friendship which is currently hanging by a thread. A bit of background-my friend has always been guy daft but unfortunately liking generally daft guys! she always put them first. Last year we had our biggest fall out to date as she did something pretty bad for a friend to do (which id rather not discuss but i suppose is part of this) . Eventually i accepted an apology let her back in which everyone called me a mug for. During this time she became friendly with another girl who she introduced me to on a night out. After a few too many we were having a conversation and out of nowhere this girl started becoming aggressive towards me and in the middle of the pub brought up the fight me and my friend had calling me the bad one (in no world was i in the wrong for what she did!)) my friend basically made herself out to be the victim as far as im concerned even though she denied it. whilst im annoyed she still takes to do with this other girl because of the way she spoke to me i let it go even after my friend phoned me up twice in recent weeks talking about how bad this girl is when drunk. Recently she started seeing this guy who i think is a complete loser but i was nice when i met him. He doesnt like me either however two weeks ago online, unprovoked he called me an ar*****e on a social media site. Guess who liked the comment? the drunk friend. To say i was annoyed was a understatement. We are both turning 30 this year and this weekend is her day out to which after this i said i was not going. She phoned me saying she wasnt doing anything without me being there and that neither of them would be there cause they were in the wrong etc. Today this drunk friend msgs me (no apology) to say can i help talk my friend round because shes cancelling tomorrow ccause of the situation etc like shes the dutiful friend and im the bad one again!

I just feel at a loss what to do. Nothing has changed with her playing people off one another, not ever putting me first making herself out to be the victim. I know some of you wil read this and probably think its my fault with the fact thats two people in her life that ive had run ins with but genuinely in neither situation was i to blame. There used to be a group of 4 of us and

because of the things she has done over the years the other two who im still friends with take nothing to do with her now. I just dont fancy sitting with people who have been so rude to me and im so angry **my friend seems to have stirred this all up**. Her family are going (its only a small gathering for a meal) and i dont feel the atmosphere which inevitably there will be **is fair on them**.

1. Feel at a loss (EMOTIONAL STATE IS A CONTAINER)

19. **www.problempages.co.uk**

by AliceNutter » Fri Jun 13, 2014 10:14 pm

First post, so I'm feeling a bit nervous. **My closest friend** has had a tough time lately. She's experienced bereavement and marital separation in the last couple of years, events which have understandably **had a huge effect on her**. I too have had a difficult time. My young children have both been diagnosed with a serious, rare genetic disorder, I've been threatened and harassed by an abusive ex partner and I've had serious problems with my mental health. We have always supported one another during difficult life events and these things were no exception.

My friend recently decided she needed a bit of time **away from her usual commitments** - including me. I was given no explanation, I was just told it was happening, it wasn't up for discussion. I felt I had no option but to accept it - doing anything else would have seemed unreasonable, so even though I felt rejected, I went along with it. She told me it wasn't personal, that she loves me and would be back.

Whilst my friend was away, I had a major relapse of my bipolar disorder. When I'm very unwell, I experience bipolar psychosis and my symptoms include paranoia and delusions. **My friend choosing to distance herself was** a fertile ground for paranoia - I began thinking that my friend was using the situation as a way to exit our friendship, that it was her way of **letting me down gently**. I began to think she was punishing me for a trivial disagreement we'd had (but quickly resolved). I contacted her for reassurance but it wasn't forthcoming, which fuelled my paranoia all the more. I then behaved really badly and had a bit of an email tantrum, accusing her of being selfish and **letting me down** when I need her most. I turned a situation that was not really about me into an 'all about me' thing. **She rightly pulled me up on this** and told me to leave her be **while she got her head together**. I spent several days feeling absolutely awful.

This was a couple of weeks ago and still I've heard nothing. I'm starting to feel anxious all over again. Because I'm unwell, I can't work out whether my expectations are unreasonable or whether she's being unfair. I feel sad that I'm such a low priority at the moment. My friend knows how unwell I've been, yet she has offered no kind words. But then I think perhaps she is simply doing what she needs to do for her own wellbeing and it's nothing to do with me, just a case of unfortunate timing. (My husband believes this to be the case.) However, **she appears to be blind to** the impact of her choice on me. Her actions have (unknowingly, I think) actively contributed to my paranoia and that really hurts.

The bottom line is, I would love to have my friend back. Not just for selfish reasons (ie what she can do for me) but because I genuinely miss HER as a person. I miss being involved in her life and the many enjoyable things about our friendship. I told her this and it went down well. Part of my confusion is that she doesn't have to miss me; **I'm right here!**

1. My closest friend (RELATIONSHIP IS SPACE)
2. My friend choosing to distance herself (RELATIONSHIP IS SPACE)
3. I'm right here (RELATIONSHIP IS SPACE)

20. **www.problempages.co.uk**

by Glindora » Mon Nov 04, 2013 1:33 pm

Apologies if I don't explain things well - this is my first post on this site but hoped that **objective eyes might help us to formulate ideas**.

We are quite a large group of friends - now middleaged sadly - who have been going away together for a week every new year for the last 20 years. In that time of course, people have married and the majority of us now have children. The group this year is a mixed one now including one divorce (with no kids) one couple who have never had children and the rest are families with kids aged from 14 to 6. **The kids have always had a blast together** (idiom?) and enjoy themselves thoroughly. However, we as parents have also been careful to share pretty much the same discipline rules amongst us so no child gets away with bad behaviour and we've always been conscious that its' everyone's holiday - not just the kids. Basically this has meant that while during the day families and couples tend to do their own thing in groups which suit them, the kids have all been fed together and then put to bed at a reasonable hour and then the adults eat together.

This has particularly been the case on New Years Eve itself when the adults - all very sensible middle aged professionals the rest of the year enjoy getting very silly with karaoke, party games and discoing. Everybody enjoys letting their hair down without the kids and we've always been very conscious that for the non parents in the crowd, while they are good with our kids during the day and enjoy being with them, they have made it clear that they don't want their evenings dominated by them. One of the parents is a teacher and she has also always expressed the view that she adores her kids but spends all her working days with other peoples and wants to be able to enjoy an evening's party without them around.

This has been going on for 14 years and the kids have been pretty happy with it. They have a great time during the day with each other and doing activities focussed on them and haven't been bothered about going to the adults party. However, we have one family that doesn't want to do this and its causing problems.

With this particular family, it was the husband who was part of our **close knit group** and when he married, he and his wife spent new years with her family - she's not from England. They are both delightful people and we really pleased when they decided a couple of years ago to come with us with their 3 children - who are 6 9 and 11. They had a fabulous time and are now coming every year which is great - however they have different rules for their kids and don't seem prepared to change them. It is obvious to them that all other kids are in bed or quietly doing their own thing on New Years Eve but they bring theirs down to join in the party - until way after Midnight. It might not be so bad if the children were watching quietly but they want to be at the centre of attention and take over everything thats going on - eg karaoke mike, the games. **Our friends seem oblivious to the fact** that everyone else stops doing that activity and drifts away and also seem oblivious to the fact that no other children are there. The following day they boasted to all the others about what they did, meaning for the first time the other young ones started wanting to join in.

I feel very caught in the middle of it all - I am always the one who books the place and tend to be seen as the Mother Hen I think who will sort it all out. In some ways I have sympathy with the view of let the kids - and all the kids if they want - join in. I adore children and would be quite happy to have all 40 of us partying together. However, I know my view isn't shared and I also have a lot of sympathy with my friends who want to have a child-free party without small people taking over. I also have sympathy with all my fellow parents who have spent years ensuring their kids were well behaved who are now having **to put up with this**.(collocation?)

I'm also concerned in that my own son and his closest friend in the group are both 14. At the moment they are happy to spend New Years eve in a sitting room by themselves eating crisps and watching films. Soon however - they will want to join in with the adults and are getting to an age to. I don't want to prevent them but equally I don't want our friends to see this as opening the way for all children to join in.

I have to say that our friends are absolutely lovely **with this one blind spot** about their children. They are very kind sweet people and we are delighted to have them with us and I wouldn't want to fall out with them at all or have them not want to come away with us anymore. Equally however, the three without children are fantastic people and have come every year for 20 years. I know that the wife in that couple was very annoyed about the 3 children taking over New Years Eve and I wouldn't want them to not come.

Any advice about how to deal with the situation would be welcome.

Did not find relevant metaphors?

21. **www.problempages.co.uk**
by **Glindora** » Thu May 15, 2014 11:24 am

In case anyone's interested, an update on how it resolved itself.

It became apparent after this that it was even more of a problem for others than I had realised. At a gathering that neither us or the particular couple could go to, I was told afterwards that the subject had come up and everyone **had different levels of annoyance** but none were happy about the kids coming down and thought something should be done. My best and very sensible friend who has 3 kids of exactly the same age as the trouble causing trio sent an open email to everyone asking if it would be possible for her sake so she could **keep her own kids on a leash**, could we agree that no-one under 18 would be in the party area after 8.30pm. It was up to individual parents what happened after that and if they could stay up in their own houses etc - this year was the perfect opportunity to do this as what we had booked was basically individual cottages around a central hall which was the party area.

No-one disagreed and all went well til New Years Eve when after the kids had had their own party in the hall and we were clearing up the father in question made it clear his would be coming back for the adult party. I explained politely **that it really wasn't on the cards**. He said his kids were really looking forward to it and he couldn't believe anyone had a problem with citing specific people. In the end, I had to explain to him that those specific people had indeed specifically said that they did have a problem. He was a bit startled but obviously went away and thought about it and then told my bf that the kids wouldn't join in and he hadn't realised that people weren't happy with it. Neither he nor his wife mentioned it again, the kids didn't get to come in and no-one was unhappy. Both he & his wife looked like they were having a ball all night and said at the end of the week how much they'd enjoyed it and have booked to come again next year.

1. Had different levels of annoyance (EMOTIONS ARE SUBSTANCE IN A CONTAINER)

22. **www.problempages.co.uk**
by **highlandcow** » Mon May 27, 2013 11:12 am

Hello all

This is a bit of an odd one. **Me and my friend have been drifting apart** over the last few months. I've moved in with my boyfriend and we now live in different parts of the city. She's got a 2 year old son so is busy with him, understandably, and in her spare time she likes to go rally driving and has even been abroad **to follow this passion**. All very well to have this sort of interest, but when I tried to join in it **bored me to tears**.

Since I moved 2 months ago, we've seen each other once. We took her son to the swimming pool near me but it didn't give us much of a chance to **catch up** (collocation?) and to be honest, I didn't know what to say anymore.

Anyway, after the tragic events on Wednesday in London (stick with me here) I was seeing a great deal of racist stuff on Facebook in connection with this, **which I won't go into** but I'm sure you all know the sort of stuff I'm referring to. One such comment which moved me to write a post of my own was that anyone who "wasn't English, shouldn't be in Britain" It's making me angry just thinking about this, given that I was born and bred in Scotland. In a nutshell I wrote that I couldn't believe that people would actually be that **small minded** as to think that only people of a certain creed or skin colour could commit such an act. Of course, I'm against this act itself, as it was truly a vile thing to do but I disagreed with people saying that it was PURELY because the person who did it was black.

Checking back on FB later in the day, I saw that my friend had commented and disagreed. Now that's OK (I may not agree with what you say but I defend to the death your right to say it...yadda yadda) it's OK to disagree with an idea but **I just can't get my head around the fact** (collocation?) that someone I'm close to was agreeing with such racist drivel. I've always known she was a bit racist, I've seen her behavior in certain situations which I won't go into, **but I've always turned a bit of a blind eye to** as I just can't agree with it. She knows how I feel about it, she knows full well I don't agree with her on this. I was raised to believe it's wrong to hate people and to judge them on their skin colour and religion. Glasgow is a very multi-cultural place, that's how it was built up and I think that's beautiful. I still think that the way I was brought up is correct.

I didn't say anything back to her FB as it's not exactly the place for it, but I was shocked and saddened by it. I waited until I'd calmed down a bit and then I sent her a text basically saying that it was OK for us to disagree on these things but that I stand by what I had said. This was on Thursday and I haven't heard a peep from her since.

I really don't think that what I did was wrong and I'm not going to **back down**. But it's made me sad that clearly she doesn't want to reply or be in contact with me.

It's also made me think that maybe this is for the best. Maybe **the friendship has run its course** and better it end over an irreconcilable issue than something trivial. I just don't feel like I can be friends with someone who knowingly thinks this way. **I let so many things slide before**, things that I've heard her say, and I think I've just got to a point where I can't be associated with it anymore. It makes me so disgusted.

Am I wrong? Should I just back down to save the friendship?

Go to Glasgow at least once in your life and have a roll and square sliced sausage and a cup of tea. When you feel the tea coursing over your spice-singed tongue, you'll know what I mean when I say:

'It's good to be alive!'

- Billy Connolly

1. Me and my friend have been drifting apart (RELATIONSHIP IS SPACE)
2. The friendship has run its course (RELATIONSHIP IS A SPORTS TRACK)

23. **www.problempages.co.uk**
by **Tarantula** » Sat Jun 08, 2013 5:33 pm

I, too, was shocked and appalled by the reactions of some people to Woolwich. It's an absolute disgrace. I was ready to delete ANYONE who posted racist remarks on my newsfeed. Luckily, nobody did. As far as I saw, anyway.

For me it would be an irreconcilable difference indeed. It's not that I expect everyone to be the same as me. But having racist views is about as far away from me as you can get. I wouldn't care if it was an old friend, a new friend, my fella's best friend or mother; hell, my fella himself! Anyone who thinks like that, and I find out about it - gone. Ain't nobody got time for that.

One time I was dating a guy and stopped because he was conversationally telling me about how he and his friends play a 'game' on nights out where they target the fattest girl in the club, pretend to dance with her and be really into her, lean in and say 'you're the fattest chick in this club', then put their arms round her and hold on for as long as they can. I think he referred to it as 'fat girl rodeo'. It makes me chuckle until I realise that this was an ACTUAL conversation I was having, and not some spoof on TV designed to expose the ridiculousness of people who play that 'game'. So much of comedy is instantly not funny anymore if it becomes REAL.

Anyway I kicked off and told him where to shove it. It's not that I expect everyone to be the same as me (I can only hope... 😊). It's just that I find certain beliefs/values/practices absolutely intolerable.

Basically, in my opinion, a person can't be worth my time if..... [insert intolerable thing here].

Racism certainly falls under that category. As does homophobia and all sorts of other things. I mean obviously it's all about context, but I can't see how any level of 'blacks are violent' or 'gay people aren't natural' would wash with he, no, no, nope, just don't see me NOT judging the F out of anyone with those views.

So basically, in your position, I would've gotten very angry indeed with that friend, and not really cared much about her status as my friend. That buys her nothing. I can't have one rule for 'friends', and one for everyone else. It's not okay to be racist no matter who you are in relation to me. So I would've hit the roof (idiom?). I see it as a matter of principle, and wouldn't hesitate in cutting that person out of my life even if I really liked them before that.

1. Cutting that person out of my life (RELATIONSHIPS ARE PAPERS IN A BOOK?)

24. www.problempages.co.uk
by [ILoveChristmas](#) » Wed May 01, 2013 10:12 am

Comparing yourself to others is damaging and something you should definitely try to avoid because it leads to self-pity. I remember an interview I once heard with Stephen Fry in which he spoke about self-pity and I remember really being able to relate to what he was saying and how it applied to my own life. I'm not suggesting you're wallowing in self-pity, in fact you're being commendably pro-active, but I think it's worth pointing out how easily it's possible to get there.

After a brief Google to remind myself I can quote what he said:

"Certainly the most destructive vice, if you like, that a person can have, more than pride...is self-pity. I think self-pity is the worst possible emotion anyone can have, and the most destructive. It destroys everything around it except itself...it will fulfill all the prophecies it makes and leave only itself behind." - Stephen Fry

You're definitely doing the right things to meet new people. Clubs are great and you will meet new people and friends, especially so if you're combining it with an interest or hobby like your guitar club because it instantly gives you common ground on which to base conversations. I'd never want to dissuade you from volunteering (I volunteer with a couple of youth groups so I know how much good can come from it) but do be careful that it doesn't have the opposite effect from what you're hoping for. Volunteering has a habit of consuming huge amounts of your time and energy so be careful you don't end up meeting fewer people, having less free time and feeling even more isolated.

You've discovered through your own experience that socializing in threes is rarely a good idea and something I'd advise you to avoid unless you're with 2 other close friends. Groups of three are naturally problematic for conversations, because in a group of three people you can only make eye contact with one other person at a time and that leaves the third person immediately at a disadvantage. It's not so bad when you're with four or more people because there isn't the feeling of isolation and the option is there for you to strike up a conversation with someone else.

I know a couple of people who have used websites like citysocializer dot com. It's not a dating website, it's purely for people like you who are looking to meet friends with similar interests and similar ages. If you feel like your voluntary work and club isn't working the way you'd hoped it's something you could consider joining.

Christmas to a child is the first terrible proof that to travel hopefully is better than to arrive. - Stephen Fry.

The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel. — Steve Furtick

1. Wallowing in self-pity (EMOTION IS A CONTAINER)
2. It destroys everything around except itself (EMOTION IS A LIVE BEING/MONSTER)

25. www.problempages.co.uk
by [delicatehues](#) » Wed Sep 19, 2012 10:47 am

Hi everyone, I'm new here. My name is Emma 😊

This is kind of a strange problem, I think, but I could really do with getting some advice.

About 6 years ago I met a girl at a party and we became friends. She was super smart and very interesting and we had lots of things in common. I saw her from time to time and we became friends. After four years I moved away from my home town of Manchester to Inverness in Scotland and she became incredibly clingy. If I didn't speak to her every single day she'd start contacting my mum and brother! It became apparent that she had some serious problems and I felt like I couldn't ignore her because she'd tell me that she'd hurt herself physically when I didn't talk to her!

About 7 or 8 months ago my life got super stressful what with one thing and another and I failed to contact her for over a week. She continued messaging me, my mum, my brother and even their friends when she could. Eventually I sent her a message back and said that I was very sorry that I hurt her and explained all the things that had been going on in my life so that she would understand why I cut contact and maybe CALM DOWN.

Parts of our friendship had been good, like I said we both liked a lot of the same things but her needy and clingy behaviour is not something I can handle and I finally explained that. She rang me to discuss it and was very curt and clearly very angry. I was saddened to have hurt her and to have led her on by reconnecting but I was relieved to find that she was annoyed with me and she even said that she didn't see a way for us to be friends anymore.

Unfortunately I have a desperate voicemail from her this morning saying that she wants to fix things and she doesn't understand what happened. 📞 😞

What should I do? She is taking up so much of my time and energy and I feel so incredibly guilty. I jump every time I get a new e-mail or my phone rings. I just want her out of my life but no matter what I do she remains obsessed. I'm really not that special, you guys! I think it's just because I gave her so much of my time but I never want to do that again.

How do you break up with a friend?

Thanks for reading 😊 Emma

Did not find relevant metaphors?

26. www.problempages.co.uk
by [ILoveChristmas](#) » Wed Sep 19, 2012 11:39 am Hi Emma, welcome to PP.

I don't think ignoring her will work, in fact you've already proved that, so I think you definitely need to talk to her either over the phone or by email, but phone would be better.

If it were me I'd explain that you felt under pressure to keep in contact and at times a little intimidated by the level of persistence she showed in trying to get in contact. I'd explain that the much-reduced contact you've had of late has been a welcome breath of fresh air and that for the moment you'd prefer to keep your contact to an occasional email. The thing is, you don't actually have to keep in touch, but you're not slamming the door on her either because that could be potentially hurtful and I'm not sure that there's a need for that.

Following on from that I'd say in future if she does email you, respond in a courteous but short way. If she phones you don't answer, or if you do have a chat for a couple of minutes, make your excuses and say goodbye. I would also advise that you tell your family and friends to ignore her. The point is, you keep your conscience clear but any normal person will get the message and leave you alone. If she doesn't get the message then would be the time for more decisive action.

You may also consider adding her number to your phone's black list so you don't get calls from her, and/or installing an app like SMS blocker (Android but iOS will have something similar) that will stop her texts too.

Friendships don't always last forever and in this case it sounds as though she has some serious issues of her own. You're not obliged to be the person to help her with those and in any case you're a long way away from her.

1. You don't actually have to keep in touch (RELATIONSHIP IS PHYSICAL ATTACHMENT)
2. Not slamming the door on her (RELATIONSHIP IS BEING IN THE SAME SPACE/ROOM)

27. www.problempages.co.uk
by [speckledblonde](#) » Sat Aug 11, 2012 1:48 am

I'm not looking for solutions cos the only solution is talk to the people involved, but this would just cause more turmoil and it's more trouble than it's worth. I just need a bit of a rant and to get my thoughts down.

A number of years ago, a very old and good friend of mine met a girl, and I became friends with her, like you do. Their relationship has been a VERY complicated one, and for a lot of it I have been stuck in the middle because I was friends with them both. I hold my hands up, there were situations I could have dealt with better, and I've learnt from them, and the last few years I've not asked either of them about each other and kept out of it, and that's worked very well.

Things seem to be finally over between them now, and through it all she has actually become one of my closest friends, and I even actually work with her now. He's been seeing more of another friend of mine recently, who he used to be in a relationship with when we were all very young, but are now good friends. Because of him, these two girls have never really got on. Recently they have been making more of an effort with each other, but they will never be good friends, which is fine. Some people just aren't meant to get along.

But the girl who is spending some time with him at the moment, said some things tonight which made me question his thoughts about my friendship with his recent ex. He's said things before to my OH that were ridiculous, like why am I friends

with her and our friendship won't last etc. But I just brushed it off and didn't think much of it. But now I think he thinks that I've 'chosen' her over him. I asked my friend via text after I'd thought about it, and she ignored that part of my text and just replied to the other stuff I wrote, which confirms what I'm thinking.

To be honest, I think his behaviour towards his ex over the last few years has been appalling, and recently he's tried to manipulate us/me into being his pawn to try and win her back. So I wouldn't care so much, but I've known him literally for forever, and I do care for him very much, and it really hurts that he might be thinking I've chosen her over him. But I'm not going to dump my friend and choose sides, we're not kids anymore, it's ridiculous. I'm allowed to be friends with who I want. It might be okay for my other friend to do that as they were never really friends in the first place, but I refuse to do it, she's done nothing to me and it would be wrong. Also, as I mentioned I work with her so it would be impossible, but that's besides the point because I wouldn't do it anyway.

I'm also worried that this will effect my friendship with my other friend. It's already really awkward as we are careful about what we say to each other. Stuff he's said to her she won't tell me, and stuff I know about his ex I can't tell her, so this isn't going to make things easy. And I wonder what she thinks of me, does she agree with him? And I have to continue to segregate my time with them now, which I hate doing cos they end up saying things about the other one and I never know what to do or say. It makes me just want to not bother with anyone to be honest. It's all very childish and ridiculous.

Did not find relevant metaphors?

28. www.problempages.co.uk
by [Beth.Penguin](#) » Wed Aug 08, 2012 11:22 pm

I'm sorry in advance for the essay but this is a dangerous subject so there are details I've going to have to leave out and I cant mention names. I hope this isnt too confusing.

So I've moved into a student house and everything was cool and dandy with everyone. We had a couple of teething problems but the problem I'm here to talk about is a friend I'll call Guy A. Now I've know Guy A for almost a year now and we've been good friends, we've gone on nights out together and had a laugh and hes crashed on my floor (collocation?) a few times. Guy A has a lovely Girlfriend who we'll call Girl A. We all like her and get a long and its all good.

Heres the start of the issue; We start suspecting that Guy A is cheating on Girl A, he brings girls back and we hear alsorts of noises coming from his room. None of our (me and the rest of the housemates) business, we have a giggle about it and move on. Then one of these girls happens to be a friend of my house mate; Girl B. Girl B tells us that this friend of hers is now terrified of Guy A. A bit worrying. None of our business though, we move on.

Then we find out that all of the above is true the same week that another of the housemates finds loads and loads of naked pictures of girls on Guy A's computer along with a bit of evidence that he might have been uploading these images to porn websites. We found this.

Then things get worse when Girl B tells us that Guy A had sexually assaulted her as well as acusations that Guy A was stealing her underwear from the washing line. This makes us all very concerned for all these girls wellbeings along with mine and another potential housemate.

My issue is that Guy A could be dangerous and my Boyfriend who is moving in next month is scared of me being alone with him and I'm scared that he might target me. I also feel strongly worried for Girl A and whether she knows what her boyfriend is up to. The worst part is that Girl B told one housemate (Guy C) this (not me) and despite her pleading to keep it a secret, it has got out between the housemates. Guy A doesnt know we all know about it and it feels like confronting him would break the trust that Girl B had with Guy C. Although I still feel hes my friend, I think that what hes done is disgusting and I want him to know that and be punished for it.

I dont feel safe in my own house and I dont know what to do.

Any advice would be amazing.

thank you in advance.

Did not find relevant metaphors?

29. www.problempages.co.uk
by [RagDoll](#) » Fri Jun 15, 2012 2:21 pm

Hi Seren,

I don't think you're being unreasonable, I also find it rude/annoying when people do nothing but talk about themselves and never think to ask how you are etc. It's bad manners for one thing, and also makes you feel like they don't care much about how things are in your life. I have a friend that is a little like this too. She will tell really **long-winded stories** about herself (she particularly likes to tell you tiny details about her working day which can be a bit frustrating when it's not something important/interesting!) but will not ask you about things in your life. So I can empathise with how you feel! I think the fact someone else has also pulled your friend up on her behaviour just goes to show that it's not just you that's thinking she can be unreasonable with it.

I think depression can make people more self centered - they're not doing it on purpose, but the illness makes it hard for people to see beyond what is going on emotionally in their own minds etc.. which can lead to them being **a bit self absorbed**. Has she been diagnosed with depression? Is she receiving help? There's a difference between feeling depressed (say, for example, because **you've split up with someone**) and being clinically depressed.

To be honest, I'm not sure what advice to offer you as I've never been sure how **to tackle this myself** with own friend. The only thing I try and do is force my way in the conversation by not waiting to be asked about things. Sometimes it works, but it failed miserably recently when I tried to talk about getting married in August (my friend's one of my bridesmaids) by saying "wow, can't believe it's only 2 and half months until I get married" but she just brushed it off and went back to talking about herself, haha. I wouldn't mind if it was because **I am forever going on about it**, but I never talk to her about it because she doesn't seem that interested.

1. You've split up with someone (RELATIONSHIP IS A UNITE OBJECT)

30. www.problempages.co.uk
by [RagDoll](#) » Thu Jun 21, 2012 11:35 am

Hi Seren,

My friend's boyfriend of nearly six years **broke up with her** on Monday night. She has lived with him for the last four and half years, so obviously it's a life changing decision that he's made.

She is completely heart broken (idiom?) and is obviously struggling **to come to terms** with his decision. In a nutshell, he's told her that he doesn't feel comfortable committing to her longer term (she's been prodding him about marriage) and isn't entirely sure if it's because of her, or whether the idea of committing to anyone would be scary. He said he's been thinking about it for over a month and he does love and care about her, but is not IN love with her.

He broke up with her before when they'd been together about a year, and obviously that time he changed his mind. Because of that, she keeps convincing herself that he'll change his mind this time too, but I'm not so sure. The circumstances were different then – obviously they hadn't been going out nearly as long and they didn't live together. **Breaking up with her** this time has meant her **moving back in** with her parents (who she hasn't lived with in seven years), it's massively upset both sets of parents/families/friends (who thought they were really happy and settled) and my friend is devastated.

I went to see her last night and one of her other friends was there. I really like her friend but I was getting a bit frustrated with her **filling my heart broken friend's head full of stuff** about how she has 'a feeling they'll get back together', that he's probably panicked and made a rash decision etc. My feeling is that he won't have taken this decision lightly – I'm not saying that means he definitely won't change his mind, who knows, but given the hurt and consequences caused he must have truly meant it when he said he wanted to break up. I also think that since he's said he's not in love with her, **it's difficult to go back on that**. No one can make someone love them.

I wondered what other people thought – last night I felt like the baddie because I was gently trying to tell her **not to get her hopes up** and emphasise that he will have carefully considered this decision. I also said that even if he does change his mind she needs to give it due consideration – I totally get why she just wants **things to go back to the way they were** as she's hurting, but she deserves to be with someone who will give his all and is 100% committed to her and the relationship. She really is a lovely person so I feel like she deserves better really, even though I know he can't help how he feels. I also think she'd always be living in fear of him changing his mind again. She is talking like marriage etc. isn't that important to her anymore and if he wants to be with her, that's enough, but that's an awful lot **to give up** (collocation?). She has always wanted to get married and have children (she's always said she wouldn't want kids out of wedlock). I just feel like all along she's always done all the compromising and giving and still, it's not enough.

Do you think I am thinking along the right lines? Or is the kinder thing to tell her what she wants to hear? I know **she's got to come to terms with this in her own time** and at the moment she's understandably in a state of shock, but people encouraging to **hold onto a beacon of hope** (idiom?) is not helpful in my eyes...

Sorry for the length of this post. It's hard to explain complex situations succinctly!

1. Break up with her (3 times) (RELATIONSHIP IS A UNITE OBJECT)
2. It's difficult to go back on that (RELATIONSHIP IS JOURNEY)
3. Not to get her hopes up (EMOTIONS ARE SUBSTANCE IN A CONTAINER)

31. www.problempages.co.uk
by [wads](#) » Wed Sep 19, 2012 5:41 pm

Hey all,

I'm rather new to this forum and apologise in advance for [this long winded post!](#) 😊 But any help and advice would be greatly appreciated!!

A little bit of background first - I'm a 38 year old gay male and have had a crush on my straight best friend on and off for almost 7 years! Nothing new there I'm sure I hear a lot of you think! By the way hes presently 28. Now knowing [hes straight has always put him 'off limits'](#) to me as I am not going [to put my life on hold](#) over this! But I've always had my doubts about his sexuality as every girl I suggest he 'chat up' he ALWAYS has an excuse not to! Too tall, too small, too thin and chubby etc! Now I know he has had a few girlfriends in the past but nothing really serious! And the odd occassion that he does try to chat a woman up - [he NEVER seals the deal](#) lol...its always left to me to help out!

Recently though a number of things have happened! First off, at a friends wedding in the Ukraine last year, I met a great guy and [we hit it off straight away](#) (idiom/collocation?). On the last day in Ukraine, all my friends wanted to meet this guy. They did and all were complementing us on how we looked so well together, except for my best friend! He wouldn't even talk to the guy, but turned to another friend beside him and started having a conversation about something local back home! I thought it was most rude! Anyway, decided to go back to Ukraine a few months later and revisit this guy 😊 and rekindle some feelings hehehehe...My best mate and two other friends were coming along also...or supposed to!! My best friend kept 'forgetting' to book his flight and would promise [to sort it out that evening....and this went on](#) for 3 or 4 weeks...when eventually he decided to tell me that the day we were due back in from Ukraine, he was going camping with someone else. I asked him to change his local camping trip by one day but alas no. He couldn't or wouldn't! Im still not sure! He also told my other friends that he was afraid I would desert them when I arrived at the airport and only see them when due to fly home! I tried to reassure him that this was not the case and it wasn't! [My Ukranian guy could hang around with us](#) for the weekend if he really wanted to see me! LOL....but no reasoning was possible.

Recently in the local bar where we all drink, I was on my phone txting someone, when one of my friends [pounced on me about it!](#) Of course my best mate [pounced on me as well](#) for txting when in company. Now I'm NOT one of those people that often would be guilty of this but my best mate is! But its ok for him and not for me! He won't mention anything though until someone else does so first! lol...

Also recently [I had confided in him](#) that [I was sick of one night stands....and maybe it was time to settle down](#). Then later on a trip to the nite club from a bar....I receive a txt from someone....My Best mate asks who it is and I respond no one important! To this he replies...I thought [you had given up one night stands](#)'?

Then hehe, a few weeks later as in last week, A gay guy who we would only see once a year for about a month or so walked into our local bar. We all know him for years, Hes French and 48 and gay lol....Over the top, very funny and very touchy feely!

Of course he sat down beside me and was very chatty to the group as a whole etc and made everyone laugh etc. At one stage though, I [caught my best mate throwing me a look.....right eyebrow raised lol...and when I didn't and still don't understand what he was doing](#), I asked at the table and he pretended he never did anything! A little later in the night [we bumped into each other](#) in the bathroom upstairs and he told me that he saw me ['wearing my Ukranian face'](#)! Of course I hadn't a clue what he was on about and when I pushed he told me I was sober and he was drunk and he would tell me later! There was NO WAY I was settling for that answer though hehe...and when pushed again he told me that it was the same face he saw on my when I introduced everyone to the Ukrainian guy, in other words my face seemingly lit up like a Christmas tree! And that me [and the French guy had a 'connection'](#) and he wouldn't tell anyone! I said, I liked him, the French guy, hes funny, witty and a great personality but thats as far as it went for me. To me there was NO attraction there. The following night I decided to have a few drinks and broach the subject again, lol, and he asked me how I couldn't be attracted to the guy because even he was attracted to his personality! He then told me that he wasn't jealous....when I pushed him...about my friendship with the French guy and he knows we have skyped a lot over the Summer.

But now I know and have just found out that my best mate is on an adult site and has been for the last 3 years and lists himself as bicurious. He has a lot of 'friends' on this site which are all male. He doesn't know that I know though and still refers to me being his wingman an odd time and helping him [seal the deal with girls](#).

What does anyone think of his actions and any suggestions as to what I should or should not do? By the way my best mate is like a closed book. Everythings a big secret or can be, even what he ate for his dinner! We hang out regularly together in the

afternoons every afternoon for coffee for about an hour, do lunch the odd day, spend some evenings in my place and then with other friends every night in the local bar....as its like cheers hehehe...theres always someone you know there....even if you go out alone! lol.....

Any and all suggestions would and will be greatly appreciated!

1. He never seals the deal (may be an idiom) (RELATIONSHIP IS CONTRACT)
2. Had a connection (RELATIONSHIP IS A CONNECTION)

32. **www.problempages.co.uk**

by [junketjunkie](#) » Wed Aug 29, 2012 12:54 am

Hello everyone.

I'd like to get some considered and unbiased opinions on my situation. I will keep it as short and concise as possible.

A friendship of over 15 years or so, we have been **through many up and downs through our lives** and have supported one another. My friend, reason to date unknown, abruptly and aggressively ended our friendship. That was a couple of years ago and still no contact or explanation. I was surprised to say the least [mind you, after reading some of the problems on this forum, it makes a depressing read at times - but strangely reassuring others have experienced such things] Anyway, my dilemma is this friend insists on maintaining contact with some of the friends I introduced them to. This is making me feel quite awkward as I'm quite a loyal sort of person and feel my friends perhaps should show me the same. My friends have suggested this friend **is doing it out of spite**, trying to 'get at me' type of thing. Ultimately childish if true, but nevertheless, I'm wondering why my friends are allowing that to happen by responding.

After **the dust settled** (idiom?), I realised quite quickly that if a lengthy friendship can be discarded so easily by this person, that there was no friendship and I'm better off. In fact, there may be more sinister reasons that I'm glad I don't know about, or they may be unbalanced, in a nasty way. Who knows, but my thoughts focus more on the friends that are allowing the contact to continue with this person. I just don't think it's right **to try and poach another's person's friends**.

So my question is, how can I **tackle this** without appearing like a little jealous or resentful child? Do I now have-to distance myself from the friends who still respond? I've never been placed in this kind of situation and have no desire **to make amends** (idiom?) with this now ex-friend, but would quite like to hang on to the other friends involved. **My instincts are telling me to walk away from all of them**, but my logical side is saying why should I **give up my friends** for this one's meddling behaviour. Just don't know what to do without offending anyone 😞

Thank you for any thoughts and ideas on what you would do or have done?

1. We have been through many up and downs through our lives (RELATIONSHIP IS A (HILL-VALLEY) PATH)
2. To walk away from all of them (RELATIONSHIP IS SPACE)

33. **www.problempages.co.uk**

by [junketjunkie](#) » Wed Aug 29, 2012 2:06 pm

Great reply Ticktock, thank you very much for taking the time. I think you might be right on with the personality disorder, and perhaps with my ex-friend **it was always beneath the surface but well covered up for years!** You know the spooky part is this person just prior to giving me my marching orders, started **to copy me and my lifestyle**. This manifested in buying and wearing the same clothes, listening to the same music, even taking the same foreign language classes to list just a few! Almost in a competitive mode which became quite unnerving with its intensity. I think we've all experienced a time when someone has complimented us on a certain accessory we've acquired and bought the same, but this was way over the normal type of flattery. I felt watched and shadowed, to the point of **identity theft!**

Maybe it came to a head when this person realised they couldn't actually be me so decided **to remove me from their derranged picture**. Perhaps **the competing is continuing at a distance** by contacting my friends and that way the attention this person craves in some way gets satisfied.

It's like living in a warped parallel universe for these folks but quite disruptive for us ones living in the here and now reality of life. I don't know about you and your brother's behaviour, but for me, I find it all quite annoying and a waste. Also the lack of accountability I find to be the most frustrating with people who choose to behave this way. I think taking onboard your suggestion **to step away a little** feels the most comfortable. In fact, I've been ok with having no contact with this person for a couple of years now. A blessed relief to be honest and time enough for them to realise **I've moved on** in that regard. Gut instinct is fantastic and I sensed I would be met with hostility if I confronted their behaviour so didn't venture there. I reckon if people are capable in the first instance to act in these ways, why on earth would they suddenly be rational?!

I will have-to wait and see what happens when I become less available to the rest of the friends who choose to stay involved. Like you said they may follow or I may lose them but at least I keep my identity and self-respect.

Thanks again for your input on this, much appreciated.

1. To remove me from their deranged picture (RELATIONSHIP IS PICTURE)
2. To step away a little (RELATIONSHIP IS SPACE)

34. www.problempages.co.uk
by [rufio89](#) » Tue Aug 14, 2012 4:50 pm

Hello,

I just wanted to get a view different viewpoints on something, if possible.

I am currently living with a guy who needed a room when I had a room spare. He is a friend of one of my old housemates. He's a really lovely guy and I know he means well, but try as I might, I just don't really like him. He's messy and he's loud (not loud music or anything just generally loud in how he does things, he clatters...) and he just somehow seems to take up a lot of space. I'm really not happy living with him and I've started avoiding being at home and going straight to my room when I do. The situation is liveable for now, but it's not ideal and I don't see it improving.

We rent the flat and pay rent equally, but because I moved in there on my own several months before he moved in, I paid the whole deposit and all of the communal furniture (sofa, tv, shelves etc) are mine, as well as ALL of the kitchen stuff (right down to plates and cutlery). Because he's a joint tenant, I can't very well ask him to leave, but because everything in the flat is mine, if I leave, then he will effectively have to move too.

One of my close friends moved away at the beginning of the year, but announced a couple of months ago that he was moving back to Nottingham in November and he asked me if I, along with a mutual friend, would like to move in together when he gets back and the three of us agreed that this was a brilliant idea. However, over the past week or so, it's come to light that he actually is probably not going to move back to Nottingham after all, which scuppers my moving plans. I had been holding out with November in mind.

Today I've been talking to the OTHER guy we were going to live with and he suggested the two of us get a place together. We get on well and he's clean and tidy etc, but this is my concern and this is where I need to get other people's opinions or not, I don't know if I'm being silly.

I've known this guy since I was 16 and he was about 20. When we first met I had a HUGE crush on him but he sort of abused that, we dated a little bit and he basically duped me into sleeping with him. I was young and naive and utterly heartbroken and I didn't speak to him for a couple of years. However, after a couple of years I was 'forced' to speak to him at some social gatherings with the mutual friend and he came to me and apologised for how he treated me and that I didn't deserve it. **I was over it** by then, so I said not to worry about it and we've been friends ever since (about 5 years now) with no apparent residual feelings and no incident. I feel a bit silly even writing this because there are too many 'what if' factors in it, but I was just thinking - I'm single at the moment, but if I were to meet someone and it came up that I'd slept with my housemate, do you think this would cause problems? Is that something that my boyfriends (or his girlfriends) could legitimately get upset about?

Did not find relevant metaphors?

35. www.problempages.co.uk
by [rufio89](#) » Wed Aug 15, 2012 3:35 pm

Hello,

The history part of it as far as it goes between the two of us, I'm not concerned about at ALL. We had a few-week fling 7 years ago, and have been firm friends with no romantic confusion or anything for the last 5 years - we've even set each up with friends, there's certainly no romantic feeling on either side, I don't think **it would get messy** between the two of us. My only concern, as I said in the post, is if other parties are involved - girlfriends or boyfriends. I know I can get jealous quite easily when I have a boyfriend, but I've been single for a while and I'm struggling **to put myself in the position** of a girlfriend/boyfriend of one of us.

I don't have anyone more 'neutral' to live with, that's the problem. He's the only one of my friends that is looking for somewhere to live, and to be honest, one of the few of them that I think **I could stand to** live with. I absolutely do not want to live with someone I'm not friends with ever again, I've done it a number of times now, including this one, and it's not worked out for me on any of them. I've been so jealous of people living with their good friends lately, because I've never done that, and this is my opportunity.

I know my current housemate could be a lot worse, but **I really just can't stand him**. **He makes my skin crawl just being near him**, and even though it's not his fault, I just can't even stand being in the flat when he's home. I looked through my diary and I haven't spent a single evening at home in the last 3 weeks because I've been avoiding him. I don't know what it is about him.

Belbel - I've tried talking to him, but the problem is, he's not being deliberately or even consciously noisy - as I said, he's not playing loud music or anything it's just the way he goes about things that is loud, and that's harder to control. Also, he's in a

band and he's the singer and he's constantly singing and I really really hate the music and his singing voice so even if he's quiet, it's seriously like nails down a blackboard for me

I cant really afford to live on my own, that's the reason I got a housemate in the first place - I also really like the idea at the moment of living with people I actually care about.

I know I sound utterly ridiculous and unreasonable, but I think I'm just feeling a bit stroppy about the situation.

Do people think it would be something that would cause problems within other relationships though - if I met someone I would be upfront about the situation. He's certainly not a threat to them so they'd have no reason to be jealous, but I understand that that is not how jealousy works... arrghhh

Did not find any relevant metaphors?

Appendix 2

The original forum entries with marked metaphorical expressions in Lithuanian.

1. www.vaikulinija.lt

rugs. 15, 2015 15:03:18

ArijaPasiilgau

Sveiki. Ar žinot tokį dalyką, kai nepažįstami kvietinėja tave į draugus? Tai mane į facebooką pakvietė toks senelis..Aš jį priėmiau, dar nelabai žinojau apie tokius kvietimus.. Tai užėjau šiek tiek vėliau pas jį į profilį, ir nustebau - jis prisikvietęs labai daug tokių mergaičių kaip aš ir dar kažkokių merginų su seksualiom profilio nuotraukom.. Aš labai labai išsigandau

Šiek tiek vėliau aš žiūrindavau video apie patyčias internete, tiesiog man buvo įdomu, kaip paskiau elgtis reikėtų. Tai ne už ilgo mane pakvietė dar kažkoks indas.. **man tiesiog pradeda drebėti širdis**.. gal žinot, kaip išvengti kokių nors susitikimų su dėdėm? nes aš pastebėjau, kad daugelis tokių vyresnių vyrų į mane žiūri.. Mano draugė buvo vijęsis kažkoks nepažįstamas, tai **man labai širdis spurda**

1. Man tiesiog pradeda drebėti širdis
Emotional state manifests itself by moving a body part or, literally, the heart starts to beat faster physically because of the emotional state, so, it may not be a metaphor
2. Man labai širdis spurda
Same as above

2. www.vaikulinija.lt

lapkr. 26, 2015 20:30:18

pearlharboras

Gal galit kas padėt? Negaliu daugiau **visko laikyti savyje**. Mano tėvai jau kaip 4 metai issiskyre, 3 metus gyvenu su pamote ir jos dukromis. Mama yra pasakiusi, kad nekenčia manes ir gailisi kad gimde. Tetis nekreipia į mane demesio viska daro kad tik **sulyst pamotei į subinę**. Kai atsikeliu rytais iškarta girdžiu įvairiapusius priekaištus, kad kai taves nera, nebuvo yra viskas gerai mat pamotei **as griauņu gyvenima**, žinoma prieš teti taip nesielgia as su broliu atliekame svarbiausius darbus namie, o jos dukros tik sedi ir apsimetinėja, kad blogai jaučias, bet kiekviena diena negali juk buti blogai, pas drauges vazineti, vaikščiotis tai tada viskas OK, o namuose nepadeda. O dar mokykloje man visiškai nesiseka Tyčiojasi is manes del mano mamos, del mano praeities, del įvairiausių smulkmenų ir as esu labai pasimetęs nežinau ka daryti. Visur blogai, o gyventi taip tikrai nera lengva negali susikaupt mokslams, o egzaminai jau nebetoli // Patarkit ka daryt?

1. Visko laikyti savyje (EMOTIONS ARE SUBSTANCE IN A CONTAINER)
Container metaphor
2. Sulyst pamotei į subinę
Not an emotions/feelings metaphor?
3. Aš griauņu gyvenimą (LIFE IS AN OBJECT/A BUILDING)
Objectifying metaphor

3. www.vaikulinija.lt

liep. 9, 2016 10:23:23

Moksluoke123

Aš tai pat pykstuosi su tėvais ,kaip štai ir vakar buvo pas mus karusėlės ji dave man 15eurų ir pasake eik į karuseles. Na ir ka pareinu iš karusėlių ir mam sako duok gražą aš atidaviau jai 1eurą nes tiek tebuvo like tai ji sako kur padejai dar 5eurus o aš ėjau į tris karuseles tad nes tirk ji buvo man daviusi pinigų ant trejų karusėlių . Aš sakiau kad tiek man beliko o ji išvadino mmanę išvadino dura ir t.t po to išėjau į savo kambarį apsiaverkus trenkiau durimis. O ji tik ta minute ir pasiimė telefoną ir pradėjo skambinti tėčiui močiutei savo sėsei draugėms ir pasakoti apie mane pradėjo ji nemoka **laikyti paslapčių** , nuolat viską išpasakoja , dabar ir šendien atsikeliau ir pradėjo rėkti ant manes kaip galejai išleisti pinigus jug pusbrolis butų ėjas , o pusbroliui 17metu ir jis negali savų pinigų užsidirbti aš nesuprantu ???? Mano pusbrolis išlepes viską nori turi ko tik užsigėidžia nuperka, jis dar primelavo mano mami kad aš po tipo rukau ir

t.t jis 3savaites pas mus svečiuojasi tai labai nervina. Mam patiki jo kiekvienu žodžiu. ...

Kartais pagalvoju kam aš iš vis reikalinga šeme gyvenime??

1. Laikyti paslapčių
Not an emotions/feelings metaphor?

4. www.vaikulinija.lt

liep. 9, 2016 14:50:39

viktorijap

Tu tikrai reikalinga šiame gyvenime. Patikėk manimi... Be to ar rūkai ar ne galima labai lengvai patikrinti (jei tavo mama taip jau netiki, tavimi...) Kai kurių mokyklų seselės turi tokius aparatus, kurie tai patikrina, ten ir rodo jei bandei rūkyti... Juk tu nerūkai? Taip Aš tavimi tikiuGalbūt tiesiog tavo mama nežino, kaip atskirti rūkantį žmogų nuo nerūkančio? O tai juk labai paprasta... Aišku savaime rūkantį žmogų yra lengviausia atskirti iš nemalonaus kvapo, jų dantys būna pageltę (bet tai gali būti ir vartotų vaistų poveikis ar apsileidimo pasėkmės), juos **kankina dusulys**, nes cigaretėse esanti derva (smala) nusėda ant kvėpavimo takų ir sukelia įvairias kvėpavimo sistemos ligas (bet kai kurie žmonės paveldi kvėpavimo bei kitų organų sistemų ligas iš giminių, pvz.: astma), rūkantieji sensta greičiau, greičiau **uždūsta sportuodami** (bet tai gali būti dėlto, kad mažai sportuoja) Be to visiškai nesamone, kai bando patikrinti ar rūko ar ne pučiant balioną, nes rūkantys klasiškai juos vis tiek pripučia, bet sunkiau ir ilgiau užtrunka.

Ar mama turi kokių įrodymų, kad tu rūkai??? Jei neturi, tai Ar gali ji tave už nieką bausti? Brolio žodžiai nėra įrodymas... negražiai jis elgiasi... Sėkmės tau, laikykisPrisimink, kad visada yra bent vienas žmogus, kuriam TU RŪPI

1. Kankina dusulys
Not an emotions/feelings metaphor?
2. Uždūsta sportuodami
Nota n emotions/feelings metaphor?

5. www.vaikulinija.lt

birž. 24, 2016 21:16:36

Vifrixx

Sveiki, turiu gan didelę bėdą dėl savo tėvų... Pradėsiu nuo to, kad gimiau senamadiškoj šeimoj..

Gimus tėvai norėjo **duoti man vardą** Stasė arba Ona, tačiau dabar turėčiau dėkoti savo vyresniajai sėsei (tuo met jai buvo 10metų) ji labai norėjo mane pavadinti vienu vardu (nenoriu skelbti savo vardo). Augdama man nerupėjo mano apranga, namai ir visokie tokie dalykai. Tačiau pradėjus lankyti pradinę oamačiau, kad su mano šeima kažkas ne taip.. Kitų vaikų tėvai buvo linksmi, pačių vaikų aprangos tvarkingos, gražios.. Aš atrodžiau ne kaip. Atrodžiau lyg iš praeito amžiaus arba "ruso laikų". Kaip supratot, **mano tėvai užsilike praeitam amžiuje**. Dabar net neturėčiau telefono (net mygtukinio telefono) jeigu ne mano sėse.. Taipogi, mama man pati perka rūbus kurie tikrai atrodo ne kaip.. Ačiū Dievui mes su draugėmis susitarusios kad iš ryto (kai reikia į mokyklą) užsukčiau pas jas ir apsirengčiau kaip žmogus.. Mano namai atrodo tikrai ne kaip, prašiau tėvų, kad galėčiau padėkoti ir padaryti labiau šiuolaikiškus, tačiau jie atsisako sakdami kad taip subjaurosiu namus. Tėvai sako, kad dabartine karta visiškai nieko nesupranta ir iššauks atsiprašant durniai... Kadangi mano sėse jau turi savo nuosavus namus abi galvojam, **kad persikelčiau pas ją**. Tėvai visiškai manęs nesiklauso kai kalbu kad noriu pirktis pati rūbus ir t.t. Tiesiog kai noriu abie visai tai pakalbėt savo nusišneku ir žodžiu.. Kaip manot ar gerai būtų **persikelti pas sėse**?

1. Duoti man vardą
Not an emotions/feelings metaphor?
2. Mano tėvai užsilikę praeitam amžiu
Not an emotions/feelings metaphor?
3. Kad persikelčiau pas ją
Not an emotions/feelings metaphor?
4. Persikelti pas sėse
Not an emotions/feelings metaphor?

6. **www.vaikulinija.lt**

kov. 8, 2016 00:07:35

pearlharboras

Sveiki!

Siandien diena patyriau kritiska situacija ir nebezinau kaip elktis ir ka daryt. Siandien kaip visada sestadieni as uzsiemu siuvimu, nes man labai patinka siuti, o visu situ rupinuosi tik as viena, kol pamote isvikus. Mano isesere su savo vaikinu uzejo i kambari kur as darbavausi pirma i tai nekreipiau demesio, visgi gerai su jais sutariau. Ir mano iseseres vaikas man pradejo aiskint kad as ne taip daru kad viska reikia daryt kitaip, kad tu nieko neismanai, o man labai nepatinka kai man aiskina ir as ant jo pradejau saukt jis nutilo prie manes priejo isesere ir trenke is visu jegu per veida tada as nutilau jie isejo is kambario, as uzsirakinau pradejau verkt ir drebet man netai kad skaudejo, bet pykau. As visada su jais gerai sutariau, jei negivenciau su jais gal nieko blogo ir nebutu tiesiog nebebendrauciau, o dabar net neisivaizduoju ka daryt as uz tokius poelgius negaliu jei tiesiog atleist ir apsimest, kad nieko neivyko..... As visada is ju puses patirdavau smurta, patycias ir ivairias apkalbas, bet i visa tai nekreipdavau demesio nes tiesiog norejau palaikyti draugiskus santykius. Nebezinau ka daryti

Did not find any metaphors?

7. **www.vaikulinija.lt**

gruod. 14, 2016 18:47:47

Godurita

Sveiki!

Labas rašau pirmą kartą tačiau mano tėvai yra išsiskyrę gyvenu su mama,močiute,seneliu,broliu labai greitai mano gimtadienis ir mano tėtis jį norėtų švesti anksčiau,nes jis išskrenda ,buvau viską susitariusi ,bet mama staiga pradėjo rėkauti ant manęs. Ji ryte paklausė mano brolio ar nori valgyti jis sakė ,kad ne tada aš pasakiau ,kad aš noriu valgyti jos atsakymas buvo eik pas tėvą. Paskui ji sakė eik gyvenk pas tėvą, tégul tau tėvas perka valgyt ir drabužius. Paskui aš ėjau rengtis į mokyklą ir apsirengiau tėčio nupirktus drabužius ,kad mama nerėktu. O kai rengiaus lauko drabužius tada man močiutė atnešė džinsus ir paprašė ,kad apsirenkčiau aš juos jau moviaus kol staiga mama pasakė greitai renkis džinsus aš jau rengiaus ji nematė. Paskui aš išėjau į lauką ir laukiau kol senelis išves mašiną. Kol buvau lauke mano mama rėkė namuose ,bet aš išėjau iš namų ir pagalvojau ,kad netai svarbiausia svarbiausia dabar gati iš pusmečio 10. Atsiprašau ,kad galbūt parašiau su klaidom tiesiog labai skubu. Labai prašau jūsų pagalbos,patarimų iki!

Did not find any metaphors?

8. **www.vaikulinija.lt**

gruod. 1, 2016 19:30:55

Niekamnereikalinga

Sveiki!

Gyvenu su mama... Ir tai labai blogai,nes su tėčiu nelabai susitinku,ta prasme mano tėvai išsiskyrę... Tėtis turi savąją šeimą,ir jis laimingas. O man su mama baisu... Tiesiog,neina žodžiais apsakyti... Turiu sese,ji tokia karštinga,nes skaitykim per ją ir nesutariu su mama. Ji visur kišasi,kad tik su mama susipykčiau,o kiek mamai aiškinu,ji nesupranta... Ir dabar tiek **problemų prisidariau**... Su policija,su mokyklos socialine, su mama... Nes aš lieku visiškai pamirštas žmogus šeimoj. Mama ant manęs tik šaukia,keikia,ir gina tik sesę. O patėvis mane užstoja žinoma,nes jis visada girdi ką aš sesei sakau ir kaip,nes ji dažniausiai meluoja kad ją iškolioju,ir mama patiki. Tada visa gerkle šaukia ant manęs,ir man temperatūra ir spaudimas pakyla... Atrodo,kad nebemyliu mamos... Žinau,keista... Bet taip jau yra... Bent aš jei jau nieko nebejaučiu... Tai normalu?

1. Ji visur kišasi
Not an emotions/feelings metaphor?
2. Problemų prisidariau
Not an emotions/feelings metaphor?

9. **www.vaikulinija.lt**
rugpj. 13, 2016 17:17:33
JustADream

Sveiki,

Mano šeimos didžiausia problema yra alkoholis. Iš pradžių daug gėrė tėvas, o mama silpniau-dabar abu geria daug... jie visada sako, kad nėra pinigų nors pinigų yra, bet jie viską prageria.. išgėrę jie **puola į konfliktus** ir būna viena laimė jei jie nesusimuša;| aš pavargau šitaip gyventi.. šiandien jie sugalvojo kieme šašlykų išsikepti na gerai kodėlgi ne? Atėjus pamačiau kad jau geria po 1 skardinę pagalvojau vis ne buteliai dėja aš klydau po kiek laiko pamačiau kartoninėj dėžei dar daugiau skardinių ir nežinau kas buvo bet staigiai širdi suspaudė ir akyse pasirodė pirmosios ašaros, ir staigiai nusukau galvą į šoną kad nematyti.. su jais pradėjau elgtis šiurkščiai visai taip kaip jaučiuosi.. nežinau ką daryti? **Tikėtis kad viskas pasibaigs?**

Ačiū kas atrašys.

1. Puola į konfliktus
CONFLICT IS A PLACE/CONTAINER
Relationship metaphor, place metaphor

10. **www.vaikulinija.lt**
rugs. 1, 2016 15:32:56
Pseudonimas

Sveiki,

Sveiki pastaruoju metu mano tetis muša mamą. Jis pastoviai piktas Visad ytempa kai jis namie Su mama jo bijom mums neuztenka ant maisto tetis duoda mamai permazai o pats skrenda zvejot ir kaska daryt irbas itariu kad jis turi kita zmona mama pradejo ieskotis darbo kad galetume gyventi nes as turiu 100euru tai mama pasiskolina nes neuzteko ant maisto tai prasau padekit (Atsiprasau del klaidu rasau per telefona)

Ir tetis pastoviai pikts viskas turi but pagal ji jei jis linkmas visi turi but linksmi o tai buna retai ir jei buna tai trumpam ir bijom kad kaskam jam nepatiks tai.. Tai bandau pasilikti pas klasiokus pusbroli nes **norisi ta teti ismest uz atlanto**

1. Norisi tą tėtį išmest už Atlanto (PERSON IS AN OBJECT)
Objectifying metaphor, not a literal emotion metaphor, however, it hides anger in itself

11. **www.vaikulinija.lt**
rugpj. 22, 2016 21:23:02
dovidas147

Sveiki,

Sveiki, mano vardas Dovidas (su i trumpąją), Mano Tėvas su broliu dirbo norvegijoje, bei tėvas kol kas išlaiko Šeimą mama nedirba. Problema yra tame kad mano Tėvas **prikaišo mano mamai** kad ji nedirba ir vaidina savę didvyriu kad dirba ir uždirba, O mama ne. Mama dirbtų bet Tėvas liepė jai nedirbti, Mano brolis pritaria tėvui ir ją spaudžia. Aišku man nepatinka kad jis vaidina ereliu ir pradėdų ją ginti, Aš esu jautrus, bet taip negalima elgtis su žmonėmis, Sako kad viską jis nupirko. Kaip tik grįžta iš kokios komandiruotės visada nuo to pirma diena prasideda atsibodo kentėti man, aš juos bandaus visaip raminti bet jie vistiek pjaunasi kaip katė ir šuo. **Aš tiesiog neatlaikau**, nes man nemalonu kaip aš viską girdžiu, bei matau kaip mama verkia . Jei nori gauti pinigų turi pasakyti kam leisi ir parodyti čekį per skype ką pirka kaip jis būna norvegijoje, Mano brolis gina Tėvą, o Aš mamą, Męs su mama esame to pačio charakterio, o Tėvas su broliu Savo charakteriu. Taspats būna ir **su broliu pjaunamės taip pat dėl visokių menkniekių**, jis mane erzina o aš ginuosi.. man labai nepatinka, patarkit man ką daryti viską išbandžiau sako - nesikišk čia mūsų reikalas. Tėvas bei brolis **prikaišo giminaičius** kad jie pakeičia mūsų požiūrį į jų tikslą - auginti braškes lietuvoje. Bet męs nepritariame nes manome kad tai yra ne mums, dar kol kas nes męs neturime tiek daug pinigų kad galėtumėme tokį verslą leisti. O jie sako kad mamos mama bei mamos kiti giminaičiai sako kad jie nepritaria. Męs patys nusprendėm o ne jie už mus. Padėkit ką sakyti ką daryti atsibodo taip neturėtų gyventi šeima.

1. Išlaiko šeimą

- Not an emotions/feelings metaphor?
2. Prikaišo mano mamai
Not an emotions/feelings metaphor?
 3. Aš tiesiog neatlaikau (EMOTIONS ARE SUBSTANCE IN A CONTAINER)
Container metaphor
 4. Su broliu pjaunamės taip pat dėl visokių menkniekių?

More likely, an elliptical simile?

4. Prikaišo giminaičius
Not an emotions/feelings metaphor?

12. www.vaikulinija.lt
rugpj. 23, 2016 20:03:24
Rusnia5

Sveiki,

Turiu vieną klausimą. Ar tavo tetis buvo seniau toks pat ? Jis geria, ruko, gere, ruke ?

Kai tetis ir brolis gris namo, tu susitik su teciu ir jam sakyk:

- Zinai... Nemaniau, kad tu gali būti toks ziaurus.... Noreciau, kad tu pasikeistum.... ir tada nueik, jeigu tavo brolis viska gerdejo, pro sali praeik ir sakyk: Tu irgi. O jeigu jo nebuvo ten, tai tu jam atskirai viska pasakyk.

As irgi esu jautri, labai jautri, verkiu del menkniekiu.

Kazkada jeigu girdesi kad i tavo kambari ateina tetis arba brolis, tu paniurnek:

- As nebusiu toks, koks yra mano tevas ir brolis. As busiu geresnis, **busiu geroje puseje**, su mama.

Zinok mano pasiulymai labai lievi, sorry . Beje, gal noretum pabendrauti ? Man 13 metu, o kiek tau ?

Galetum daugiau papasakoti apie savo seima ?

1. Būsiu geroje pusėje

Not an emotions/feelings metaphor?

13. www.vaikulinija.lt
birž. 18, 2016 23:27:10
Orbita300

Sveiki,

Iš šono pažiūrėjus gyvenu įprastoje šeimoje, tačiau niekas nežino kas vyksta išties.. Visi draugai pavydi mano gyvenimo, nes jie nežino kas vyksta... Mano jog jei esi gražus žmogus, puikiai bendrauji, kiekvienas berniukas mane ismyli tai yra puikus gyvenimas ir tai yra didžiausias gyvenimo džiaugsmas.. tačiau ne, man džiaugsmas yra matyti laiminga mamą.. Iš manęs galėtų atimti viską, net gyvybę, kad ji būtų laiminga... Nuo pat mažens namuose regiu smurtą prieš savo mamą.. **Man skauda** kai skauda jai.. Bandžiau pjaustyti, kad sumažinčiau stresą. Tačiau tai padėdavo tik kelioms akimirkoms.. (Na bent padėdavo). Vieną sykį pasipasakojau savo geriausiai draugei kas vyksta mano namuose ir jad bandžiau pjaustyti.. **Ji puolė į isteriją**. Ir nuo tos dienos mes begalo mažai bendravome, ji pradėjo manęs vengti.. po kiek laiko sužinojau, kad ji turi geresnę draugę už mane (suprantu ją ir kiekvieną jos sprendimą). Tada aš pradėjau vengti visų, nebebuvo tokia kokia buvau visada.. Ir susitaukiau su ta mintimi, kad viskas baigta..

Birželio 30d. bus mano tėvo gimtadienis (50 metų) na, o kaip gimtadienis be alkoholio? Jis išgėres palieka begalo agresyvus, o aš bijau.. nežinau kaip sutrūgdyti gimtadieni.. gal kažkas žino kokių būdų? Arba kaip pakliūti į ligoninę? (bent nematyčiau, kaip jis geria, o mama manau praleistų laiką su manimi.. kadangi turiu širdies ir svorio (anoreksija) problemų).

Prašau padėkit man.. aš nebegaliu.. pavargau.. aš noriu, kad visa tai kadanors baigtųsi....

1. Iš šono pažiūrėjus
Not an emotions/feelings metaphor?
2. Gyvenu įprastoje šeimoje
Not an emotions/feelings metaphor?
3. Man skauda (EMOTIONAL STATE IS PHYSICAL FEELING)
4. Ji puolė į isteriją (EMOTIONAL STATE IS A CONTAINER)

14. www.vaikulinija.lt

geg. 17, 2015 13:34:56

Saamaantaa

Labas! Žinot, aš irgi dažnai pykdavausi su mama. Dėl visko! Ji kiekvieną kartą rasdavo dėl ko **prie manęs prisikabinti**. Ilgai kentėjau, nes mama- perfekcionistė. Kas nežino kas tai- nesveikas tobulybės siekimas. Mama norėjo, kad aš kiekviename žingsnyje būčiau tobula. O juk tai neįmanoma... Tiesiog neįmanoma... Bet dabar AŠ LAIMINGA! Reikėjo daug pastangų, palaikymo, didelės valios ir jėgų **nueiti sunkų kelią** ir pagaliau tapti laimingai. Aš tikiu, kad ir jūsų pykčiai vieną dieną baigsis. Patikėkit ir jūs. Vienintelis patarimas nuo manęs- darykit taip, kaip aš! Kalbėkit su mama, jokia būdu jai nepriekaištaukit, švelniai bandykite jai įrodyti, kad jūs myli ją, nenorit pyktis... VISKAS SUSITVARKYS. PAMATYSIT! Aš įveikiau pykčius su mama- įveiksit ir jūs! STIPRYBĖS! <3

1. Prie manęs prisikabinti
Not an emotions/feelings metaphor?
2. Nueiti sunkų kelią (PROGRESS IS A JOURNEY)
Journey metaphor

15. www.vaikulinija.lt

vas. 9, 2016 09:50:32

UnicornN69Neringa

Sveiki... Taigi prašau jūsų pagalbos, gal ir jūs esate susidūrę su tuo...

Nuo pat mažens mano vyresnysis brolis iš manęs tyčiojosi ir mušė, net palikdavo mėlynių, prie to prisidėdavo ir mano sesuo. Mano tėvai to lyg ir nepastebėdavo, o aš bijodavau pasisakyti, nes mano brolis man grasindavo. Visada laukdavau kada jie išeis su draugais, kad galėčiau likti viena ir su niekuo nebendrauti. Mokykloje nenorėdavau su niekuo kalbėti apie tai kas vykdavo. Jei kas mane pakviesdavo po pamokų pažaisti, atsisakydavau, nes bijodavau savo brolio. Jis supykdamo jei negrįždavau namo ir nesutvarkydavau kambarių. Mano močiutė mirė ir ji buvo vienintelė, kuri **mane palaikydavo**, taigi atrodė, kad praradau viską. Kelis kartus bandžiau nusižudyti bet išsigąsdavau. Kai mes persikraustėm, viskas pasidarė dar blogiau. Tada man jau buvo 12/13 metų. Vieną kartą gerai nesutvarkiau namų, taigi mano brolis mane įvarė į tamsų sandėliuką, kuris yra name ir **laikė mane** kelias valandas. Telefoną turėjau su savimi bet mamai ar tėčiui neskambinau, nes žinojau pasėkmes. Mano sesuo po kelių metų apsigyveno pas savo vaikina, todėl mano brolis **nebejaudė ribų**. Vieną kartą jis mane sumušė taip kad ant šono buvo mėlynė ir ant galvos gumbas. Mama nepastebėjo, aš jai niekada nerūpėjau. Tada pradėjau nekęsti savęs. Klasiškai pradėjo juoktis iš mano ūgio (esu labai žema...) ir svorio. Pradėjau **numetinėti svorį**. Laikiausi dietų, o jei suvalgydavau kažko eidavau į tualetą išsivemti. Jaučiausi kaip nevykėlė ir bjaurybė. Vis pažvelgdama į veidrodį pastebėdavau savo trūkumą ar kitoki kompleksą. Dabar man 15 metų. Kelis kartus **mane apėdė depresija** ir noras **numesti svorio**, noras pjaustyti. Bandžiau apie tai kalbėti su mama bet ji niekada manęs nesiklauso. Niekada nekalbėjau su psichologu ar kitu žmogumi. Nepasitikiu kitais, nes žinau, kad jie nesupras... bet čia norėjau tai išbandyti, nes jūs nepažystate manęs ir nežinote kaip atrodau, todėl jaučiuosi geriau.

Gal kas patarsite?

All not emotion metaphors?

16. www.vaikulinija.lt

vas. 13, 2016 01:12:34

g.pask

Sveika, suprantu kaip jautiesi, nes mane brolis taip pat mušdavo, ir ypač tai dar skaudžiau kai nereaguoja joks kitas artimas žmogus. Tačiau tau jau 15 ir manau tu puikiai supranti jog brolis buvo neteisus mušdamas tave. Privalai mylėt save kokia bebūtum, nes tokios pat kaip tu nėra. Tu unikali. Mylėk savo kūną - maitink jį sveiku maistu, sportuok, stiprink jį. O mama, na jai tiesiog neduotas motiniškas instinktas suprasti savo vaiką. Bet tai nieko baisaus, įsivaizduok jog jos nėra, ji tik praeivis tavo gyvenime. Aišku tai skaudu, bet nemanau kad įmanoma priversti mamą Tave išgirsti ir suprasti. Bet taip pat mylėk savo mamą, nes ji tokia - viena, ir ji Tavo. Dar grįžtant prie kūno, labai padeda toks dalykas kaip kiekvieną rytą, vakarą atsistojimas prieš veidrodį ir sakymas sau „tu graži, tu stipri, aš Tave myliu“, taip tu įgausi pasitikėjimo, kartu su sportu pavyks ir sureguliuoti svorį. Aišku tai neįvyks staiga ir greitai, tačiau palaipsniui tu gali pasiekti labai daug! Kaip gera kai čia ateina žmonės ieškoti pagalbos, o ne užsisklęsti savyje ar žudyti. Stiprybės!

1. Užsisklęsti savyje (EMOTIONAL STATE IS A SUBSTANCE IN A HOUSE/BUILDING)

17. www.vaikulinija.lt

liep. 26, 2015 22:31:19

Lukas502

Labą dieną. Aš esu Lukas man yra 15 metų. Turiu brolių kuriam 10. Mama gyvena su savo sugyventiniu kuris yra mano brolio tėtis. Mano tėtis pats nežinau kur. Klausimas toks ar gali būti kad mama mane myli mažiau bei brolių? Visi su kuriais kalbėjau sako kad man taip tik atrodo. Bet pavyzdžiui vakar brolis į šaldytuvą krovė pirkinius, o aš tuo metu norėjau pažiūrėti kas šaldytuve o jis pradėjo stumdytis ir rėkti neva aš jam trukdau. Aš jį irgi pastūmiau tada jis pradėjo mane trankyti, aš susiriečiau į kamuoliuką ir kentėjau, nes žinojau jog jeigu ką nors jam padarysiu tada gausiu nuo patėvio. Ir tuo metu šuo broliui įkando. Vakare tėtė pamatęs, kad brolio koja perkasta paklausė kas buvo ir brolis papasakojo kaip viskas buvo. Tada patėvis supyko ant manęs ir su medine pjaustymo lentute pradėjo man trankyti per galva kol galiausiai lenta sulūžo. Ar aš tik įsivaizduoju ar tikrai tėvai labiau myli jaunėlių?

Did not find any metaphors?

18. www.vaikulinija.lt

geg. 19, 2014 12:13:01

Mažvydas

Turiu šokią tokią problemą - dėl tėvų. Mano tėvai susituokę, bet dabar negyvena kartu. Prieš kokius 5-6 metus, tėtis susipažino (na neįsimylėjo, tik susibičiuliavo) su kita moterimi. Dėl to mano mama ant jo užpyko ir išmetė iš namų. Dabar jis gyvena atskirai. Kartais 1-2 sykius per mėnesį susitinku su tėčiu. Mama galvoja apie skyrybas, nors ji sako, kad su tėčiu dar susitiksiu. Bet tėtis paaiškino, kad mama nori su juo skirtis tik dėl to, kad jam nereikėtų mokėti pinigų, ir kad su juo daugiau nesusitiksiu. Bet aš vis sutrukdau tėvams išsiskirti. Aš labai myliu mamą, bet tėčio irgi noriu, nes aš jį irgi labai myliu. Tėtis sako, kad jei turėtų daugiau laiko, tai daugiau būtų su manimi. Aš noriu juos sutaisyti, kadangi kiekvieną vakarą aš verkiu. Mama buvo nuvedus pas gydytoją, ir jis pasakė, kad tai susiję ne su ligomis ar pan., bet su šeimos problemomis. Kaip man juos sutaisyti, nes man jau darosi sunku.

1. Man jau darosi sunku (EMOTIONS ARE A (HEAVY) OBJECT / EMOTIONS ARE SUBSTANCE IN A CONTAINER)

19. www.vaikulinija.lt

rugpj. 18, 2012 02:23:10

nesamone

sveiki, kai buvau mazyte turejau normalia seima, teti ir mama. Bet kai buvau 4 metu jis muse mama. ir jie issiskyre. Man buvo neskaudu kai tecio nebuvo salia nes tada nesupratau kas iviko. Po kurio laiko persikraustem is viniaus i kaima pas senelius. gyvenom gerai. kai mama susipažino su vienu vyriskiu. nuo jo pastojo, ir susituoke. jis buvo labai blogas nes kai

mamos nebudavo namuose jis priekabevo. nekarta buvau trenkius jam i galva uz tai. bet tai dabar nesvarbu. Kai sukako man 15 metu mano svajone buvo sulaukt 18 metu ir nuvaziuot pas teveli i svecius. pasikalbet su juo, pabendraut, susidraugaut. bet viena diena atejo pas mane mociute ir pranese kad tetis mire. jis buvo skolingas daug pinigų ir uz tai ji sumuse ir jis mire ligoninej. tada negalejau tuo patiket, norejau nors po tiek laiko nuvaziuot i laidotuves bet mama neleido. dabar supratau kaip man jo truksta... mamai as nereikalinga nes ji turi savo suneli, su ja net negyvenu. gyvenu su seneliais, bet ir cia esu nereikalinga, labai gerai sutariu tik su seneliu o su mociute ne. tikiuosi nors ateityje busiu laiminga, nes vaikiste pas mane nekokia...

Did not find any metaphors?

20. www.vaikulinija.lt

bal. 29, 2014 19:41:13

Lukas2002

Turėjau senele su seneliu , važiuodavau vasara pas juos į kaimą (Navikai) ir jie mane beprotiški mylėjo , o senelei kažkas pasidarė ir jai pasidarė INCULTAS (Smegenų infarktas) ji gulėjo , keistai kalbėjo , buvo veido paralyžius , ji mane beproto mylėjo , ir atėjo diena Sausio 13 o oji per laisvės gynėjų dieną ((Skambina ryte tėtis visas verkdamas iš ligoninės :

- Nu viskas babos nėra

Mama gavo didžiausią liūdėsio šoką ir man pasakė :

- Eik pabūk dvi pamokas ir važiuojam laidoti

Aš apsiverkiau

Išvažiuom pabuvom palaidojom (nu paruošė laidoti)

Senelis buvo depresioj

Tada vasarą senelis ėjo į komandiruotę , jam buvo aštuonesdešimt aštuoni ir beto jis buvo laikraštį daug kartų ėjo ir susilaužė šlaunikaulį išvežė į Visagino ligoninę nes mūsų miestas buvo Ignalina o jo kaimas buvo rajone Navikuose ir išvežė , tada paguldė operuoti , buvo viskas gerai , ir dar galėjo būti geriau jei dar būtų gyvas , nes kai išoperavo , blogai atsakė inkstai , šlapinosi krauju , nu ir atėjo juodžiausia diena , ateinu iš muzikos mokyklos nusikalęs iki pamatų mamos klausiu:

- Mama kur eisim

Mamos lūpos suvirpčioja ir sako :

- Senelis (mes sakydavom baba ir diedas) mirė

Aš pradėjau isterikuoti

tėtis jį parsivežė iš lavoninės už dviejų valandų , buvo šešios vakaro ir išvažiuom (((((((((((((((((((((((((((((((((((:'(

Padėkit aš noriu nusižūdyti kad galėčiau su jais pabūti

Ačiū

1. Mama gavo didžiausią liūdėsio šoką (EMOTION IS AN OBJECT) objectifying metaphor
2. Atėjo juodžiausia diena (SADNESS IS BLACK) color metaphor

21. www.draugas.lt

2014.03.24 11:13

aras28

Labas visiems. Papuočiau i labai nemalonią situaciją, išlindo mano merginos(dabar jau sužadėtinė) praeitis, apie kuria as nieko nežinojau. Mudu kartu esame 6 metai ir rudeni ruosiamės vestuvėms. Kai susipažinom jai buvo 19 metų o man 22. Ji man sakė, kad aš jai esu aplanai tik antras vaikinass o su buvusiu ji baplamai tedraugavo 4 mėnesius ir ti su juo pirmą karą pasmylėjo. Prieš dvi savaites tvarkiau namuose spintą ir radau nematytą dėžute. Joje radau nuotraukų kurių nebuva matęs. Ten buvo jos su kažkokiais 4 skirtingais vaikinais nuotraukos. Iš nuotraukų turinio tikrai nepasakyčiau kad tik draugai. Žinau tik tiek kad tai buvo iki manęs. Dar buvo diskas su vaizdo įrašu kur ji kažkokiam baliuke bučiuoiasi su dar kokių tai bernu kurio nuotraukose nėra. Na manau kad nei vienas vaikinass nenorėtų pamatyti tokių vaizdų. Kai draugė grįžo namo aš jai viska pasakiau ir paprašiau man paaiškinti iš kur visa tai ir kodėl ji man apie tai nieko nepasakė. Po ilgų kalbų ji man viska pasake apie savo buvsius. Taigi, iš tikrųjų ji tutėjo prieš mane 5 vaikus ir su visais turėjo lytinių santykių, nekaltybę prarado 16 o ne 18 metų kaip man sakė . Po tokių naujienų man net bloga pasidarė. Ji sako kad jai gėda dėl savo praeities. Po to laiko praėjo dvi savaitės, man vis dar sunku patikėti kad ji mane taip mulkino šešis metus. Kaip minėjau rudeni plvnuojame vestuves, bet aš jau labai stipriai galvoju apie srybas ir esu jau pasiruošęs apie tai jsi pasakyti. Man su tokia mintim sunku susitaikyti ir kad ji man melavo ir kad iki manes ji turėjo 5 lytinius partnrius o jai tebuvo 19 metų. Mano supratimu tai yra nenormalu. Taigi, norėjau jūsų paklausti, kaip jūs pasielgtumėte tokioje situacijoje?

Did not find relevant metaphors?

22. www.draugas.lt

2014.03.24 11:59

JoyFool

Manau, derėtų pasverti, ar tau svarbiau tavo įsitikinimai ir principai, ar meilės jausmas. Jeigu svarbiau įsitikinimai ir principai (o panašu į tai, iš dėstymo), geriau jau nutraukti santykius, nei paskui dėl to kartinti savo draugei gyvenimą, vis priminti per metų metus ir ją niekinti. Na, o jeigu svarbiau meilė, tai turi priimti, kad žmogus turi savo praeitį, kuri nebūtinai tau patinka. Galima sakyti, čia puikus meilės išbandymas, pačiu laiku. Kodėl sakau, kad pačiu laiku? Todėl, kad jeigu santykiuose pirmoje eilėje karaliauja savi principai, įsikabinimas į savo vertybes ir nelankstumas, geriau jau nesituokti, nes nieko iš tokių santykių nebus. Jau namas statomas ant silpnų pamatų. O kas toliau? Net jei abu, kol susituokia, turi "svarią ir pūkuotą" praeitį, sutinka vertybės ir pan., ilgainiui vis tiek atsiras situacijų, kur reikės kompromisų, kur reikės sumažinti savo principus ir keisti save, savo įsitikinimus. Tu gali būti laimingas, kad tokią situaciją gavai iki santuokos, o ne joje, taigi lengviau gali pasirinkti, ar tu pajėgus keisti savo įsitikinimus dėl meilės. Ir net jei pasirinksi išsiskirti dėl to, kad "ji per prasta, purvina", vis tiek kažkada gausi panašią pamoką - turėsi išmokti priimti situaciją ir žmones, kokie yra, o ne tik tai, kaip tu įsivaizduoji ir nori. Tad mano patarimas šiuo atveju būti nuoširdi savęs analizė ir savęs keitimas bet kuriuo atveju - nei dabar, nei bet kada kitada aklas kabinimasis į savo principus nieko gero neduos, tik situacijas, kur tie principai bus pažeminti, kaip šiuokart.

Did not find any emotions/feelings metaphors?

23. www.draugas.lt

2016.12.06 00:01

Ugne80

Sveiki aš esu 17-metė gyvenu su mama ir dviems mažesniais broliu ir sese. Mano tėtis mirė jau daugiau nei prieš 5 metus ir nuo tada mano ir mamos santykiai pasidarė tragiški. Aš buvau pirmagimė lepinama tėčio ir negalejau suprasti jo mirties,kad viso šito netekau,netekau brangiausio savo patarėjo, draugo, tėčio. Mama visada būdavo sunkaus charakterio,bet kol buvo tėtis ,viskas atrodydavo daug paprasčiau ,nes jis rasdavo išeitį. Dabar 5 metai iš eilės namuose būti ,net nejauku, atrodo mama nieko nesupranta,ka aš jai bandau pasakyti, tik pabūnam ilgiau kartu iškart susipykstam. Ji labai greit susinervina ir tada nebejaučia ka sako. Ji mane išvadina stora(esu normalaus sudejimo), mikče(nuo gimimo turiu kalbos sutrikima - mikčiojima), psiche,daune, debile, suka ir visokiais kitais žeidžiančiais žodžiais.Visuomet teigia,jog aš esu jos gyvenimo klaidą, ji norėtų,kad mane kas pertrenktu,kankintu, kad gadinu jai gyvenimą,kad ji gedijasi ,jog aš jos dukra. Aišku ir aš neesu auksinė dukra, bet stengiuos viska daryti ko ji manęs prašo, padedu namu ruošos darbus,gaminu maista,priziūriu mažuosius. Dirbau visa vasara,kad galėčiau kažka sau leisti, ir dabar savaitgaliais dirbu, mokauss tai pat gan gerai. Tikrai stengiuos daryti viska ka tik galiu ,kad jai butu lengviau,nes tikrai suprantu ,kad jai sunku ,nes ji viena augina 3 vaikus.Bet kartais nebegaliu, trūksta kantrybės ir aš ja aprėkiu ,aišku tokiais žodžiais baisiais nebadinu,man liežuvis neapsiverstu taip vadinti savo mamos,bet nebegaliu iškęsti visu priekaištu, įžeidinėjimu. Nebežinau ka daryti,nebeturiu jėgu toliau taip gyventi, namo nenoriu,mokytis noras dingsta,pastoviai liūdžiu. Būdama jaunesnė,ėjau su mama ir pas psichologus dėl mūsų santykiu,bet atrodo ,kad niekas padėti nebegali.Ji visuomet sako ,kad jos gyvenimas blogas,kad ji yra viena. Su visomis giminėmis susipyko,nes visi jai blogi ir tik ji viena teisinga... Dabar jau ir ant sesės pradeda išlieti savo nepykantą, o jai tik 9 metai, jai mama yra aukščiau

visko,mažyte taip liūdi,visaip bandau paguosti.. Aišku būna ir geru akimirku ,kai jos gera nuotaika galim kartais pakalbėti, pasijuokti.Kaip mama ji visuomet mumis rūpinas,esam pavalgę,apsirengę ,gyvenam tai pat neprastai,važiuojam ir atostogaut ir pramogaut.Bet tai gan retas atvejis.. Ka daryti??

1. Jai būtų lengviau (EMOTIONS ARE (HEAVY) OBJECT / EMOTIONS ARE SUBSTANCE IN A CONTAINER)
2. Trūksta kantrybės (EMOTIONS ARE THREAD)
3. Išlieti savo neapykantą (EMOTIONS ARE SUBSTANCE)

24. www.draugas.lt

2016.08.18 00:33

Jokiukass

Sveiki, norėčiau išgirsti jūsų nuomone bei iškart prašau išreikšti savo nuomone ir patarimus kuo detaliau. Taigi pradėdau, susipažinau su viena mergina prieš kokius 5 metus, tai draugo sesuo. Mes pradėjome bendrauti palaipsniui pradžia vystėsi labai lėtai, bet **laikui bėgant** ji mane kartas nuo karto pasikviesdavo kavos, ir atėjo dienos kaip po tos kavos, kaip ji man pasiūlė pasilikti pas ją nakvoti, ir vėl viskas prasidėjo nuo vienos dienos po to **tos miegojimo dienos vis ilgėjo ir ilgėjo**, pradėjom meiliai bendrauti, glaustytis ir panašiai. Ji turi dukrytę, o man vaikai labai patinka, taigi su ta mergyte taip pat labai susidraugavome. Atrodė viskas lyg pasakoje, pradėjau su Karolina (vardas pakeistas, čia ta draugė) vežioti ta mergyte į darželį, pasiimti iš darželio, vaikščioti kartu į visokias darželio šventes ir panašiai. Susipažinau su jos mama, kartu važiuodavau padėti jų šeimai ūkininkauti į kaimą, na atlikti kaimiškus darbus. Kaip ir minėjau viskas buvo tobula, bet atėjo ta diena ir net logiškai nesuprantu kaip ji galėjo ateiti... Pasirodo man nieko nežinant pradėjo bendrauti su kažkokiu vaikinu (Mes pasipasakodavom apie viską, su kuo bendraujam ir panašiai na absoliučiai viską, bet apie jį kažkodėl man nesakė) Na ir prasidėjo, pradžiai ji paprašydavo **pažiūrėti vaiką** parai, kuo toliau, tuo laikas vis ilgėjo ir ilgėjo, kol vieną kartą ji po savaitės grįžo ir ant kitos savaitės paprašė vėl pažiūrėti vaiką (vaiką pažiūrėti padėdavo man mano mama) ir buvau kaip tik po **sunkios darbo dienos**, kurioje tikrai absoliučiai niekas nesisekė... Ir išrėžiau visa tiesa, ką pradėjau manyti apie ją. Mes nustojome bendrauti, ir atėjo ta naktis, kai ji man paskambino visa apsiverkus, isterikuojanti, kalbanti apie visokias savižudybes ir panašiai, tuo momentu ir pas mane buvo **sunkus gyvenimo tarpsnis**, nei darbo, nei pinigų, mašina sugedus, o ji paskambinus kaip ir sakiau isterikavo ir maldavo kad atvažiuočiau pas ją. Aš ilgai negalvojęs šokau į batus ir naktį 10km per lietuėjau pas ją. Taip mes vėl pradėjom bendrauti, na ir ką viskas pradėjo tvarkytis, vėl viskas ėjosi tiesiog nuostabiai, visas skolas gražinau absoliučiai viską, susiradau darbą ir panašiai. Pradėjom gyventi lyg šeimyninį gyvenimą, aš dirbau ji namuose viską atliko. Bet... Kažkaip vėl atėjo diena kai ji su anuo vaikinu pradėjo bendrauti... Ir kaip man ji tai pasakė, nežinau kas su manim pasidarė, pradėjau gerti mėnesiais viską praradau, darbą, artimus žmones, galu gale savo butą ir kažkaip ji vėl atsirado mano gyvenime, ir pradėjo mane traukti iš to liūno. Jai pavyko, taigi **vėl pradėjau stotis ant kojų**. Na va ir dabartis, susiradau labai gerai apmokoma darbą, vėl viskas susitvarkė, bet jau su ja nebendravom taip, aišku nuvažiuodavau pabūdavau kelias dienas ir viskas. Ir staiga ji pradėjo bristi į skolų liūną, nes visiškai neturėjo pajamų, na ir ką aš jei pradėjau duoti pradžiai pinigų poto įdarbinau pas save darbe, dar susirado ji ir antra darbą, vėl viskas kaip pasakoje. Na na ir ką aš prieš kelias dienas sužinojau... Ogi kad ji vėl susirado kažkokį vaikiną... Patarkit ką man daryti... Mes bendraujame tikrai nuostabiai, aš jei pasakiau kad ją tikrai myliu ir noriu būti visad su ja, bet ji į tai nieko neatsako, nu bet kiek atrodo iš jos veiksmų ji irgi lyg jaučia ta patį..... Tai ką man daryti.....???????

Did not find any emotions/feelings metaphors?

25. www.draugas.lt

2016.08.18 09:00

fxx3

kaip toje dainoje, ieskok Jokiukass prastesnes paneles. jei tokie **nuopoliai ir pakylejimai gyvenime**, tai viskas priklauso nuo to, ar tu gyvenime **rasi antra puse**, o **tu cia tai i dugna, tai i nuli, tai i pliusa, tai i minusa**, tai vel i pliusa, gaunasi kaip atrakcionu parke. metai cia isvis anketoje be rysio uzrasyti, pagal situacija. Jeigu tave tenkina, kad palaikydamas tokius santykius tapsi bomžu, voliosiesi kur nors patvoriuose girtas is nevilties, vietoj to (kaip visi), eidamas mazais zingsneliais, bet pastoviai i prieki, ar net pasikarsi, tai tada tavo valia. Aisku, ten jei jau yra nuosirdus bendravimas ir gali vaika skaityti vos ne kaip savo, tai cia yra labai didelis pliusas. Jeigu mergina su vaiku, pirmiausia reikia ziureti ar gali **priimti i savo pasauli** butent vaika, tad siuo atveju viskas kaip ir normaliai. o siaip visos bedos matosi kyla tik todėl, kad mergina iki jusu santykiu nebuvo nekalta ir net ne rimta panele. tokioms niekada negana. pirmiau susirado vaikina, dabar vel susirado vaikina. kazkokios Vilniaus krasnuchos rajono istorijos.

????

1. Tu čia tai į dugną, tai į nulį, tai į pliusą, tai į minusą (EMOTIONS ARE SUBSTANCE IN A CONTAINER)

26. www.draugas.lt

2016.06.02 14:00

Justyna4

Sveiki. Pusantru metu bendrauju su vaikinu. Tačiau musu bendravimas yra labai keistas, reikia patarimo. Man 23, jam 37.

Susipažinome internetu praeita žiemą. Lyg ir taremes jog bus neįpareigojantys santykiai. Tačiau aš jį įsimylejau, jis taip pat buvo neabejingas, jis yra laisvas, šeimos neturi ir neturėjo. Tad gal pora mėn santykiai buvo idealūs - susitikdavome kiekviena diena. Tačiau net nežinau kodėl pradėjo dinginet. Dingdavo keliom savaitem... pasiaiskinimas buvo jog daug darbo. Tad ir **jausmai pradėjo šalti**. Vasaros viduryje nusprendžiau jog esu vėl geresniu santykiu ir susitikus, jį palikau. Buvo daug asarų ne tik iš mano pusės bet ir iš jo. Bet nusprendėme jog taip bus geriau.

Rudeni jus vėl apsireisite, pradėjo rasyti ir kviešti susitikti. Buvau ka tik palaidojus tėti. Tad reikėjo prasiblaškyti. Susitikome... buvau nustebinta **dėmesio antplūdžiui**. Buvo tikrai smagu... mano **jausmai jam vėl pradėjo žydėti**. Nors realiai bendravome kaip draugai, jokių intymumų. Tačiau tai ilgai netruko. Po pusantro mėn jis ir vėl dingio. Tada jau **padėjau taską**. Kai jis apsireisė čia buvo prieš naujus metus. Tiesiog pasiaiskiu kad neberasytu man daugiau. Buvo skaudu, bet tuo metu maniau jog tai geriausia išeitis.

Bet ir vėl tas pats kovo mėn vėl apsireisė gražuolis, nežinau ir pikta bet traukia mane kaip bitė prie medaus. Susitikome, bet jis buvo visiskai kitoks, draugiskesnis, nuosirdesnis. Vėl pradėjome bendrauti. Pagaliau supazindino mane su savo draugais, nors prieš tai sake kad ju visai neturi. Buvome ir pas jo pusesere kelis kartus su visais gerai sutariau. Bet iš tikrųjų bendravome kaip draugai. Per gimtadienį mano (balandžio vidury) nusprendžiau su juo pasikalbėti kame reikalingas, ar mes bendrausime kaip draugai ar kaip visa tai suprasti. Nes buciniai, glamonės buvo bet tik tiek. Bet jis tiesiog tylėjo. Po kelių dienų vėl iskeliau tą patį klausimą. Gavau atsakymą jog nenori manęs skaudinti. Neva jis mato kaip visi jo žodžiai mane skaudina. Aisku apsišypsavome bet o tai pas ka idealūs santykiai, aš manau jog tokiu nera. Nu tai žodžių po kelių sav prasidėjo neapsakomas dėmesys ir prie draugu ir prie puseseres savo su manim labai mielai elgėsi, apsikabindavo nu tikrai jei butu toks visada tai tiesiog idealus gyvenimas butu. Bet va jau savaitė kaip vėl dingio. Ir blyn nesupratu, ka aš ne taip darau. **As nenoriu 10 metų taip tūpintis**, noriu pastoviu santykiu. Bet tik ne kitaip...

1. Jausmai pradėjo šalti (FEELINGS ARE TEMPERATURE)
2. Jausmai vėl pradėjo žydėti (FEELINGS ARE FLOWERS)
3. Padėjau taską (RELATIONSHIPS ARE SENTENCE)

27. www.draugas.lt

2016.06.02 20:27

fx3

juk sake kad dėl intymiu santykiu, tik vėl **viskas peraugo į prisirišimą**. jeigu vaiksto kartu, susitikinėja, tai natūralu kad viskas palaipsniui gali **peraugti ir į meilę**. svarbiausia kad tokiuose santykiuose butu abiems kartu gera ir tiek, o metu skirtumas gal ten nebent kokiuose popieriuose turi reikšmės. Vat kur senukas 80 metų paėmė 17-ine, taip kad čia dar ne riba tu negali niekada žinoti kiek bus antrai pusei, su meile taip jau yra, kad tikra meile nesirenka, kiek antrai pusei metu. Su metais keičiasi tik išvaizda, kažkiek daugėja raukšlių, bet žmogus lieka toks pat, aisku gal kiti jaudinasi dėl didesnio vyrų mirtingumo, ale jie gyvena trumpiau, bet tie statistiniai duomenys yra klaidingi, nes kasmet nusizudo kokie 500 jaunu vyrų ir tai iskreipia statistika, stai šiandien skaičiau su automobiliu žmogus nusizudo, o policija priskyre prie avarių. Šiaip gyvena tiek vyrai tiek moterys vienodai ir dažnai praeinant kapinėse paskaitau užrašus, kad kažkuri puse vistiek mirus sutuoktiniui daugiau 10 metų neįgyvena, dažniausiai tik 1-2 metus. dar atmetus, kad vienisi vyrai gyvena 10 metų trumpiau ir tas visas savizudybes, tai gautusi, kad vyrų ir moterų gyvenimo trukmė yra visiskai vienoda, kas dėl to butent jaudinasi. sakau, paskaityk užrašus ant paminklų ir pamatysit, kad neįgyvena moterys desimt metų ilgiau už vyrus, ka skelbia statistika, jie tik paima sausus duomenis. Lygiai tas pats ir su ta nesamone kad moterų yra daugiau nei vyrų, tai tiesa, bet tik nuo 54 metų ribos., kai niekas seimu ar santuokai jau nebekuria.

1. Viskas peraugo į prisirišimą (FEELINGS ARE PLANTS AND EMOTIONS ARE ...)
2. Perausgi ir į meilę (FEELINGS ARE PLANTS)

28. www.draugas.lt

2015.12.20 19:26

Elojina1

Susipažinau 17, pirmo kurso studente būdama. Gyvenome gretimuose bendrabučiuose. Kiekvieną dieną lankė, o per atostogas laiškai taip pat buvo kiekvieną dieną. Net po barako langais yra dainavęs "Nepasieksiu aš žvaigždutės...". Po 5 draugystės metų susituokėme. Gimė vaikai, statėme namą, kūrėme jam verslą. Retai kada pagalvodavau apie save. Mano vyras, mano vaikai.... gyvybę už juos tris galėjau paaukoti. Iš gana prasto bernelio, tapo vyru, kurio man pavydėjo visos (beja to ir siekiau).

Apie 40 prasidėjo buvimai nežia kur ištisomis dienomis. Vasara taip norim prie ežero, o jis važiuoja vienas....taip norime bendro laisvalaikio, o jis visur vienas. Kas bebuvo, bet **širdies gilumoje vis dar tikėjau** jog esame vienas kitam vieninteliai, jog prie jo nebuvo prisilietusi svetima moteris, kaip ir....Pragynenome 32 vedybinius metus. Santykiams prastėjant, nutariau pasekti. Ir randu slaptąjį telefoną su neištrintomis žinutėmis, atsiųsiu išsklotinė.... Pasirodo visos jo laisvalaikis, visa finansinė parama našlei iš to paties kvartalo..... ir tai mažiausiai 15 metų. **Tą dieną mirė mano šeima**, mano puoselėtos viltys ir svajonės.....Raudojau, norėjau mirti, prašiau užmušti nes fizinis skausmas yra mažesnis už dvasinį...

Tą dieną mirė mano šeima – metonymy?

29. www.draugas.lt

2015.12.21 06:38

fx3

na tai aišku, kad moterys išgyvena vienos, nes per amžius dauguma vyrų ismirdavo/zudavo medžiojant ir vienam vyrui tekdavo po 10 moterų, tad moterų psichika per milijonus metų prie to prisitaikė. o sakykime moterys net ir zudos pagrinde 75 metų, kai nebera beveik jokių galimybių surasti partnerio, t.y. vos tik pakliuvusios į vieną jaunu vyrą padėti. bet tada gyvenimas jau buna nugyventas, o anukai užaugs, tai kokia prasme? geriau ramiai sulaukti savos mirties ir tiek, nei kad zudyti. be to, kas nebando zudyti, tai net nenutuokia kas yra mirtis ir kalba vien emocijomis. mirtis atrodo baisiau už viską, o pirmos akimirkos po isvengtos savizudybės, atrodo kad gyvenimas Zemeje kaip rojus. tad prieš zudantis reikia labai gerai pagalvoti, ar tikrai jau nera jokios iseities.

siaip fizinis skausmas gerokai didesnis už dvasinį ir tai labai paprasta išrodyti. ir siaip imant visus iki 54 metų, tai vyrų ir moterų skaičius yra vienodas.

Did not find any relevant metaphors?

30. www.draugas.lt

2015.12.21 15:52

Red

Situacija labai gerai pažįstama iš labai artimų giminių tarpo. Abiems jau virš 60 m., turėtų būti protingi ir išmintingi žmonės, tačiau... Vyras visą gyvenimą vaikšto pas kitą ir muša žmoną, žmona **kelia isterijas**, nuolat pasitelkusi žiūrovus, nesirinkdama nei vietos, nei laiko skundžiasi ir pasakoja menkiausias detales (tikras ar paranoiško proto sukurtas). Jau net ir nemalonu nei važiuoti pas juos, nei bendrauti.

Moralas istorijos toks, kad, taip, labai sunku suvokti ir išverti artimiausio, ilgalaikio partnerio išdavystę. Bet juk nenorėtum būti panaši į šią mano giminaitę ir tapti pajuokos objektu? Gal geriausia būtų jį **taikiai paleisti** ir palinkėti laimės, nedemonstruojant ašarų ir isterijų. Išsiverksi ir išsireksi be jo. Manau tokią tavo poelgį jis įvertins ir labiau gerbs tave. Juolab, kaip itin dažnai būna, pasivalkiojęs vyrelis gan greit suvokia, kad pirma žmona buvo pati geriausia, o su meilužėmis laukia ta pati buitė ir rutina. Ir, kai jis grįš, padėties šeiminiškė busi tu ir, tu spręsi priimti jį atgal ar ne

Retorinis klausimas. Jm, moterys, kaip jūs nesuvokiate, kad gyvenimas vienas vienintelis, kodėl kenčiate metų metais tokią pasityčiojimą, nieko nekeičiate ir tik kankinate savo pačių vaikus, nes jie visa tai mato ir jaučia?

1. Kelia isterijas (EMOTIONAL STATE IS OBJECT)

31. www.draugas.lt

2016.03.08,19:26

Briedis1

Ne per seniausią vieną miela dama padavė skyryboms. Ji turi du vaikus, tačiau apie susitaikymą su vyru nenori net girdėti. Jos sprendimą visiškai palaiko jos ir... vyro tėvai. Abi tėvų šeimos pakankamai pasiturinčios ir darnios. Buvęs vyras atrodė lyg ir adekvatus, normalus vyrukas - neblogas darbas, nebloga išvaizda, sportininkas, sveikuolis. Žmonos draugių pavydo objektas. Tai kas gi nutiko? Štai ką papasakojo moters tėvas. Pasakojo su nuostabos išraiška veide.

Rugpjūčio pabaigoje Aleksejus su žmona ėjo vėlų vakarą namo. Ir susidūrė su klasikine situacija. Prie jų priėjo trys išgėrę vyrukai, pradėjo kabinėtis prie moters. Aleksejus pasipiktino, pagrasino jiems teismu ir... pabėgo. Žmonai kažkaip pavyko išsisukti, atidavė chuliganams pinigus ir, kaip papasakojo vėliau, chuliganai buvo apstulbinti vyro elgesiu ne mažiau negu ji pati. Tokie apstulbę ir pasišalino. Po kelių minučių pasirodė vyras su policija. Jis garsiai piktinosi, kad policija prastai dirba ir t.t. Kai policininkai išsiaiškino, kas nutiko, apstulbo ne mažiau už moterį ir chuliganus.

Užpuolikus sulaikė jau po pusvalandžio, tačiau moteris kategoriškai atsisakė juos oficialiai apkaltinti ir patvirtinti vyro parodymus. Jis baisiai piktinosi, aiškino, kad nebaudžiamumas paskatins naujiems nusikaltimams, kad reikia „bėgti iš tokios valstybės“, kur vien runkeliai, nenorintys ginti savo teisių... Kitą dieną ji padavė skyryboms. Aleksejus nuoširdžiai nesuprato, ką blogo padarė. Jam mėgino paaiškinti, kad pasielgė jis, švelniai tariant, negražiai. O jis aiškino, kad tai - policijos reikalas, kad jis negalėjo rizikuoti, kad jam nusimatė svarbus susitikimas, kad jo laukia puikios perspektyvos karjere. Kad jis apskritai ruošiasi išvažiuoti iš šalies ir daro tai dėl to, kad laiko save „europiečiu“, kuriam artimos „europietiškos vertybės“ ir jam nėra reikalo aiškintis santykius su kažkokiais padugnėmis gatvėje. Jo tėvas, praradęs kantrybę, paaiškino jam, kad niekšiškas poelgis - ir Afrikoje laikomas niekšišku poelgiu. Aleksejus sutiko palikti vaikus žmonai ir seneliams. Tikriausiai jau emigravo. Štai ir visa istorija.

Did not find any emotion metaphors?

32. www.draugas.lt

2015.12.06 16:54

Regina5

Gyvenant su žmogumi, kuris turi problemų su alkoholiu, ir jam istiesus pagalbos ranką viskas lyg ir buna gerai su juo, bet atsiranda kitų niuansų. Jisai bendraudamas su savo likimo draugais ir draugėmis nagrinėdami dvyliką žingsnių, supranta klaidingai. Pirmiausia jis dekoja žmonai ir šeimai už pagalbą, o kuo ilgiau lankosi anonimuose, tuo daugiau kaltina šeimą ir ieško paguodos ir prieglaudos kolegiu tarpe. Iš mano patirties taip yra, vyras susirado meilužę iš anonimų tarpo. Ilgai tai slėpė, sake pagalba kolegei. Išklaičiusios jų problemas, jos labai gudriai suvilioja svetimus vyrus, pasinaudoja tuo. Labai daug šeimų nuo vienos problemos pereina prie kitos, ta prasme alkoholio nėra, bet ir vyro nėra.... O tai Kaišiadorių AA labai tai liečia. Nes klube daug išsiskyrė ir susiranda antras puses jau, vietoje. O kiti klubo nariai juos palaiko, o kurie nepalaiko, priversti pereiti į kitus klubus. Todėl norėčiau perspėti visus kurios aukojasi dėl vyrų priklausomybės alkoholiui, neverta, jei jis iesko paguodos KITOS glėbyje. Manau, kad ne aš viena, tokioje situacijoje, nes tokių gudrių labai daug.

Did not find any emotions/feelings metaphors?

33. www.draugas.lt

2015.11.14 16:11

Redexa

Sveiki, aš šeimoje esu vienas vaikas ir turiu mamą ir tėvą. Mama - viskas ok, rūpinasi mumis ir manimi. O tėvas toks už*isantis dalykas, nors tu pasikark. Mano tėvas geria jau 14 metų (viskas prasidėjo nuo mano tėvų vestuvių), jis išgeria į 2 dienas kokių 4-5 butelius alaus. Visiškai nieko nepadeda mamai, gądina daug ką ir kaltina kitus. Ne per seniausią sugadino mano kompo monitorių belankstęs į viršų ir žemyn, išpila alų ant mano stalo ir ant grindų. Aš jo visiškai nemyliu nors jis ir yra mano tėvas. Jis buvo mane išvadinęs pridurke, zajoba, snargliu ir t. t., tačiau man jau neberūpi. Mama net negali su juo išsiskirti, nes jam ir su psichika negerai, jis ten pasikart gali ar dar kažkaip save nužudyti. Dar kai buvo naujieji metai, buvo ten giminė susirinkus, linksma, gražu, ten geria visi, dainuoja, o tada ir viskas prasidėjo.. Tėvas visus pasiuntė naxui, ypač mane ir teko išeiti iš namų eiti į netoliese mums priklausančią namą. Aišku ten šalta tam

name, gal tam namui kokie 90 metų, toks medinis, pečius neužkurtas buvo, visi drebėjome iš šalčio, o aš vienintelė verkiau, nes dar niekad nebuvo mano tėtis taip pasielgęs.. :(

Šiuo metu mano mama jau nenori gyventi. Tėvas tarsi iš jos siurbia jos energiją, nervina su savo kaprizais, ji nori pailsėti, nes dirba sunkų darbą o jis ją užknisa su savo frazėmis "duok alaus" , " pašol tu naxui, nekenčiu tavęs, kad tu ir tavo tėvas dingtų" ir t. t.. Tai girdėdama nebenoriu gyvent, nes jis manęs nemyli ir niekad nelaikė manęs savo rankose, jaučiuosi labai nuskriausta mergaitė, nežinau už ką taip aš kenčiu. aišku džiaugiuosi kad turiu namus ir mamą, tačiau nieko negalime pakeisti. Buvo kalbėta apie užkodavimą, ten pas būrėją jį vežė, bet niekas niekas nepadėjo, nes tėvas NENORI KEISTIS. Jis dar serga odos liga, mama bando jį gydyti, tepa natūralius tepalus, bet jis geria ir niekas iš to nesikeičia.

Štai toks mano gyvenimas. Nebežinau ką daryt, užsimušt ar dar ką padaryt, gal patarsit ar tylėsit. :(

Did not find any relevant metaphors?

34. www.draugas.lt

2015.08.27 11:46

PartizanasLT

Esu priėjęs šiokią tokią kryžkelę gyvenime ir noriu pasidalint savo patirtim, išgirst nuomonę kitų, nes problema tikrai aktuali.

Kartu esam jau 15 metų, tikrai laimingų metų, bet seksualinio nesuderinamumo problema pas mus buvo visada. Ir mes jos nesprendėme, t.y. as susitaikydavau su tuo, jog reiks badaut, jog mano poreikiai daug didesni, nes juk neverši mylimo žmogaus daryti kažko per prievartą. O nesprendžiamos problemos kaip žinia anksčiau ar vėliau iškyla į paviršių ir sprogs. Sprogo ir pas mus. Prieš keletą metų mane pradėjo kankinti kažkokia lengva depresija. Niekaip nesupratau kodėl, nes šeimoje darna, kitose srityse kuriose sukuosi viskas einasi puikiai. Pradėjau gilintis, analizuot save, savo psichologiją, mintis. Išvada labai aiški. Mano poreikiai niekada nebuvo tenkinami, pagal nutylėjimą buvau paliktas gelbėtis pats, kalbėtis apie tai taip pat nesikalbėdavom, nes jai daugiau nereikia ir ji nieko negali padaryt. Trumpai tariant ilgai besitęsianti ir manęs netenkinanti situacija per ilgą laiką prislėgė ir mane, nors visada jausdavausi labia stiprus. Galiausiai tai pradėjo jaustis ir santykiams, pradėjome tolti vienas nuo kito. Tai sukėlė dar vieną problemėlę - emocinį badą man, nes žmona pajutusi krizę užsidarė dar labiau, neberodė jokių emocijų, nors man to reikėjo kaip oro.

Dabar, kai rašau čia, situacija pasikeitusi. Mes viską išsiaiškinom, supratom priežastis, daug apie tai kalbėjome. Žmona žūt būt stengiasi išsaugoti santuoką, stengiasi duoti man tai ko visada trūkdavo. Bet karts nuo karto aš labai aiškiai pajuntu, kad ji vargsta, vargsta dėl didelių skirtumų tarp mudviejų. O kai jauti, jog žmogus duodamas tau meilę bei artumą, vargsta, tai nebetenka žavesio ir svarbiausia tikrumo.

Štai tokioje kryžkelėje esu aš. Kryžkelėje todėl, kad reikia priimti sprendimą. O variantai keli:

1. Toliau kankinti žmoną. Man nuo to kažkiek geriau, bet nesu tikras jog tai pilnai gelbsti. Bent jau kol kas, po keletos mėnesių pastangų. Plius ne komforto būsenoje dabar yra ji ir tai anksčiau ar vėliau prasiverš.
2. Skirtis. Šį variant atmetu iškart, nes turim nuostabius vaikus, plius tikrai mylim vienas kitą. Norėčiau su ja pasent.
3. Atsirasti dar vieną artimą žmogų, kuris užpildytų tuštumą. Šis variantas ir traukia, ir baugina. Baugina, nes žinau, jog tai gali sugriauti šeimą. Traukia, nes tai uždrausta zona, nors dauguma draugų senai joje apsilanko ir nei trupučio nesiparina
4. Nebekankinti žmonos, o toliau kankinti save. Ši variant taikiau ilgai ir jis išsisėmė, ko gero taip nebegalėčiau.

Gal galit savo patirtim ir sprendimais pasidalinti ir kiti, išgyvenantys panašias situacijas. Labai įdomu kaip įvykiai klostosi praktikoje, priėmus vieną ar kitą sprendimą. Dėkui

1. Nesprendžiamos problemos iškyla į paviršių ir sprogs (EMOTIONS ARE SUBSTANCE IN A CONTAINER)
2. Situacija prislėgė mane (EMOTIONS ARE (HEAVY) OBJECT)
3. Tolti vienas nuo kito (RELATIONSHIP IS SPACE)
4. Emocinį badą man (EMOTIONS ARE FOOD)

5. Žmona užsidarė dar labiau (EMOTIONAL STATE IS HOUSE/BUILDING)
6. Neberodė jokių emocijų (EMOTIONS ARE OBJECT)
7. Duodamas tau meilę bei artumą (FEELINGS ARE OBJECT)

35. www.draugas.lt

2015.09.04 22:52

Invazija

vien jau kaip pateikti galimų sprendimų variantai, akivaizdu, jog pats nori tik vieno - susirasti kitą. ir **tai atstumia**, nes nuoširdžiai nesvarstai, kaip išspręsti situaciją, tiesiog **susisuko smegenai** ir parūpo tik paties poreikiai. 15 metų kartu nugyventa, ignoruojant kas netenkina, o dabar būtinai nori keisti situaciją. valio, bet ją keisti reikia kalbant su žmona ir ieškant kompromisų, kad vienam būtų geriau, o kitam netektų dėl to **verstis per galvą**. nes čia klausimas, kokia fantazija, kokie neįgyvendinti poreikiai, jei žmona kenčia, man tai niekaip nesisieja su meile ir mylėjimusi. galų gale, manau, nieko naujo nepasakysiu, senas patarimas, seksualinę energiją nukreipti kitur. geriausia sportas ar kita intensyvi, fiziškai nuvarginanti veikla, po kurios **nebekiltų fantazijų** apie seksą. su žmona stenkitės **rodyti vienas kitam daug dėmesio ir švelnumo** - bučiuokitės, apsikabinkit, žiūrėkit į akis, laikykitės už rankų, mėgaukitės kūnų artumu, masažais, pasiglostymais.. nebūtina žmonos gluminti eksperimentais, prisigalvoti nematytų, neregėtų naujovių, vartyti iš visų pusių ir valandų valandas be atvangos ... dažnesni, bet trumpesni ir švelnesni suartėjimai.. arba retesni, bet ilgesni ir grubesni. tik tokius variantus matau ir pačiam rinktis.. **ar žmona yra mėsos gabalas..** ar žmogus, kurį myli ir gerbi. žmona neprivalo **pildyti visų tavo įgeidžių**, kaip ir neturėtų drebėti iš baimės, jog susirasi kitą ar išsiskirsi, nes taip manipuliuoti negarbinga.

1. Rodyti vienas kitam daug dėmesio ir švelnumo (FEELINGS ARE OBJECTS)

36. www.draugas.lt

2015.09.07 13:28

PartizanasLT

Invazija, na kam taip piktai, lyg **po mano situacija slypėtų kažkokios asmeninės nuoskaudos.....** O situacija visai ne tokia. Nes kalba eina ne tik apie **fizinį suartėjimą**, bet ir apie dvasinį. Aš iš tų vyrų, kurie mylisi su tomis, kurias myli, o ne su bet kuo ir bet kaip tenkinant tik savo poreikius. Dar aš iš tų, kuriems **meilė ir mylėjimasis** - visų pirma **davimas kitam, o ne ėmimas sau**. Ir **aš esu visiškai atviras žmogus, neturintis barjerų bendravime, absoliučiai atsiveriantis tam, kuris brangus man.** O štai ji labai kitokia. Ji neprisileidžia nieko labai arti, nieko nieko. Išskyrus retas akimirkas, kai to vos ne išsireikalauji, apimtas nevilties. Mūsų seksualinis nesuderinamumas tampriai susijęs ir su **emociniu badu**, kurį dažnai jaučiu aš. Emocijos, meilės jausmas, poreikis duoti, **kūnų susiliejimas** - visko to man trūksta. **Ir aš einu be to iš proto.** O jėgų **šildyti bei gaivinti santykius**, ką daryti įprastai visada tekdavo man vienam - nebelabai turiu....

1. Po mano situacija slypėtų kažkokios asmeninės nuoskaudos (FEELINGS ARE PERSON (hiding under sth))
2. Meilė – davimas kitam, o ne ėmimas sau (FEELINGS ARE OBJECT)
3. Aš esu visiškai atviras žmogus (EMOTIONAL STATE IS BUILDING)
4. Tam, kuris brangus man (PERSON IS OBJECT)
5. Emociniu badu (EMOTIONS ARE FOOD)
6. Ir aš einu be to iš proto (EMOTIONAL STATE IS PLACE)
7. Šildyti bei gaivinti santykius (RELATIONSHIPS ARE LIVE BEING)

37. www.draugas.lt

2015.04.29 18:53

Piktaskeksas

Pasakyčiau, kad noras pystelt snukin labai natūrali reakcija.

Vyrai ir moterys labai skiriasi, tiek biologine tiek emocine prasme. Kadangi **vyras emociniu požiūriu yra skurdesnis nei moteris**, todėl jis nesugeba į psichologinį smurtą atsakyt kažkuo panašiu, todėl išsekus jo **emocijų bagažui** jam nelieka nieko kito, kaip tik naudoti fizinę jėgą.

Moterys atvirkščiai, **gamtos nulemta**, kad jos yra fiziškai silpnesnės (abstrakčiai vertinant) ir emocingesnės, todėl ir jų "prievaratos" būdai yra psichologiniai. Ji gali valandų valandas **važiuot ant tavęs**, tu toks ir anoks, kaip sakant **p**t tau smegenis** ir atitodys **nėra galo**, kai tuo tarpu vyras tokius pačius veiksmus gali daryt nu max valandą, vėliau jau pereis prie fizinės jėgos, nes tiesiog **psichologinio smurto arsenalas pas vyrus yra gana skurdus**.

Kadangi šiuo atveju konfliktuoja vyras ir moteris, kas emocinių požiūriu jau yra nelygios jėgos, todėl normalu, kad tau kyla noras į jos smurtą atsakyti savaip, per fizinę jėgą.

Prie esmės einant, mūsųose (bent jau išoriškai) yra priimta, kad mušti moterį yra negražu ir žema. Su tuo sutinku ir tu turėtum sutikti. Bet niekas nekalba apie smurtą kurį naudoja moterys (kaip kad tavo atveju).

Žodžiu ką noriu pasakyti, tiek vyrai tiek moterys neturėtų smurtauti prieš vienas kitą, tiek psichologiškai tiek fiziškai.

Ir aš nemanau, kad tu esi blogas žmogus vien dėl to, jog jauti, kad gali nebesusivaldyti. Niekas neturi teisės būti žeminamas, užgauliojamas ir mušamas, tiek vyras tiek moteris.

1. Vyras emociniu požiūriu yra skurdesnis nei moteris (EMOTIONS ARE ASSETS/WEALTH)
2. Išsekus emocijų bagažui (EMOTIONS ARE OBJECTS)

38. www.draugas.lt

2015.04.29 19:51

gavrilovicus

SimaiPoMedziu-seip is tiesu reiktu gerai pagalvot ar cia tavo zmogus,jaigu jau nusprendei kad tavo tiesiog paskaityk savikontrolės knygą...

Joseph Murphey rase:

Kitu žmonių kalbos negali supygdinti ar suerinti jūsi jai nesileisite išvedami iš pusiausvyros...Kitas asmuo gali sugadinti jums nuotaiką vieninteliu būdu per jūsų mintis.Jaigu jūs pagauna pyktis i kuri atsakete pykiu vadinasi mintyse iverket 4 stadijas:

1-susimastete apie tai kas buvo pasakyta(MINTIS)

2-nusprendete supykkti(EMOCIJA)

3-Nusprendete duoti valią savo emocijoms(REAKCIJA)

4-Ryzotes veikti(POELGIS)

Is tiesu viska Murphy pasake paprastai bet neįsiskodamas sūknoi dantu:

Tai yra elementarus tavo noro trinkelti modelis,tu sustabdyti save 3 arba 4 fazei ir bijai kad viena diena 4 faze bus tokia stipri,jog tu trenksi savo moteriai...

Taigi mano patarimas sustabdyk viska pacioi pirmoai fazei,jai kartais aisku gali nesureguoti,tada viska sustabdyk 2 fazei,patikek 2-oi suvaldyti save daug lengviau nei 4-oi tiesiog reikia igudziu...

Laikui begant jai tavo mylimoji matys jog tada kai ji tave graužia-tu spinduliuoji meile jai ir taves nei kiek neveikia jos zodziai,nebebus prasmes taves graužti.

Siame momente svarbu buti stipriu nervu,nes matydama jog jos zodziai neveikia ji gali vis stipriau ir stipriau bandyti tave paveikti-svarbu nepriimti jos zodziu,o lygiai tokiu paciu ekvivalentu spinduliuoti teigiamus dalykus atgal...

Tiesiog suprask,kad tokiu nevykusiū būdu ji bando parodyti tau savo meile,arba tai kad jai truksta tavo dėmesio ar tavo rūpesčio ir t.t Tai sekanti karta,kai ji tokiu būdu tau rodys savo meile-tai ir gražink jai meile atgal,tik jau tuo būdu kuris priimtinas tau

Pamatysi kaip suveiks

1. Pagauna pyktis (ANGER IS PERSON/LIVE BEING)
2. Duoti valią savo emocijoms (EMOTIONS ARE PERSON)
3. Tu spinduliuoji meile/spinduliuoti teigiamus dalykus atgal (EMOTIONS/FEELINGS ARE LIGHT)
4. Bando parodyti tau savo meilę (FEELINGS ARE OBJECT)

39. www.draugas.lt

2015.05.08 20:34

kibiras

Ne. Skirtumą bus galima pajusti. Ten kur su meilė mezgė žmogus, o kur mašina mezgė. Tiesiog kas jautresnis, išvystė šią sugebėjimą labiau, tas galės lengviau pajusti. Aš jau dabar galėčiau, manau pajusti energiją paveikslą pastatyto man už nugaros, kas iš jo eina, ar sunkumai, nemalonumai ar gera energija. Nes ji eina, nuolat spinduliuojama yra iš paveikslą. Taip ir iš megstinio. Net galima nueiti į parodą ir sulyginti jausmą kai įėjai į parodą ir kai išėjai. Galima pajusti, kad kažkokios debesys užslinko, kažkaip nemalonu tapo, sunkumas atsirado, kai išėjai iš parodos. O tai jausmų pasaulis taip vadinamų dailininkų. Jie ten imasi darbo kupini įsižeidimų, nervingumo, tai ir persiduoda drobę, per teptuką koncentruojasi energija ir persiduoda į paveikslą, net kai žiūri į paveikslą tai irgi persiduoda. Jei kibirą padarys negeruos nuotaikos, tai ji alima paglostyt ir nuimti programą, jis per rankas eis, liesis su rankom ir paskui galės gera energija prisipildyt. O jei paveikslas... prie jo dažniausiai nieks nesiliečia, jis kabo ir nuolat spinduliuoja savo energiją. Todėl ant dailinko guli tiesiog didžiausia atsakomybė. Jis neturi teisės imtis kurybos, kai galvoje kažkokios nenormalios mintys, bruzdesys, geriau tada nekurti, o nueiti į gamtą, nusiraminti, o tada galima kurti.

Tiesiog dabar, turbūt, mažai, kas su meile kuria, todėl ir nežino, kas tai yra, bet jei kurtų, tai skirtumas iš karto būtų juntamas. Net mokslininkai dar užsienyje ekperimentus, prie butelio klijuoja su vandeniu skirtingus žodžius, paskui vandenį užšaldo ir priklausomai nuo žodžio priklijuoto prie butelio struktūra vandens kitokia. Su meilė padarytas daiktas, paveikslas ar dar kas, turi labai didelę jėgą.

1. Su meilė mezgė žmogus, o kur mašina mezgė/ su meile kuria, su meile padarytas daiktas (FEELINGS ARE OBJECT)
2. Kažkokios debesys užslinko

40. www.draugas.lt

2015.02.02 14:09

wlyshas

Sveiki,

Norejau paprašyti, kad išsakytumete savo nuomone ir kaip man elgtis, nes bandžiau visaip, o ji daro vistiek kitaip. Esme tokia turiu megina draugaujame beveik 2metus, pirmus metus buvo rojus, kartais isdykdavo raguciai bet retai o dabar, kas dien as jau negaliu galva skauda nuo jos pastoviai nervuotas... Stengiuos ir nusileisti, kad ir ji kalta bet jau nebeisilaikau nesinori sakyti bet kartais taip uzpykdo, kad jau noresi vostelt, kartas is nevu stiprai suspaudziu jei ranka ar papurtau, kad baiktu ji rekt, as savo elgesio nepateisu, poto dar blogiau jaučiosi. O mergina mano tokia melagiu melagele sako daro kitaip ta pati mela kartoja 30kartu, pavizdui pries draugyste kai dar susipazinom issakiau, kad as nemegstu rukanciu merginu ir su tokia nedraugausiu (ji tuo metu ruke kaip kaminas) neskatinta pati sako mesiu, pasirodo melavo pagaudavau pastoviai, paverkdavo atsirasydavo o as kadangi baisiai ja myliu atleisdavau ir tai nenustojamas ciklas, poto jau ieskojau kompromisu taremes, kad tik per balius ar kai labai labai nores ir tik 1 cigarene ne po poketli vel sutiko sita problema kaip ir issiprende bet galvoju ar ne nuo cigareciu tapo nervuota girdejau kad kai atseit meta buna labai nervuotos bet jau 8men kai, kekvienu dienu yra labai nervuoja. Karta paprase, kad padziauciau jos triusikelius padzioviau kita dienu girdziu visus kiek imanomus keiksmazodzius adresuotus man visaip vadina na labai nepagarbiai ir viskas todel kad ne ant to radiatoriaus... Arba as sukuoja ja ir ji sako tu nevykelis nemoki sukuoti manes... nors stengiaus graziai nes buvo guzas o pati kai pasisukavo issipese dar visokiais keiksmazodziais ant manes, kad atseit as ji radau butu neradus nebutu beda... Labiausiai nervuoja mane jos nepagarba man ir keiksmazodziai snekas pastoviai keiksmazodziais ir kazkaip persiduoda man ir pats pradedu keikstis ar kai uzreke ant manes pats pasiunciu ja... Ji labai moka vaidinti auka jei susipyksta nebeistveriu pasakau kad vsio baigta ji apsiverkia ir as vel nusiileidziu atsprasau.... mes issikirinejam i sav po 3kartus, draugu juokias tik nes juos jau pacius igrise musu santikiai. beto ji pastoviai bando man sukelti pavyda, jei susipykstam inicijuoja skambuti kaip leks kazkur patusinti... nenoriu as tokiu santikiu noriu kad ji nusiramintu ka man daryt....

Galiciau pasakoti ir pasakoti.... cia tik 1dienos nuotikiai....

P.S Jei matete filma GONE GIRL tai ji panasi manipuluotoja tik dar nepapjove manes...

1. Galvą skauda nuo jos (EMOTIONAL STATE IS PHYSICAL PAIN)
2. Sukelti pavydą (EMOTION IS LIVE BEING)

41. www.draugas.lt

2015.02.02 17:09

Gavrilovich

Wlyshas, na tu neisizeisk-bet jai jau pagalbos tu prasai, tai **skelsiu tiesa**. Is tavo aprasymo atrodo, kad kartu gyventu dvi bobos kurios be perstojo pliektusi...

Klausi kaip **iseiti is sios padeties**? paprasciausia buk vyras, ar jos kalte, kad taves negerbia ar tavo kad neusitamauji pagarbos? Su tais susitaikymais irgi nesamone, na sutinku gal karteli vyras gali ir sulauzyti savo zodi ir susitaikyti betcne pastoviai.

Moterys **daznai savo emocijas rodo** ir kapryzus-tavo **pareiga suvaldyt**, o tu aiskiai nesugebi-kita vertus teko man matyt tokiu emocianaliu poru kaip tavo, kur atrodo lyg dvi bobos draugautu... Tai isties tie pykciai budavo didziule ju aistra jie vienas kita dievindavo, is salies jie atrode lyg kokie emociniai vampyrai neapkenciantys vienas kito kurie dievina pyktis, o paskui taikos, taikosi, taikos... Tiesiog toks draugystes budas.

Paskui jie pradejo pas psichologa vaiksciot ir pykciai baigesi, bet **santykiai atsalo**, aistros nebeliko ir jie issiskyre. taip, kad dar pagalvok pries kazko imdamasis.

O seip jau tai svarbu aiskumas, jai tave tarkim vadina visokiais zodziais, tai visu pirma jai turi but pasakyta kad tu to nepakesi, visu antra parodyk kad ties tuo tu esi ryztingas ir nuomones nepakeisi, visu trecia buk pasirenges blogiausiam jai ji atsisakys keistis...

Tarkim pavadino tave izeidzianciai, tu paskai jai rimtu tonu-kad tai paskutinis kartas arba tu iseini, paaiskinti kodel tau tai nepatinka-jokiu budu nesipravedziuoji atgal ar netampai jai uz rankos ar ka tu ten dar darai, pavadino dar karta susikrauni manatkes eini kur savatelei kitur pagyvent ir jokiu budu nerasineji sms ar skambineji, neatsakineji i sms jokiu meiles apraisku buk vyras! Parasyk kad tau reikia pabuti vienam su savo mintim-kad tu nebevyksti ant jos, o tu esi tiesiog ja nusivyles ir tau reikia viska apgalvoti-kaip apgalvosi gysai-jai tu jai rupi tai tikrai ja stipriai paveiks.. paskui issiaiskini ar ji vis dar nori buti su tavim po sios pertraukos ir ar pasiruosusi ji keistis, jaigu ne **tai veliava jai i rankas** ir visogero. Jaigu taip tai grysti namo ir aiskiai isdestai kur ji turetu keistis ir su kokiais dalykais tu niekad negalesi susitaikyti-tuo paciu paklausk gal ir tu kuom nors ja nervini ar issauki toki elgesi, ka tu galetum padaryti, kad nebekiltu barniu? Seip visose situacijose ryztingesnis ir vyriskesnis buk, savo uzsiemimu daugiau turek ir draugu-maziau **apie ja sokinek**, gal igrisot vienas kitam, maziau laiko kartu praleisk.

1. Dažnai savo meilę rodo (FEELINGS ARE OBJECT)
2. Pareiga suvaldyt (jos emocijas) (EMOTIONS ARE LIVE BEING)
3. Santykiai atšalo (RELATIONSHIPS ARE TEMPERATURE)

42. www.draugas.lt

2015.02.02 18:10

Gavrilovich

Wlyshas-nezinau kodel taip yra, bet as isitikines kad **gyvenime veikia tam tikri desniai**... Tarkim santykiuose, jai bijosi **prarast zmogu** ir darysi viska, kad ji **isaugotum** neabejotinai priartinsi to **zmogaus praradima**. Arba jai manysi esas nevertas savo mergaites po kazkurio laiko ji prades manyti kad tu jos nevertas ir atvirksčiai jai save pervertinsi... Manau visa tavo kuno kalba parodo tai kaip tu jautiesi ir kas tu esi-todel sitaip ir atsitinka, bandydamas viska daryti saugiai ir jos nepaleisti daznai atvirksčiai labai riikuoja buti pamestas-Gal jai reikia ryztingo, vedancio i prieki vyro kuris ne tik susitarko puikiai su savo emocijom bet ir **jos ragucius aptvarko**, na toks kaip siena kad butu... Neveltui labai daznai pasitaiko fenomenas-Kuo labiau berniukui patinka mergaite, tuo maziau mergaitei patinka jisai... As nesiulau tau veidmainiauti ir nebuti savimi, tiesiog sakau jai turi to kietumo savyje tai parodyk, buk savimi-nes toks vaidas kad tu pasikeitei del jos ir kenti del jos nes ji tave izeidineja o tu lyg ir ne toks kuri galetu izeidinetiir negerbti, bet tu kenti del jos, tu keitiesi del jos... Supranti ka noriu pasakyti? is vyro po truputi tampi skuduru-atleisk uz grubuma bet...

Tarkim atsimink kai jus susipazinot ir tu ja suzavejai-koks tu vyras buvai? tai paprasta, buk savimi ir vel ji ims tavim zavetis ir gerbti-tiesiog nustok keistis „del jos“ o buk savimi.

Kartais mum atrodo, kad mes darome kazka del artimo zmogaus-o isties darome blogiau abiem... Esminis dalykas kurio tu nesupranti manau yra skirtumas **tarp itikti ir patikti**, daznai vyrai sumaiso siuos du i viena kruva, bet tai absoliuciai priesingi

dalykai-labai dažnai jie netgi vienas kito prieš priesos...Ir jai tavo veiksmai ne itiks o patiks(pasamoniui ligmenyje) tai ir pagarba tau atsiras.

Tu tikrai stengiesi itikti jai,bet pats matai prie ko tai priveda.

P.S kai ji lenda ir atsiprasineja buk „kietas“ nesileisk i ta emocianalu lygi islik racionalus.tu jai atleidi o jos akyse dar labiau smunka tavo kaip vyro ivaizdis,o viena diena supratusi jog gyvena ne su vyru ji susiras vyra... Nenoriu pasakyt,kad tu ne vyras,tiesiog **aukoji savo vyriskuma** del meiles ir tai nera gerai,nei tau nei jai.
BUK SAVIMI-TUO KURIUO BUVAI KAI JUS SUSIPAZINOT IR JA SUZAVEJALO NE DABARTINIU
P.P.S suprantu kaip sunku gali buti taip pasikeisti-Viena diena tu toks-kita diena jau visai kitas 😊 taip nebuna tai uzims laiko.

4. Did not find any emotions metaphors?

43. www.draugas.lt

2015.02.02 20:03

Gavrilovich

Tu akiai visu patarimu neklausyk robotu,as gi visos situacijos nezinau ir jusu nepazystu 😊
Bet seip jai jau ji tave gali apvadint visaip ir **kelt pries tave balsa** be priezasties,patikek manim tu jai nesi grietztas cia 100%...O jai dar ir tu po viso to jieskai iseities ir kaip cia jos neprarast ir ka cia daryt kad ji tave gerbtu tai tu 110% nesi pergriezts jai-taip kad pamirsk ka tau sako draugai-jie arba palaiko tavo mergina,arba nevyke patarejai,arba zino kazka ko mum nepasakai.

Tu neturi jos ignoruot,atsakyk jai-bet be jokiu „uti-puti..“ jokiu kalbu apie senus laikus,jokiu kalbu apie meiles,seiles-tu ja nusivyliai ir mastai ar jum verta buti drauge-stai **kur turi buti tavo pozicija...**

Tarp kitko tu isties esi ja nusivyles,tik nemoki jai to parodyti-nekreipk demesio i jokias asaras i jokias kalbas-tiesiog pasakyk kad esi nusivyles santykiais ir kad nepyksti ant jos(labai svarbu kad ji zinotu kad nepyksti,butinai jai tai pasakyk,kad jai atleidai ir nebepyksti,o esi nusivyles-taip ji zinos kad tavo sprendimas neparemtas emocijomis ir kad tai rimta) Be to ji nustos atsiprasinejusi ir verkusi,pasakyk kad tau reikia laiko pamastyti ir pabuti atskirai-tik tiek ir neatrasinek jokiu zinuciu pasiilgau ir panasiai...

P.S o laika gali isnaudoti tikrai viska apmastydamas-kaip kad ar tau tikrai reikia tokiu santykiu ateityje ir kaip isivaizduoji seima su ja ir tokiu jusu elgesiu,kokia butu itaka vaikams,ar istvertum kad vaikai taves irgi negerbtu,ar istvertum su ja visa gyvenima?jai ne tai gal jau suteikti jai paskutinia proga parodyti kad tu rimtai nusiteikes ir jaigu niekas nesikeicia issiskirstyti savo keliais?zodziu laiko turi **pasvert visiems + ir..**Mylinciai sirdziai neisakysi,bet siandienos minkstasirdiskas poelgis-pasakant jai kad myli ir be jos gyventi negali,regis butu grazus dalykas-o ilgalaikiai perspektyvai gali **sugriaut ir tavo ir jos gyvenimus.**Jai myli elkis taip kaip reikia,o ne taip kaip nori-del jusu abieju geroves 😊

Did not find any emotions metaphors?

44. www.draugas.lt

2012.11.15 17:08

kiskiokopustas

labai prasau nepatingekit perskaitys viska ir atsakyt. ir atleiskit uz klaidas bei LT raidziu nebuvima.

Turiu drauge nuo pat vaikystes.tiksliau mes esam trys.nesame tos tipines mergaiciokes,kur viena be kitos negali ir gyvena sulipusios it guma plaukuose. bet esam labai artimos,visad buvom ir busim seserys.po savos seimos esam viena kitai svarbiausios. siu metu kova **atsokome vienos is musu vestuves**, ana menesi ji pagimde vaikeli.jai 22 metai.ji auksta,grazi zaliaake, tipine lietuvaitė, vyru demesio netruko jai niekada bet gyvenime turejo tik du rimtus santykius su vyru.antrasis jos dabartinis vyras jai neistikimas.zinau 100%.esme ta kad nezinau ka daryti.pries pora metu mano drauge su juo buvo issiskyrusi.tada antroji jai pasake kad jos vaikas buvo jai neistikimas.koki milijona kartu jei atvirai.ji supyko kad nesakem jai,bet nepraejo poros menesi ir ji jam atleido.eme gyvent kartu.tada susituoke.na o dabar ji supa ant ranku vaika.jis sako jai

kad dirba iki 10 vakaro. o as zinau kad jis duodas su mergom.pirmai tik itariau kol draugas (labai artimas) nesudalyvavo su drauges vyru viename baliuje kur jis pasokdino mergeite kaip reikiant,permiegojo su ja ir ne karta. net zinau as ta panele...ka man daryt?pasakyciau draugei tikrai jei ji bent jau vaiko nebutu pasigimdzius.ji visad issireiskia kad labai jaucia kada jai meluojama,kad turi gera nuojauta,kad gerai pamoke ta savo vyra pirma kart ja apgavus,dabar jis belekaip geras ir myli ja,net negaletu i kita paziuret.manau visi supratom kad cia **naivumas kaltas**...papuole ji,oj kaip papuole.ka daryt?ji zinojo uz ko teka,gal sau tik pripazint nenorejo?ji lovoj kaip kokiam porno,neisivaizduoju kam jos vyrui reik kitu.sakau ji grazi be proto,gera,valgyt gamina skaniau nei mano mama, sexa megsta, visas naujoves lovoj bando,ner nuobodi,bet va naivi kaip avele kokia.jei as jai pasakysiu dabar as zinau kas bus.iseis pas mama su vaiku.pagyvent taip menesi,grys pas ta vyra ir gyvens toliau tik tiek kad ji engs ir visaip kaip kersys uz neistikimybe...gausis kad bus kaip dabar tik kentes ji.jei zinociau kad ji butu protinga ir kad ir kaip sunku bebutu ji iseitu pakelta galva- pasakyciau jai viska.dabar bijau.ar galiu griaut ju santykius?ji man kasdien dziaugias koks jos vyras geras pasidare kai ji pagimde jam dukryte. ji tikrai nemeluotu man. bet as zinau ka jis daro po 6h vos ne kasdien iki 10h vakaro.drauges manymu jis dirba.deja draugai kurie kartu su juo pas mergas varineja gali tai man paneigti.visi aplink ja ir jos seima tai zino,bet visi sako tai man,lyg as tureciau jai pasakyt.**galva tuoj sprogs**.nenoriu kad ji butu nelaiminga,noriu jai pasakyt,bet ji tiesiog kentes ir neiseis,toliau jam augins dukryte, bet jausis lyg elgtusi labai isdidziai ji pasiepdama,nebemiegodama vienoj lovoj ir pan..kokius pora menesiu...o poto ji sakys - pasikeite meile mano,dabar jau tikrai,prisiekiu,nematei kaip jis kentejo, dabar viskas bus kitaip... buvo jau taip.zinau kad vel bus. neisivaizduoju ka daryt. asmeniskai as noreciau suzinot tiesa.bet asmeniskai as eiciau ir iseiciau. o va ji.ji kitokia.todel nezinau kaip man ka daryt.gal patarsit?daugiau skirtingu nuomonių isgirsiu **sviesiau galvoj pasidarys**.

1. Galva tuoj sprogs, šviesiau galvoj pasidarys (EMOTIONS ARE SUBSTANCE IN A CONTAINER)

45. **www.draugas.lt**

2012.09.25 19:59

DraugėBri

Aš taip pergyvenu, kad būsiu sesė.

Bijau, kad nemokėsiu ja būti tinkamai, kad būsiu per prasta.

Nenoriu praleisti jo/-s pirmųjų žingsnelių, neišgirsti pirmojo žodelio, kad jam/-ai nepatiks mano padovanoti žaislai, ir kiekvieną kartą man atvykus nebėks pasitikti manęs prie durų šaukdamas/-s sesė atvažiuo!

Bijau, kad Mylėsiu per mažai, arba nemylėsiu pakankamai iš pavydo, kad **neturėsiu laiko** išklausyti vaikiškų nuoskaudų, apkabinti, bei pabučiuoti. Aš tik noriu, kad manimi pasitikėtų.

Pergyvenu, kad **nerasiu laiko**, kada paguosti, kai būsiu reikalingiausia negalėsiu atvykti, kad galbūt nesugebėsiu išmokyti matematikos, kad nesugebėsiu atsakyti į visus gyvenimo klausimus tinkamai.

Kai supyksių šauksiu, nenoriu, kad **jam/-ai skaudėtų**, kad nepagalvotų jog dėl to mažiau mylėsiu. Tiesiog noriu, kad suprastų, jog taip gavosi savaime, aš to nenorėjau. Nenoriu, kad jaudintūsi ar verktų dėl manęs, nenoriu, kad jam/-ai skaudėtų dėl manęs, apskritai nenoriu, kad skaudėtų. Noriu, kad visada švytėtų, kad būtų laimingas/-a, kad Mylėtų save.

Aš tiesiog norėčiau, kad ji/-s suprastų, kad visada norėčiau būti šalia, kad galės paskambinti man naktį, darbo metu, visai nesvarbu, kad suprastų jog niekada netrukdo, kai galėsiu atsiliiepsi, kaip galėsiu taip patarsiu, tiesiog noriu, kad žinotų, jog visada būsiu šalia, jei ne šalia, tai mintimis, bet būsiu, dieną ir naktį saugosiu, tiek gimusią, tiek paaugusią, tiek suaugusią.

Visada Mylėsiu, nors galbūt nemokėsiu to tinkamai ir parodyti.

1. Jam/jai skaudėtų (EMOTIONS ARE PHYSICAL FEELING)

46. **www.draugas.lt**

2014.07.02 02:41

gretalov3

Sveiki, norečiau paprašyti jūsų pagalbos ir patarimų.

Nutiko taip, kad su savo panelę draugavom 7 mėnesius. Susipažinom viename koncerte, vienas kitam taip kritom į akis (idiom?), kad negalėjom neužkalbinti vienas kito.

Buvo ir visko, ir pykčio, ir laimės, ir gerų prisiminimų. Išsiskyrėm dėl to, kad aš jai pamelavau vieną kartą, ji kaip ir susitaikė su tuo melu, bet jos šeima, ypač mama, spaudžia ją labai dėl to, kas ir privedė prie skirybų. Mano jausmai jai neišblėso, taipogi jos taip pat neišblėso. Mylim vienas kitą labai karštai, aiškus slepiam tai kaukę užsidėję. Abu jau ne paugliai, bet abiems tai pirmoji tikra meilė. Mylėjau ją ir mylėsiu..

vakar buvom susitikę, praleidom gana šauniai vakarą. Šiandien jai neberašiau išvis, nes galvoju duoti jai laiko su viskuo susitaikyti, susidėlioti mintis..

Prašau patarimo, ką man tokioje situacijoje daryti, siūlykit visus variantus, savo išgyvenimus, patirtis, tik venkit sakinių "pamiršk ją" "daug panu bus dar geresniu už ją" ir t.t. esu jau tvirtai apsisprendęs, susitaikęs su ta mintimi, kad man jos žūt būt reikia, ir kad ji yra ta mano gyvenimo moteris..

1. Jausmai jai neišblėso (FEELINGS ARE FIRE)
2. Slepiam tai kaukę užsidėję (EMOTIONAL STATE IS MASK)

47. www.draugas.lt

2014.08.31 15:01

1Lukas

Situacija tokia kad gyvenu su mama ir pateviu. Problema patevis. Tai žmogus kuris pastoviai kažka aiskina, nurodineja, issidarineja. Jei bandai bendrauti, tai susipyksi. Budavo kad isgerineja. Zodziu nemoku tekstu to perteikti, bet tai energetinis vampyras kuris eda is vidaus. kartais baisiai supykdo, suerzina, sunervina. As pastoviai ant kazkokio diskomforto ar tai baimes, ar tai susierzinimo. Zodziu tie namai man yra pragaras. Moralinio palaikimo negaunu jokio, tik kazkokie aiskinimai, nurodinejimai. Daznas atvejis kad akis drasko del nesamonių, menkniekiu. Zodziu individas, kazkoks nesusipratimas. Kartais pagalvoju gal as kazkokia nasta, tingiu, nepadedu. Bet juk dirbu, duodu komunaliniams, ko daugiau reikia? Noriu iseiti is namu (metonymy?), bet nesiryztu. Bijau gresencio skurdo, nes gaunu 1000lt i rankas, su sitiek kazin ar protinga butu nomuotis buta? man 23m

Aplamai kai atsikrausciau i tuos namus, tas buvo gal pries gera 10metu. Tai viskas tarsi sustojo, dingo draugu ratas, pradejo nesisekti, prasidejo socialine izoliacija nuo zmoniu. Nebegyvenu o egzistuoju. Ka patartumet?

3. Not sure about many of these metaphors?

48. www.draugas.lt

2014.06.29 09:21

Vėjaplaukė

sveiki jau nebezinau kur daugiau kreiptis, tad cia dar pamasciau jog galeciau is jusu patarimu, o gal tiesiog pamastymu sulaukti. mano situacija yra tokia: su draugu 2. pragyvenom kartu po metu vaiko susilaukiau kuriam dabar puse metu. aisku pasakysit, kad per greitai, bet taip jau gavosi tada tikriausiai i ta zmogu ziurejau per rozinius akinius (idiom?) ir nemaciau koks jis istikro. taip ir per tuos 2m. buvo jau visko kai tokiu dalyku girtavimu, barniu, melo, pas kitas lakstimo, policijos net isikisomo. vis atleisdavau. vestuvem palanavom, bet neivyko. o viskas pablogejo kai tik susilaukiau vaiko. nesirupino visai lakste is namu, negryzdavo net, pinygu nebudavo, nes kaip visad niekur nepadyrbdavo, pradejo dar baisiau elgtis grasinti, terorizuoti. teko su mamos pasiulymu as tevus persikraustyti, maniau ten bus ramiau, bet ne. tevai uz tokia

situacija su ne tuo žmogum asidaryto vaiko pyko ant manes, nes anksčiau buvau be darbo ir likau be pajamų. teko ji elementam paduoti, tai jis man ir tevam pradėjo grasinti žinutėmis ir skambučiais. juos mokėti atsisakyti. pastoviai dėl vaiko auginimo ir draugo padarytos situacijos pygdavome iki asarų ir noro mintyse pro langą išskirti. bet tėvai o keliu mėn. nepsikente ir vėl perkrauste mane pas jį ir jo tėvus gyventi su vaiku, nors žinojo, kad aš jam nieko neįsakyčiau, čia irgi vėl prasidėjo nepiragai jau gyvenant apie mėn. terorizuoja pastoviai, kad atsimčiau elementus, su juo susituokčiau ir tik tai daryčiau, kad jis lieps. o jis dar tuo naudojasi, kad neturiu nei kur nei už ką eiti kitur. kas truputį kaip ir mano tėvai grasina **įsmetimu į gatvę** (idiom?). tėvai yra pasakę, kad jis nevos neprieiko, juk manes neįsivertavo ir aš turiu kaip ismanu gyventi, o jam tik elementai kurie než. kada dar bus galutinai priteisti. bet budama pas jį vienas vaikas portale viename mane užkalbino, vienas kiatam patikom, matemės ir per skyę, nes jis klp., o aš iš kauno. mano visa situacija žino, siule savo db svarbiausius reikalus susitvarkius kraustyti klp. arba tai susibendrauti ir padaryti, kad jis noretu dėl manes į kauną atvažiuoti. p.s. dabar kur gyvenu su vaiko tėvu tai kosmaras ryta **su pretenzijom atsidikelia ir atsiūla su jom**, miegot anksčiau neleidžia su juo iki išnakti turėti sėdėti ryta anksti vėl keltis būnu pervargus, girtauja tai scenas keliai, nors ir blaivas psichijuoja, pvz. žaidimas kompiuteriu nesiseka, tai keikias ir koma daužo arba kas nepagį jį taisyti kuscius iki kruajų daužo ir askui kaltina, kad er mane ir kad er mane geria, nes jis neva visur turi laimėti ir pagal jį turi būti. tėvai mano jau padet nenori, nes nedariau, kai jie irgi norejo, db anuok tik prisimena, kai pamatyt nori ar kokiom giminėm parodyti. norečiau, kad gal ir nebūtina atartumet, bet savo nuomone išsakytumet, o gal jum ar jusų pažinojot kam anasiai buvę ir turit kokių minčių neblogo, nes jau kreijusi kur tik galejau, liko tik policija, it tokios laidod kaip 24h ir tv pagalba, bet durt vis rezerve laikausi ir nedrystu. acių jei parodysite supratinguma.

Did not find any relevant metaphors?

49. www.draugas.lt

2014.06.29 12:58

invazija



kol perskaičiau viską, tokia **neviltingas išties** (???). tau ne 13 metų, turėtum suprasti, kad nėra **princas ant balto žirgo** (idiom?), pati atsakinga už savo gyvenimą, pasirinkimus ir sprendimus. rašyti nemoki, toks jausmas, kad net vidurinės nebaigus, vyrukas, turbūt, iš viso koks adaptuotas, susilaukėt vaiko, kurio man labiausiai ir gaila tokioje situacijoje.. pačios šeima, ko gero, irgi nelabai kokia, jeigu **šitaip į dugną nušivažiavai**. bet kokiu atveju, jokių būdų netekė už vaiko tėvo ir nevažiuk pas tą klaipėdietį, pamiršk tuos vyrus dabar. esi mama, turi vaiką, todėl turi rasti saugų ir ramų prieglobstį abiem, nesitikint niekam sėdėti ant sprando ir tinginiauti.. vaikiukas mažas, bet kažin ar gali sau leisti sėdėti namuose ir nedirbti, gal vaiko seneliai nedirba, būna namuose, tuomet turėtum jiems palikti prižiūrėti ir eiti dirbti. Kristina gerai sako dėl krizių centro, nes akivaizdu, kad tau trūksta žinių, informacijos ir įgūdžių.. todėl specialistai galėtų geriau patarti, žinodami visas detales ir smulkmenas. tik nesitikėk, kad viskas bus paduota, turėsi ir pati **įdėti pastangų**, nes gyvenime nieko nebūna šiaip sau..

1. Neviltis išties (EMOTIONAL STATE IS EVENT)

50. www.draugas.lt

2014.06.30 12:50

antares

išų pirma **atsiribot nuo tokio žmogaus** ir tiek. aišku karma kaip jau ir bendra yra. o klausimas ar išties tas kitas atėjęs vyras į jūsų santykius norės (ir galės?) **dalintis jūsų buvusios šeimos karma**. nes santuoka kaip ir neesmė aplamai (tai tėra įsipareigojimas vienas kitam) , o jūsų šeima ir yra dabartinė su tuo vyru. tas ateinantis vyras nori nenori ir tebus antras trečias ar keturioliktas, tai jau jokio skirtumo. beabejo **žmonės stengiasi pabėgti ir pamiršti**, bet tai neįsada pavyksta. o vėliau taip ir būna, kaip per TV rodo, ateina po keliolikos metų biologinis tėvas ir pasiima ir vaiką ir žmoną  klausimas, ar jūsų būsimas gyvenimo partneris tai gali priimti? ar būsite paprasčiausiai tik dar vienas žaisliukas kažkieno rankose ir tiek. be to, tokioms moterims labai paprasta patekti į prostituciją, o iš ten kelio atgal praktiškai jau nebėra. tokios moterys pabaigoje pasidavinėja už kelis litus (nuo pradžioje buvusių dešimčių tūkstančių  ir miegojimo su "kuo nori") ir gyvenimą dažniausiai baigia perdozavusios narkotikų ar aplamai savižudybe. kas link **tėvų stūmimo**, tai kas ten per tėvai? galbūt jūs jų paprasčiausiai net neturėjote. suteikti vaikams iki pilnametystės pastogę ir maistą numato įstatymas, bet tai dar nereikia tėvystės.

1. Atsiribot nuo tokio žmogaus (RELATIONSHIP IS SPACE)
2. Žmonės stengiasi pabėgti ir pamiršti (RELATIONSHIP/EMOTIONAL STATE IS PLACE)

51. **www.draugas.lt**

2012.07.14 23:20

Noonan

turiu kvaila situacija. suprantu del jos pats esu kaltas bet.

skaityti viska pries komentuojant.

prabendravom beveik 4 metus. paskutinius 1 metus su puse uzsimindavom apie gyvenima kartu bet as vis tempdavau guma (idiom?). nesam mazi vaikai man 30 ji keleta metu vyresne. abu buvom vede. taigi viena diena lyg ir ziurinejomes bustu nuomotis kartu lyg ir viskas tvarkoj. kita diena pasakiau jog reikia truputi iki rugpjucio lukteleti, kadangi esu airijoje atsirado keletas svarbiu priezasciu norejau savo skyrybas uzbaigti. ji nusimine del atidejimo.

po triju dienu gavau zinute: jog mano vieta uzimta. tarp musu viskas baigta. negalejau patiketi. ji eme manes vengti. bet reikejo susitikti nes atveze mano asmeninius daiktus.

po dvieju savaiciu nuo zinutes susitikimome. pries susitikima ilgai nelipo is masinos sedejo galvojo kazka. islipusi eme sakyti is kart jog viskas baigti ji turi kita ir panasiai. as paklausiau ar tas kitas buvo tuo paciu metu kaip ir as? ji tvirtai atsake jog ne. bandziau kalbeti bet viskas atsimusdavo lyg i siena jog ji turi kita. pasakiau ok jei tu del to kad reikia palaukti del gyvenimmo kartu iki rugpjucio okk as galiu nor is kita diena nors ir dabar kraustytis. ji pasake jog nebegali nes su kitu issinuomavo nama ir kraustosi jau. bet ji niekad nepasake jog manes nebemyli ar myli kita kartojo tik kad negali ir nebenori. sake kad nelysciau nerasyneciau palikciau ja ramybej. zinoma kazkodel nesitiki jog ji ta kita turi. juk po santykiu norisi pertraukos o ne pulti stacia galva i kitus santykius (na cia mano nuomone). palikti ramybeje negaliu taip is kart turiu jausmus jai noreciau buti kartu su ja. ji isleke nieko labai neaiskinusi.

po keleto dienu parasiau zinute kad reikia pakalbeti. ji rase kad neskambinciau ir nerasyciau bet paskambinau jai. atsiliepe. pasakiau jog ji man svarbi ir nenoriu jos prarasti. ji vel uzsidenge kito asmens turejimu. paprasiau susitikti isgerti kavos ir paprasciausiai pasikalbeti ne telefonu. ji pasake jog ji nenori kad suzinociau kur gyvena nes neuti dabar masinos ir nenori susitikti. po keleto vel bandymu kazka konkretaus atsakyti tarstelejo jog gal kita savaite. pasakiau ok lauksiu kitos savaites. pokalbis truko apie 23min.

atejus kitai savaitiai vel paskambinau neperspejes. pirma kart neatsiliepe. po keleto minuciu pabandziau dar karteli. atsiliepe. atsiliepe zodziais: juk sakiau jog neskambintum. na kalbeju ramiai. pasakiau jog ji lyg ir buvo sakiusi jog gal sia savaite susitiksime is gerti kavos todel ir skambinu pasitiksinti kada. pradejo aiskinti kad labai uzsiemusi yra neturi laiko, daug darbo. kazkaip nustojo mineti kita asmeni(arba bent jau nenaudoja tos frazes i visus atsakymus) as pasakiau jog ji man svarbi yra ir as turiu jausmus jai. ir noriu pasikalbeti. ji pasake jog nieko nesitikeciau is jos atsakiau jog dabr nieko nesitikiu iki pokalbio noriu tik pakalbeti. o tada bus matyt kas ir kaip. ji pasake jog susitiks su manim jei pazadesiu ja po susitikimo palikti ramybeje. atsakiau jog negaliu dabar jai nieko be pokalbio zadeti o po pokalbio bus matyt ka galiu zadeti ko ne. ji atsake tada nepazada susitikti as pasakiau jog tokiu atveju vistiek susitiksime(nors nenoreciau taip daryti bet zinau kur dirba darbo valandas) pasakiau jog negaliu jos taip pamirsti lengvai juk mylint zmogu nori kovoti del jo. ir as stengsiuos kovoti del jos. neaisku ar man pavyks ar ne ta kova tik tiek kad galesiu kada nors sau pasakyti ir buti ramus jog turejau mylima zmogu kuri praradau del savo kaltes ir kad vel buciau kartu su juo padariau viska ka galejau. ji nezinojo ka atsakyti keleta sekundziu buvo tylu kai pradejo kalbet balsas sudrebejo. pasake jog pasistengs rasti laiko ir pati parasyt kada gali susitikti bet turbet penktadieni.

abu pokalbius i ja kreipiausi kreipiniu "saulute" ja taip as vadindavau. ji nieko nesake del to net neuzprieistaravo. iki penktadienio(tris dienas) netrukdziau jos visiskai. penktadieni laukiau zinutes jos nebuvo. sestadieni parasiau zinute. atsiprasiau jog trukdau bet noreciau zinoti kada ji tures laiko. jokio atsakymo.

na va lyg ir ilga istorija trumpai. klausimai tokie butu.

52. **www.draugas.lt**

2014.04.22 14:44

Pobresita

Sveiki visi, **norečiau truputi paatvirauti** virtualioje erdveje. Nebegaliu daugiau kentėti ir **laikyti visko savyje**, net su artimaisiais ir draugais negaliu apie tai sneketi. O ir tu draugu daug neturiu. Gyvenu užsienyje, **kur turejau gan nelengva kelia**. Čia **jauciausiai vienisi ir apleista**, plius **paslijo sveikata**, nors ir buvau labai jauna. Visada svajojau apie namų silumą, kol glaudžiausi įvairiuose nuomoduose kambariuose pas svetimus žmones. Siekiau mokslo, sudėtinga buvo mokytis užsienio kalbą, o ir **charakteris kažkoks pasidare uždaras**. Žinau, kad kitiems pasitaiko ir daug sunkesniu išgyvenimu, tačiau man tai nepadejo jaustis geriau. Galiausiai sutikau mylimą žmogų, pas kurį atsikrausčiau gyventi. Jis nebuvo pasiruošęs bendram gyvenimui, tačiau dėl aplinkybių teko mane priimti. Emiau po truputi keisti charakterį, **gydytis sielos žaizdes** ir svarbiausiai - turejau namų silumą. Visa tai privertė mane **buti akiai tam faktui**, jog jis nenori, kad ten gyvensčiau. Niekad nevare, tačiau aš jo **užuominoms apie išsikraustymą užmerkiau akis**. Buvau **isikibus į tai**, ka radau jo namuose, ko man truko ilgus metus. Tai buvo mano kalte... Ne tik namai, bet ir tas žmogus man tapo viskuo. Labai jį mylėjau ir tebemyliu, esu atsidavęs ir daug ką savyje sureguliuavau pagal tai, kaip jam patinka (nors ir man patiai tie pokyčiai buvo į naudą). Matyt turiu kažkokiu emociniu sutrikimu iš vaikystės ir tu vienisu metu užsienyje, nes kiekviena kartą pagalvojus apie išsiskyrimą, galiu verkt valandų valandas, jaustis blogai, nevalgyti. Kažkoks nenormalus jautrumas ir prisirišimas. O jis manęs nelabai jau myli, po gyvenimo kartu, atrodo, kad **norėjo bėgti nuo manęs**. Išvaziavo mokytis į kitą šalį (pasitaikė tokia galimybė) ir **ryšys tampa vis silpnesnis**. Vaziavau lankyt, nors kainavo daug, jis buvo irgi atvaziavęs - bendravimas puikus, tačiau jis abejoja, nežino, ka man jaučia... Nors paklaustas, ar nori but kartu, sako, jog nori. Kiekviena karta vis kitos priežastys, verčiančios jį abejoti. O aš, prisirisele, beviltiskai mylinti kvaile ir **velkuosi iš paskos**, ir toleruoju jo abejones, retus pokalbius, iniciatyvos trukumą...

Kaip nutraukti tą neracionalų prisirišimą ir besąlygišką meilę? Nebegaliu jau taip gyventi, žinau, jog mano meilė nusipelnė atsako, o ne dvejoniu. Nesuprantu, kodėl išgyvenu viską taip stipriai, jog net nebėgiu susikaupti ties savo mokslais ir darbu... Neseniai sužinojau, jog išsivystė gan rimta liga, manau, viskas nuo pergyvenimų ir pan. Patarkit, ka nors, prasau :)

1. Norėčiau truputį paatvirauti, charakteris kažkoks pasidarė uždaras (PERSON IS CONTAINER)
2. Laikyti visko savyje (EMOTIONS ARE SUBSTANCE IN CONTAINER)
3. Jaučiausi apleista (PERSON IS BUILDING)
4. Gydytis sielos žaizdes (EMOTIONAL STATE IS BODY)
5. Norėjo bėgti nuo manęs (RELATIONSHIP IS SPACE)
6. Ryšys tampa vis silpnesnis (RELATIONSHIP IS CONNECTION)

53. www.draugas.lt

2014.04.23 17:23

atsimerkęs

Žmonės santykiuose meilę ir prisirišimą dažniausiai lygiavertiškai sutapatina. Šiaip, tam, kad būtų darnūs santykiai **ryšys yra reikalingas**, tam, kad atsirastų ryšys **reikia "rištis", o rišimosi natūrali pasekmė yra prisirišimas**. Bet yra vienas "bet"! Visų pirma, manyti, jog prisirišimas garantuos darnius ir ilgalaikius santykius yra labai primityvu, o antra prisirišimas, tai nėra meilė! Atvirkščiai, kuo stipresnis meilės jausmas, tuo mažiau **žmogus kažką "pančioja" ar yra "pančiojamas"**. Žmogus **papuola į prisirišimo "spąstus"**, kuomet santykių stimulų laiko savisaugos instinktą, šis instinktas nors ir yra būtinas ego elementas, bet visgi, paprasčiau sakant, prisirišimas yra egoizmo išraiška t.y. integravimasis į save, į stabilumą, pilnavertį likimą ir t.t. Meilės jausmas yra orientuotas integravimuisi į visumą, į aplinką, į davimą. Kitaip sakant, tai jausmas visiškai nesusijęs su **ego ir stabilumo siekimu**, dėl to, jis negali būti susijęs su prisirišimu. Tai, jog žmonės sugalvoja (vedini savisaugos instinkto) sakyti, kad prisirišimas, pavydas, ir pan., yra meilės išraiškos pojūčiai, o ne meilės jausmo nebūvimas. Dėl šios logikos deformavimo priežasties, žmonės gyvena iliuzinius gyvenimus ir susiduria su realiomis ir skaudžiomis problemomis. Taigi, bendrinant, autorės problema yra prioritetų sistemoje-pasaulėžiūroje, kurią perstačius spęstųsi ir problema.

1. Ryšys yra reikalingas (RELATIONSHIP IS CONNECTION)
2. Reikia rištis, o rišimosi <...> pasekmė yra prisirišimas (???)
3. Žmogus kažką „pančioja“ ar yra „pančiojamas“ (???)

54. www.draugas.lt

2014.05.06 20:14

Lhasa

Pobresita! Esi jautruolė, ir nieko čia blogo. Gyveni toli nuo namų, patiri daug streso, ir normalu kartais paliūdėti. Kas čia blogo - liūdėti? Abejoji dėl santykių? Tūkstančiai porų **skęsta tokiose pačiose abejonėse** 😊)) Net ir tie, kurie labai stiprūs/brandūs/savarankiški, jie taip pat kartais abejoja. O tau neveltui duotas toks išbandymas ir tokia patirtis, ką dabar išgyveni. Gal po metų suprasi, kad tai tave tik pastiprino? Svarbiausia, **neklampint savęs niūriuose apmąstymuose**. Čia daug gerų patarimų visi davė, kaip atitraukti savo dėmesį nuo savigailos. Tu juk nelaikai savęs auka? Ar laikai? 😊))) Man kartais, kai užplaukia "liūnės sutemos" sindromas (na, baisiai gaila savęs), patinka **pažiūrėti į save iš kitos pusės**, autoironiškai. Tada kokį eilėrašį parašau, pasišaipau iš savo "negailestingos egzistencijos", ir lengviau pasidaro. Baik gailėt savęs! Eik pasivaikščiok į miestą ar pažiūrėk gerą komediją. Arba bent vieną minutę pagalvok apie tai, kas tau patinka, malonu, ko tu nori. O paskui dar vieną minutę. Ir dar. Ir **akyse pasidarys šviesiau** 😊 Viskas tau bus gerai! Tikrai!

1. Skęsta tokiose pačiose abejonėse (EMOTIONS ARE SUBSTANCE IN CONTAINER)
2. Neklampint savęs niūriuose apmąstymuose (EMOTIONS ARE SUBSTANCE IN CONTAINER)
3. Akyse pasidarys šviesiau (?)

55. www.draugas.lt

2007.08.28 14:22

foreverjoy

Atsitiko man toks dalykas su mergaite. Buvo Palangoje su tėvais, beveik savaitę. Jai grįžus viskas buvo kuo puikiausiai kol netyčia neradau jos kompe kito nuotraukas. Ji sakosi, kad susipažino su juo papludimį ir tiesiog draugiškai praleido laiką, net jei ir norėtų išduoti negalėtų nes buvo su tėvais. Idemiausia tai, kad data nuotraukose skiriasi nuo tos dienos kuria ji atseit su juo susipažino. Ji sakosi, kad nieko blogo nedarė, tiesiog draugiškai pabendravo su juo, nes jis taip pat turi merginą. Turbūt reikia **būti visišku asilu**, kad tikėti tokiais paistalais, tuo labiau kai mažiau jo kambario nuotraukas, su jos suknele ir megztuku ant pakabos. O kitos dienos nuotraukos pas ji mašinoj, nors sakosi, kad tiesiog kita diena ji sutiko pravažiuojanti gatvę, ir jis pasisiūlė ją pavėžti. Pati ji nieko neprisipažįsta, sakosi, kad jos fotikas durniuoja ir kartais rodo neteisingas datas (čia išvis nonsensas). Taigi klausiu patarimo, ką daryti? Ar atleisti netgi su ta mintim, kad ji ir buvo neištikima su juo ir tiesiog pasistengti viską pamiršti, nes santykiai tikrai gražūs, buvo. Ar geriau palikti ir pasikankinti šiek tiek, o poto rasti kažką tikrai vertą meilės ir pagarbos, o šią tiesiog pamiršti kaip išdavikę (nors ir nebus lengva). Visiškai sumauta situacija, ir nežinau ką daryti. Jausmai jai tikrai stiprūs ir netgi atleisčiau sužinojęs visą tiesą (juk visi mes darome klaidų), bet ar nebus taip, kad tai pasikartos dar ne kartą.

Did not find relevant metaphors?

56. www.draugas.lt

2007.08.28 17:28

Superstar

Visu pirma tai tikrai gal ten nieko nebuvo, va nepasitikejimas ir zudo 😊 Situacija panasi as irgi isvykau savaitei i Palanga su mama ir drauge, linksmi ten sau leidau laika, su drauge susipazinom su dviem vaikinukais irgi ten fotkiu prisidarem ir pajuri apsikabine ir siaip tokiu buvo, kad pamacius ne ka pagalvot, bet nieko daugiau nebuvo. isdavyste man nesuprantamas dalykas, o sexas daugiau nei sportinis malonumas ir tikrai **negriauciau santykiu** del nuotykiu. Tai va mano vaikinas mate tas nuotraukas, bet scenu joku nekele, nes mes pasitikim vienas kitu ir jis zino, kad tokiu nesamoniu nedaryciau, jis tik sako: o fui koks negrazus, juk as grazesnis 😊😊😊 nežinau fotkes siaip nieko nereiskia, o kartais musu **vaizduote daug lakesne**. va draugas buvo Italijoje su draugais jachtom paplaukiot (as darbe sodejau 😞) atsiveze nuotrauku tokiu sakyciau jau "idomiu". merginos su bikiniais, sampanas (nors mano draugas negeria, per 4 metus maciau tik per gimtadieni isgerianti kelis kokteiliukus) ir matosi toks visai nieko "tusas", bet zinai man net mintis i galva neatejo, kad jis ten miegojo su kokia panele, mes tik padiskutavom apie merginu bikinius, figuras ir paklausiau kaip cia jis sampana gere, aisku smagiai pasijuokem ir tiek.

Taip kad nežinau kokie jusu santykiai, bet tu turetum geriau zinot, ar ji isdave tave ar ne. Bet rimtai mano nuomone nuotraukos nieko nesako.

Va atsisesk ir pagalvok ar is vis gali ja pasitiket, be tu nuotauku, o va tada pasisnekek su ja ir atvirai pasakykkaip jautiesi, nes gal ji zino kaip tai pakeisti. Zinai pasitikejima reik uzsitarnauti 😊 jis ateina su laiku, ne is karto. Tevu klaust, ka ten klaust, juk tai dviejų žmonių reikalas, nekiskim kitu, nes gausis dar didesne kose 😊 ir kam kersysis, jei is tikruju ji nemeluoja. Taip kad pagalvok gerai 😊 sekmes

1. Negriaučiau santykių (RELATIONSHIP IS BUILDING)

57. www.draugas.lt

2014.03.29 10:25

LoseMind

Sveiki visi... Sunku man kurti sia tema, bet turiu suzinoti kitu žmonių nuomone... Kagi pradekime... Esu pilnamete, gyvenu su tevais, jie mane islaiko Todel esu priklausoma nuo ju, baigineju 12 klasiu. Turiu vaikina, jam 20, draugaujam 6 menesius, jis mokosi profesinei mokykloj. Jo nemegsta mano mama (del to kad profesinei mokosi), tevo nuomones Apie ji as nezinau. Bet, vaikino tevai mane siltai prieme I savo seima, draugiskai bendraujam zodziu gerai sutariu su jo tevais. Problema tame kad, kai as susipykstu su tevais, jie visada kaltina mano vaikina, sako kad jis man Daro bloga itaka, kad per ji as nesimokau (nors atvirksciai pradejom maziau susitikinet kad butu laiko mokslams). Ir Stai Neseniai vel susipykau su tevais del vairavimo mokyklos, ten paini istorija su ta mokykla ir sekretore bet esme tame, tevai manes neisklause, apreke ir uzdraude susitikineti del to kad jie mano kad ejau I vairavima tik del to kad galeciau veliau su juo susitikti. Neslėpsiu is tiesiu su juo Susitinku po vairavimo. Bet Susitinku po pamoku ne Todel kad jo pasiilgstu ir t.t. Bet del to kad man baisu, vairavimo mokykla pavojingam rajone pilna girtuokliu, maza kas kam sausu I galva, apvogt ar Dar kazkaip mane nuskriaus, O iki autobuso 2-3 valandos lieka, Todel jis atvaziuoja su manim pabut iki autobuso, O tevai nevaziuoja manes paimt nes kam ju laika eikvot juk autobusas yra. Jei ne jis velniai zino (idiom?) kas butu nutike, girtuoklis su vairuotoju susimuse ir Langa ismuse, Dar kazkoks Vyras lindo prie manes, arba isvis autobusai neatvaziuoja, tai siaip Koks vyras su elektro soku laksto ir daug tookiu nemalonumu vos ne kiekviena karta, tai Todel mano Vaikinas atvaziuoja ir palaiko mane visais atvejais... Nesimatem mes jau savaite... Tikejau siandien susitikti, bet ne, mama neisleido nes pagal ja turiu gylinti savo zinias ir visa laika sedeti savo namuose, O kur poilsis? Nera. Aisku suprantu tevus jie mane saugo ir t.t. Bet., kad Niekur neisleist... Pas vaiikina 2 kartus nakvojau ir Tai vargais negalais mane isleido, susitikinet galimybiu su juo dabar rybotos, O mes taip pasiilgom vienas kito... Tačiau svarbiausia, galiu but nepriklausoma nuo tevu, galiu pora dienu pabut pas vaikina, jis mane islaikys, poto nuvaziuot pas mociute gyvent, susirasciau darba t.t. Patys tevai gazdino mane kad Kai man sukaks 18 metu as su jais nebegyvensiu ir turesiu pati save islaikyti. Sukako 18 jie mane laiko ant pavadzio, ir pasimatymus visiskai uzdraude ir nesvarbu ar as stengiuos soks pagal ju dudele (idiom?) ar nesistengiu, visvien. Ir iskylo vienas klausikas, Jei su ramia sazine iseiciau is namu baigus 12 klasiu, ir palikciau laiska kuriame parasyciau kad savo noru iseiau ir ivardinciau svarias priezastys del ko taip padariau ir Jei jie pranestu policijai jie ieskotu manes ar ne? Tai Stai tiek bedu... Lauksiu j?su atsakymo..

Did not find any relevant metaphors?

58. www.draugas.lt

2011.05.15 20:54

RoKo

Sveiki, turiu problema..

Buvom vakar pas gimines sode, ir turėjau su motinos dviračiu nuvažiuoti iki namų ir grįžti... Važiudamas pastebejau, kad dviracio padangos nuleistos, tad namie pasikeičiau į savąjį. Grįžęs į sodą, pasakiau jai, kad padangas reikėtų pripūsti... Na, po pabuvimo sode, grįžom namo, ir sako man: ar gal ipripūsti padangas? - Sakau, gerai, tik pompa atnešk.. [prsiminiau, kaip tėvas sakydavo, kai man reikėdavo ko nors - tau reikia - parūpini pats priemonės, aš sutvarkau] . O ji ir pradėjo - jausk pagarbą, bla bla bla ir t.t. Na pasiemiau aš tą pompą ir pripučiau. Grįžau iš kiemo ir susiginėjau su motina - juk jai reikėjo, kad sutvarkyciau, tai ji ir turėjo viską parūpinti.. O ji atkirto - aš tavo motina, jausk kaip kalbi ir t.t. Krė, likau kaltas.. :[Paskui ginčas išsirutuliojo, ir gavosi taip, kad aš jos nemyliu, negerbiu ir etc... Ji man ir sako: pažiūrėsim, kaip be mamos gyvensi.. O aš paklausiau: Išvarai?

Ji nieko neatsakė, ir aš su ja nesikalbu nuo vakar vakaro.. Kadangi tėvo nėra [dirba užsienyje] tai prieš kokią valandą su motina per sype kalbėjo, ir turėjau išklausti moralą nuo tėvo... ir pasakė - arba nueini ir susitaikai, arba visa šeima tave ignoruos ir nekas bus man...

Aš pats kaltas nesijaučiu, bet nežinau ką daryt - jaučiu, kad tai negerai, bet išdidumas neleidžia man neleidžia nueiti pas ją - juolab, kad jaučiuosi įžeistas.. Plius, pas mus yra tokia taisyklė - noriu sėdėti prie pc - turiu atsiskaityti knygą sekmadienio [t.y. šiandien] vakare... Taip išeina - neatsiskaitau - sedžiu be pc savaitę, nors knygą perskaičiau... Blemba, chebra, belekaip reikia jūsų patarimo ką daryt :/

Did not find any relevant metaphors?

59. www.draugas.lt

2011.05.15 21:47

Dimytrijus

tai **esme ne tavyje** o tame kas buvo iki tol jai atsitike...

ji kaip ir visi žmonės išivaizduoja tamtikra siuzeta "kaip turi elgtis" žmogus ir tu irgi turi siuzeta "kaip turi elgtis žmogus"... ir jie nesutapo to vietoi.

esme ta, kad tu jai nepasakei kodėl taip padarei, o jina žinoma viską sureikšmino ir **ispute iki burbulo** dideles nepagarbos.

visi žmonės turi savo "įzeidimo" ir "pazeminimo" prisiminimu, kurie tokio neatitikimo atveju gali sugryzt ir stipriai išpusti but. ji pyksta ne tik ant tavęs, bet ir ant praėjusių ivikiu. nepriimk visko asmeniškai... ji tuo momentu ne tik ant tavęs pyksta. Ji pyksta ant "neteisybės"...

o kitas dalykas - tu is jos irgi ismokai lygiai taip pat kaip ji, pirmoji eilę statyt savo "išvaizdavimą kaip viską turi vykt" ir tiesiog klaidingai įvertinai ko tikėtis iš poelgio. kaip tavęs ismoke taip daryt, taip ji dabar ismoke su ja - nedaryt. gyvenam ir mokomės... siaip gal būtų užteke tiesiog mandagiau paprašyt, o ne kaip "tevo statusą" turintis žmogus "vaiko" ar "draugo" statusą?

abu kalti, bet tu gali suvaldyt situaciją savo nuožiūra... suvokių tavo situaciją iš savo pacio patirties - mano mama turi žveriskai daug "jautrių temų", bet koks klaidingas žvilgsnis gali ją įzeist. bet nuo to ji nėra blogas žmogus, tiesiog sunkiai sugyvenamas žmogus... visa laime, kad savarankiskas žmogus ir **turi laisvę nuo jos atsiribot**, pagaliau palikdamas jai laisvę test laimės paieškas...

jei tau reikia perskaityt po knygą per savaitę (pagirtina) tada gali skaityt kokią apie bendravimo pagrindus ar panasiai, kad geriau viską suprast ir rast sprendimo alternatyvą 😊

p.s. čia išgirsi daug keistų žmogelių nuomonių iš visų imanomų perspektyvų kurių nei noretum nei, realiai, kada nors tau bus labai ir naudinga girdet. nepyk ant jų ir nesivėlk į beprasmiškus "virtualios sąvagarbos" irodinėjimo ir gynimo gincus... apgailetina, bet tave įzeide jie pasijunta didesni žmonės:/

1. Turiu laisvę nuo jos atsiribot (RELATIONSHIP IS SPACE)

60. www.draugas.lt

2011.05.15 22:07

Dimytrijus

nesivėlk į sąvagarbos gincus su degradais, leidžiančiais laika įzeist nepažystama anonima internete su tikslu pakelt sąvagarbą... nebūk vienu iš jų.

gali skaityt angliską knygą apie "lock picking" ir **galesi atsirakint** 🛠️ kai is manes atime distancini, kompo laidus, joistikus, ir visa kita "iranga", ismokau telika išjunginet rankiniu būdu, o kad nereiktu mokytis kol ji namie - pasiimiau iš bibliotekos knygą apie magijos triukus ir nusilipdziau tikroviską joistiką iš kartono, kad kombinacijas toliau atkalinet 🛠️ užrakinus duris - ismokau atsirakinet su rankiais... bet tai buvo debiliskas sprendimas, bet va principai, jaunystės marazmai... 🛠️

protingo vaiko jokie metodai nesulaikys, bet teisinga logika su supratimu - gali ir motyvuot. o jei durnus naudos, jis gali ir užsimust is 5 aukšto paklodos pagalba nusileist bandydamas... tavai nėra blogi is prigimities, tiesiog jie kvaili kartais... daro klaidas, kaip visi normalūs žmonės 😊

atsimink ka jie tau sako, tu savarankiskas. taigi - ir atsakingas uz savo veiksmu pasekmes. supykdei, pripazink, atsiprasyk, pasakyk savo pozicija kuo aiskiau ir paprasčiau ir turek kantrybes. nusizemines pries ja 5 minutes, gali but pakiletas jos akyse istisom savaitem, menesiam ir metam... tavo mama irgi kazkieno vaikas, gali ja pasirupint truputi. kadanors vistiek teks tai daryt, gali pradet treniruotis kol tai tik **budas gaut dekingumui**, o ne prievole. Kol tau dar padaro valgyt ir duoda drabuzius... nes pz zinok, paskui toki sh valgi valgai barake savo gamybos ir taip skalbtis tingisi :/

Did not find any relevant metaphors?

61. www.draugas.lt

2007.08.28 13:20

came

Žinau, kad jums ši problema **igrįsusi iki gyvo kaulo** (idiom?), ir 100kartų rašyta, bet pabandysiu gaut patarimą. Prašau nekritikuot, **nestūmt**, o normaliai pakomentuot ir padėt. Ačiū.

Aš esu įprastinė 14-metė. Visiems skaičius 14 asocijuojasi su "brendimu, hormonais" tralialia ir panašiai. Nežinau ką daryt. Aš noriu būt neformalė, turėt savo stilių. Bet mano mama nenori to nė girdėti! Kartais kai paklausiu ar galiu pagaliau turėt savo stilių ir gyvenimą, ji sako "taip", bet jau po 5 minučių mane rengia išaugtiniais sesės fifiškais marškinėliais. Norisi nusišaut. Šiandien tvarkėm spintą ir aš tyliai verkiau. Žinoma dauguma pagalvos "ko čia verkti" bet ji griaua mano pasitikėjimą savimi ir savarankiškumą! Ji sumetė į mano spintą beveik visus man nepatinkančius rūbus, nors gerai žino kad jų nenešiosiu. O be to, ateina rugsėjo pirma, norisi nustebinti klasiokus, būti pasikeitusia, o mama mane aprenė baltais sesės marškiniais ir išaugtiniu žydrų švarkeliu!;(Juk neprašau jos, kad važiuotų į Londoną ir pirtų man visus gotiškus ir visokius kitokius rūbus bei akseasuarus! Ji labai griežta. Jei ką apsirengiu pagal save, ji šaukia kad atrodau kai čiūčela, o užsiminus apie auskarą į antakį ju sureaguoja taip audringai, kad net grasina išrauti jį su visa akimi jei įsiversiu slapta! **Rūbai turi rodyti žmogaus sielą**. O kaip man ją parodyti, kai ji pasislėpus už žydro baltų marškinų ir žydro švarkelio??

Did not find any relevant metaphors?

62. www.draugas.lt

2007.11.25 18:46

demise

na as mama pradejau pratint nuo muzikos 🎵 wis sunkesnius ir sunkesnius gabalelius leisdawau : } } } neleido man nej auskaru wertis,net siaip koki biesa apsimaut. pradejau wazinet riedlente, sudominau,welgi kazkas mano naudai. suejo 18, ir pagaliau isiweriau auskara antakin, wisai graziai atrodo, galima derint ir prie sexy ir prie 'kitokio' stiliaus, tiesiog nereikia krastutinumu 🎵 o su mama pyktis newerta,atsilieps weliau...kas kad man 18, wisada priekaistu sulaukiu,nors galiausiai ishshaiskinam kad tai jos tikrai perdetas rupinimasis. atrodo ir mokaus gerai, ir elgiuosi padoriai,niekada nebudawo problemu, priprato, tajp ir turi buti, o jej norisi i kluba islekt - didziausia tragedija, o kai paaiskini kad esme ne srebele o muzikoje, galima pasitusint be jokiū 'extra' priemoniū, atrodo supranta, ir atsipraso kad nuwertino ar nepasitikejo be priezasties, kita karteli norisi pasiklubint, wel wiskas is naujo ...

ka patarciau temos autorei... drastisku priemoniū imtis nereikia, auskarai palauk,gal ir pati persigalwosi, as persigalwojau del wietos,norejau i lupa,dabar antaky ;D kas liecia rubus...neformalas neformalui nelygu, yra tikrai skoningai apsirengusiu,tik nereikia tu keletos kilogramu lenciugu, wiska daryk su saiku, ir po truputi. 😊 a tam swarkeliui prisiuk kokias aplikacijas ar seip kokius fun zenkliukus, tik nepersistenk



Did not find any relevant metaphors?

63. www.draugas.lt

2008.04.18 22:24

mo

o as manau kad **suo kuris daug loja nekanda** (idiom?). man taippat buvo, ir dabar yra. na ir ka paklausiau ar galiu isivert auskara i liezuvi, apklyke, tipo tooookia nesamone ir pan. isvaziavo i komandiruote, o dukele jau su metalu burnoj, ir nieko, ka ji padarys, uzdraus, israus? tikrai ne. tai ir jau susitaikė, ji zino kad as uzsispurus, tai beveik ir nesigincyjoim. po to viena diena sakau, mam zinai sitas tunelis ne imitacija, o tikras, na tai dal sito tai dar ir dabar complainina, tipo normaliu auskaru


negaliu užsidet. kerzus nesioju. nuolat varo, kad tipo ploksciapade liksiu, kad atrodau kaip bernas. o man kas? toliau savo laikaus. apsirengiu kaip noriu ir kaip man patinka, sako atrodau kaip is namu isvaryta, o man kas? rengiuosi kaip noriu. dabar užsiminiau kad noriu auskaro i lupa, tai irgi **uragana pakele**, bet tikrai isiversiu, turbūt pati, nes pinigų ner (prageriau ir cigaretėms isleidau ;DDDDD) . i ka as norejau tuo pasakyt. Jei tu isiversi ta auskara i antaki, tavo mama tau jo su akim tikrai neisraus, nes tave myli, i siaip nieko tau nepadarys. o del drabuziu... tai tikrai, inicijuok nelaimingus atsitikimus (ikritima i juodu dazu bliuda, islydima i suns burna, iskritima i konteineri...). o del to zyzyydrroooo svarkelio... tai viena karta gali ji pasiimt is spintos, isimest i kuprine ir i koki konteineri imest. o kai klaus kur, sakyk kad nezina. gi minciu neskaito  DDDD. Beje mano santykiai su mama yra puikiuusi, na o visokie dalykeliai tai **ziupsneliai pipiru pasodrinantys gyvenima** 

1. Uraganą pakėlė (EMOTIONS ARE NATURAL DISASTER)

64. www.draugas.lt

2008.11.02 15:08

invazija




nežinau, ką reiktų daryt su tokia motina..kuo griežtesnė būtum, tuo daugiau pasipriešinimo ir sulauktum, ką draustum, to vaikai ir siektų..juk taip malonu būtų išerzint tokią .. motiną mano mama visada buvo supratinga, auklėjo švelnumu ir palaikymu, niekada negrasino, neaiškino, kas man bus, jeigu aš tą ar aną padarysiu..tai būtų sukėlę tik pyktį..dėl rūbų..iki tam tikro amžiaus buvau apsirengusi tvarkingais ir švariais rūbais pagal mamos supratimą, kas man tinka..tačiau vėliau ji tikrai leido rengtis taip, kaip norėjau..kažkurį laiką gal vengė su manim kartu kur eiti dėl mano suplėšytų kelnų  bet tai buvo labai trumpai...kol suprato, kad taip ir rengsiuosi..bet nuo to netapsiu prastesnė dukra..labai myliu savo mamą, negaliu pasakyt nė vieno blogo žodžio apie ją..mama yra patarėja, ji gali išsakyti savo nuomonę, išklausti, bet tik ne drausti viską, kas jai nepriimtina..vaikas yra asmenybė, o ne mamos nuosavybė..tėvai, kurie nesupranta, kad vaikai gali turėti savo nuomonę, savo požiūrį, savo norus ir tikslus, yra patys nenuovokiausi..kvaila iš vaiko daryti savo mini kopiją, kai vaikas **trokšta atrasti savę**..manau, kad vienintelis blogas dalykas - leisti vaikui atrodyti vulgariai, galvoti, kad nesubrendusi mergaitė gali būti seksualinė..

Did not find any relevant metaphors?

65. www.draugas.lt

2008.11.02 15:27

Samantulia

Oj pastebeta ir manai kad sitaip auklejan savo vaikus,Tau nebus su jais problemu? Tad buk naivi ir tikek  kas del mano pasakyto posto-Tau nepatinka ,kad mama man viska atleidzia?kad atleido nuo namu aresto vien del to,jog pasakiau kad mokykloj gali nutikt baisesniu dalyku negu kad gatvej??o patikek ,daznai taip buna..ka pasakysi,jei netycia viena diena isleidusi savo vaika i mokykla,gausi policijos skambuti i duris su zinia,kad Tavo vaikas guli sumustas ligonineje (tfu tfu tfu)..ir ka Tu padarysi-uzdrausi vaikui eit i mokykla?? esu girdejus tokia situacija- tevai skyre vaikiui namu aresta,o kai jis isejo i mokykla ji prie pat mokyklos sumuse-nu ir ka...manau ,tiesiog visur gali nutikt nelaimiu...todėl su tuo pernelyg dideliu griežtumu..tu tikrai **nuvarysi i kapus savo vaika** (idiom?) (Pastebeta)...  as manau,jog vaikui reikia nustatyti laika kada jis turi grizti namo,nuo pat mazens dometis jo gyvenimu ir mokyti **ji buti atviru**(bet ne visiems ,o tik artimiausiems žmonėms),tada jis ir paauglysteje sugebetu pasipasakoti savo problemas ir artimiausi žmonės tikrai jam padetu jas spresti.. P.S. Cia siektiek apie save-uzvakar su draugais svesdami Helovyna mieste uzsibuvome iki 3h nakties.ir mama nesuzinojo.cia jau mano paslaptis..tiesiog manau moku meluot  nes sededama namie tikrai nepatiriu tiek nuotykiu kiek patyriau svesdama

1. Jį būti atviru (EMOTIONS ARE SUBSTANCE IN CONTAINER)

66. www.draugas.lt

2008.11.07 14:44

Eurokatyte

Dabar taip... neskačiau ka rase kiti, tik i tavo pasisakyma atsakau... gal ir gerai, kad nori tureti savo stiliu... bet ar zinai ka reiskia buti gote? kas isvis yra gotas? Kokia ju ideja ir vizija? Ar ziani, kad yra kelios gotu pakraipos ir kuriai tu nori buti priskirta? KODEL nori buti GOTE? Jei taip, tai gal tada tikrai su mama pasikalbek, o jei ne slapta verkslenk ir skuskis. Tik tikrai nieko nedaryk pries jos valia... negrazu taip... ar tikrai nori su mama pyktis? jei tu nezinai atsakymu i mano klausimus, gal tada pagalvok apie savo stiliu, sumaisyk ta stiliu kurio nori su tuo kuri tau persa mama... paeksperimentuok, gal patiks... apsieik be auskaru, nes veliau gali gailėtis... kai proto bus daugiau ir turesi 18 metu tada galesi elgtis kaip nori... o kolkas siulyciau susirasti savo stiliu, kad ir mama butu patenkinta ir tau nebutu sunku labai... 😊

man mama irgi daug ka pirzdavo, bet as padarydavau savaip, tik palikdavau jos paiulyta viena detale 😊
14 tikrai toks amzius kai bresti ir nori eksperimentuoti... pilnai suprantu, bet viskas turi buti savo ribose... neziurek ka leidzia kitiems vaikams.... NIEKADA nesivadovauk klasioku nuomone ar kitu draugu, paaugliu... turek savo, taip issaugosi savo autoriteta tarp grupes, gal taves kiek ir nemegs (kai kas) bet tau paciai bus malonu, nes turesi savigarbos nesielgti kaip visi... na gerai jei kas klasuk... gana cia man rasyti

Did not find relevant metaphors?

67. www.draugas.lt

2008.11.11 16:07

Savolita

Baisiausia klaida yra galvoti, kad dukra ar sūnus atrodys tik taip, kaip tu jai/jam leisi, elgsis tik pagal tavo palieptą modelį, galvos "teisingai"... Kai skaitau apie tokius esamus ar būsimus tėvus visada tyliai pagalvoju: "Ačiū Tau, Dieve, už mano Mamą, už va tokią, kokia yra, mano Mamą...". Kodėl kai kuriuos jūsų tiesiog purto nuo minties, kad vaikas gali būti asmenybė? Iš karto - NELEISIU. Kodėl? Nes jums negražu? Mane mama pratino tik prie vieno tuo klausimu: atrodyti tvarkingai. Drabužiai - kokie nori, svarbu, kad švarūs, nesuplyšę, nesuglamžyti, batai nuvalyti, plaukai neriebaluoti. Ir pratino taip, kad kitaip net neįsivaizdavau - rodė pavyzdį. Niekada jos nemačiau dėvint turgaus mados skudurų, blizgučių, žibančios bižuterijos. Ji man nuoširdžiai leisdavo svarstyti savo pasirinkimus! Jai mano išvaizda niekada neklauvo - ilgas odinis paltas - gražu, kerzai - gražu, sijonas - gražu, lengva gėlėta suknelė su lengvais bateliais - gražu. Su sąlyga, kad man tinka. Už tai man nekildavo idiotiškų idėjų, kaip čia ką apsirengus vien tam, kad iššauktų reakciją. Tiesa, kai buvau užsimaniusi trumpo sijonėlio (gal ketvirtojo klasė, juk viiiisos nešiojo 🍷), nepirko, bet ir žinojau kodėl. Taip taip, 10-ties metų vaikui buvo paašikinta ir apsvastyta. Ir aš SUPRATAU kodėl ji nenori, kad aš vaikščiočiau su trumpu sijonu. Tokio "ilgo pavadėlio" pasekmės? Aš jos klausiau, nes gerbiau ir jos nuomonė man buvo svarbi. Va taip aš norėčiau mokėti elgtis su savo vaikais. Abiem pusėm mažiau problemų. Jei vaikai nelaikys jūsų pavyzdžiu savo noru, kažin, ar daug naudos bus iš draudimų. Kodėl jūs galvojat, kad vaikui autoritetais būsit tik tada, jei priversit griežtai paisyti savo nuomonės? O autorei reikia ieškoti kompromiso... Žydras švarkelis labai gražiai dekoruojasi juodais nėriniais 😊 Pabodus sesers palaidinukė nusidažo batika (prie geriausių norų nebe pataisys į buvusį "stovį"). Aišku, dėl to irgi gali kilti karas, bet, kaip pati sakei - tavo mama jau vyresnio amžiaus, jai sunku pamatyti viską taip, kaip matai tu. Nepikto atkaklumo reikės iš tavo pusės

Did not find any relevant metaphors?

68. www.draugas.lt

2009.01.22 23:47

mo

tu cia labai aiskiai reiskei savo nuomone, kad kaip kokia liute vaiko is savo gniauztu nepaleisi. mano mociute savos sunu - mano dede auklejo taip, kaip tu zadi savo vaika auklet, nes jis buvo jos numyletinis, 'ligoniukas' (nes jam vaikystej isoperavo apendiksa), o mana ji visai nesirupino, ji buvo mergaite, pirmagime, ja uzaugino mano senelis ir prosenele. tai va, kas isaugo is vaiko, kuri motina visiskai valde, neleido tureti savo nuomones, visa brendima laike savo gniauztuose: nuo ~25 pradejo gerti, ruke jau nuo mokyklos nes jam ivarytas buvo nervinis akies tikas, jis LABAi silpnu nervu ir taip iki dabar: geria kaip koks arklys, visiskai nesavarankiskas, gyvena su seneliais, net darba jam seneliai surado. visai seimai nasta, o tuo atveju mano mama, kuri buvo auklejama kaip SAVARANKISKA asmenybe isaugo i puikia moteri. deja jai tik su vyrais nesiseka, nes vaikystej nebuvo kas patars ir nebuvo su kuo pasikalbet visais mergaitiskais reikalais (tik su draugem ir ju mamom). vat..tai moralas butu toks: vaikas auga ir MOKOSI gyventi, jei jam to neleisi, jis negales paragaut gyvenimo, neismoks

gyvent, tada tikrai gali tiketis alkoholiko, arba kita ieseitis -vaikas liks kazkokiais budais savarankiskas, tu ji tiek isnervinsi, kad po 18 **nei pedu nematysi** ir nemyles taves.

ps. as neformale, visada gyventi man leido labai savarankiskai, nestabde,tik koregavo mane ir rezultatas: sudijuoju VU, mokausi ketvirta kalba, artimiausi planai - magistras japonijoje.

Did not find any relevant metaphors?

69. **www.draugas.lt**

2013.05.05 23:25

Inga361

Pabandysiu trumpai parasyti savo istorija. Esam kartu su vyru jau 18 metu kartu. Visada buvau psichologine prasme stipresne, **visada energijos pilna**, optimiste,iskas ko imdavausi sekese. Jis kur kas uzdaresnis, rimtas, patikimas, atsakingas. Pirma karta jis rimtai susirgo depresija dar budamas 21, bet gydesi, gere vaistus ir lyg aprimo. Persikelem gyvent i Anglija, labai gerai sekese mums, jis gerai uzdirbo, as taip pat, isigijom namus, daug keliavom, nors visada pasipykdavom, nes jis visiskas realistas, o as **skraidanti padebesiais**, tai cia kitaip ir negalejo buti. Cia pradejo rukyti "zole", po truputi, veliau kiekviena diena, kelis kartus del to skyremes, buvau palikus, bet po daugiausia sesiu menesiui grizdavau, kazkiek is meiles, bet daugiau is gailescio, kad prapuls be manes(nors puikiai suvokiu tikrai neprapultu). Mesdavo rukyti ir vel pradedavo.Zodziu laikiausi kiek galejau. Veliau i Anglija persikele mano tevai, tris menesius gyveno su mumis, zinoma kiekvienamvyruvi butu isbandymas, bet po to visa laika man priekaistavo, kad tevams padedu ir t.t. Tevams uztruko pora metu kol isitvirtino, bet dabar jiemsiskas gerai, bet kazkuriuo momentu **iskas pradejo slysti is ranku**, tetis susirgo sunkia liga, teko operuoti sirdi, operacija buvo sekminga, bet per ta stresini laikotarpi **nepakeliau** ir isejau is darbo, galvojau lengvai susirasiu kita, bet beieskant po poros menesiui pastojau, darbo susirasti vis nesiseke, o vyras vis dazniau priekaistauti pradejo kad nepakankamai intensyviai ieskau darbo, **konfliktai vis astresni**, as matau, kad jam **si nasta per sunki**, jam vel **sugrizo depresija**, per laisvas dienas nieko nenor, apatiskas ir t.t, dar pries savaite teciui itare zarnyno vezi, laukiam dabar biopsijos rezultatu, man neapsakomai **itemptas laikotarpis**, zinau, kad turiu apsaugoti vaikeli, bet tuo paciu labai isgyvenu ir taip pat pykstu ant savo vyro, kad taip istizo tada kai man labiausiai reikia pagalbos, net jei verkiu liepia neverkt kitaip iseis is namu, nes jam nuo to blogai. Nepalauji klaus save ar cia tai toks vyras yra vyras? **Praradau gyvenimo dziaugsma**, verkiu kiekviena diena, miegam skirtinguose kambariuose, pasidariau stereotipine priekaistaujanti boba **pilna nusivylimo**, ir nezinau kaip atrast jegu kazka keisti, jei ne del save tai del tecio ir, zinoma, vaikelio.

1. Nepakeliau (EMOTIONS ARE (HEAVY) OBJECTS)
2. Praradau gyvenimo dziaugsma (EMOTION IS OBJECT)
3. Pilna nusivylimo (EMOTIONS ARE SUBSTANCE IN A CONTAINER WHICH IS PERSON)

70. **www.draugas.lt**

2013.05.06 00:16

moccasinus

Autore, pradek visur kur ziuri **matyt tik gerasias savybes**, geruosius dalykus, jei ziurint i vyra, reiktų jo gerasias savybes vertint, nereikia aklaiepleist blogasias savybes, taiciau tokiu budu tik galima **perjungt smegenis ant optimizmo**. Per diena, dvi nesigauna, santykiai turetum, tamsta, zinot, kad yra ilgas sunkus darbas. Vienintelis budas **iseit sausiem is sitos situacijos** t.y. keisti poziuri i situacija, sunkumus, matyti juos kaip issukius, o ne kazka, kas kenks vaisiui ir galu gale jums patiems. Kas liecia santykius su vyru, vyrai linkę **laikyti savyje daug nuoskaudu, jas labai sunku iskrapshtyti, bet tik iskrapshtius, vyras nustos grauhtis is vidaus**, tuo paciu ir tamstai **ipus geresnes nuotaikos**. Turite gerai apgalvoti, ka zinot vienas apie kita ir ko ne, o dar svarbiau, ar ta ka zinot vienodai suprantat. T.y. nuoskaudos, man nepatinka, kad tu... nes...iskas turi but aišku abiem kaip diena, **kitaip kelio atgal nera**, o iki aiškumo nueit irgi netrumpas kelelis. Issiaiškinkint, kas butent neramina, vieno ir kito galvas, kaip galetumet isvengt tu blogu minciu ir tada jau galvot del esamos situacijos, ar tikrai labai blogai, kas ta bloguma daro, ar tikrai cia yra blogai ar neperdedat ir t.t. ir pan. Kitaip sakant, geriau pazint reiktų save ir vyra, ir vyrui save.

1. Perjungt smegenis ant optimizmo (EMOTIONAL STATE IS PROGRAM)
2. Laikyti savyje daug nuoskaudu, jas labai sunku iskrapshtyti (EMOTIONS ARE SUBSTANCE IN CONTAINER WHICH IS PERSON)
3. Grauhtis is vidaus (Emotional state is pest)
4. Ipus geresnes nuotaikos (EMOTIONS ARE AIR)

Appendix 3

Table 1. Classification of metaphors related to relationships, feelings and emotions in terms of source domain

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
The class of non-specified objects: RELATIONSHIP/EMOTION/PERSON/ FEELING IS AN OBJECT	1.	To lose a friend (PERSON/FRIENDSHIP/RELATIONSHIP) IS AN OBJECT)	Norisi tą tėtį išmest už Atlanto (PERSON IS AN OBJECT)
	2.		Sukelti pavydą (EMOTION IS AN OBJECT)
	3.		Kelia isterijas (EMOTIONAL STATE IS AN OBJECT)
	4.		Situacija prislėgė mane (EMOTIONS ARE (HEAVY) OBJECTS)
	5.		Neberodė jokių emocijų (EMOTIONS ARE OBJECTS)
	6.		Duodamas tau meilę bei artumą (FEELINGS ARE OBJECTS)
	7.		Rodyti vienas kitam daug dėmesio ir švelnumo (FEELINGS ARE OBJECTS)
	8.		Meilė – davimas kitam, o ne ėmimas sau (FEELINGS ARE OBJECTS)
	9.		Tam, kuris brangus man (PERSON IS AN OBJECT)
	10.		Išsekus emocijų bagažui (EMOTIONS ARE OBJECTS)
	11.		Bando parodyti tau savo meilę (FEELINGS ARE OBJECTS)

	12.		Dažnai savo meilę rodo (FEELINGS ARE OBJECTS)
	13.		Turėjau mylimą žmogų (PERSON IS AN OBJECT)
	14.		Nepakėliau (EMOTIONS ARE (HEAVY) OBJECTS)
	15.		Man jau darosi sunku (EMOTIONS ARE (HEAVY) OBJECTS)
	16.		Jai būtų lengviau (EMOTIONS ARE (HEAVY) OBJECTS)
	17.		Praradau gyvenimo džiaugsmą (EMOTION IS AN OBJECT)
	18.		Aš tiesiog neatlaikau (EMOTIONS ARE OBJECTS)
2. An objectifying conceptualization of a physical structure: RELATIONSHIP/EMOTION/ PERSON/FEELING IS A PHYSICAL STRUCTURE	1.	To repair the damage (RELATIONSHIP IS A PHYSICAL STRUCTURE)	Aš griau nu gyvenimą (LIFE IS A PHYSICAL STRUCTURE /A BUILDING)
	2.	You've split up with someone (RELATIONSHIP A PHYSICAL STRUCTURE)	Ryšys tampa vis silpnesnis (RELATIONSHIP IS A PHYSICAL STRUCTURE)
	3.	Break up with her (RELATIONSHIP IS A PHYSICAL STRUCTURE)	Ryšys yra reikalingas (RELATIONSHIP IS A PHYSICAL STRUCTURE)
	4.	Break up with her (RELATIONSHIP IS A PHYSICAL STRUCTURE)	Jaučiausi apleista (PERSON IS A PHYSICAL STRUCTURE /BUILDING)
	5.	Break up with her (RELATIONSHIP IS A PHYSICAL STRUCTURE)	Negriaučiau santykių (RELATIONSHIP IS A PHYSICAL STRUCTURE /BUILDING)
	6.	Had a connection (RELATIONSHIP IS A PHYSICAL STRUCTURE)	
	1.	Bonding	

3. An objectifying conceptualization of the physical attachment: The RELATIONSHIP IS PHYSICAL ATTACHMENT	2.	You don't actually have to keep in touch	Reikia rišties, o rišimosi <...> pasekmė yra prisirišimas
			Žmogus kažką „pančioja“ ar yra „pančiojamas“ (POSSESSIVE RELATIONSHIP IS PHYSICAL ATTACHMENT/TRAP/CHAIN)
4. An objectifying conceptualization of the technological device: RELATIONSHIP/PERSON/EMOTIONAL STATE IS A MECHANISM	1.	I haven't really clicked with any of them	Perjungt smegenis ant optimizmo
	2.	In a on off period in our relationship	Pareiga suvaldyt (jos emocijas) (PERSON IS A MECHANISM WHICH IS MANAGED BY ANOTHER PERSON)
5. An objectifying conceptualization of a document	1.	Never sealed the deal for a relationship (RELATIONSHIP IS A CONTRACT)	Padėjau tašką (RELATIONSHIP IS A SENTENCE/TEXT)
	2.	He never seals the deal (RELATIONSHIP IS A CONTRACT)	
	3.	He never seals the deal (RELATIONSHIP IS A CONTRACT)	
	4.	Cutting that person out of my life (RELATIONSHIPS ARE PAPERS IN A BOOK OF LIFE)	
6. An objectifying conceptualization of color: EMOTIONAL STATE IS A COLOR	1.	-	Akyse pasidarys šviesiau (NEGATIVE EMOTION IS A DARK COLOR AND POSITIVE EMOTION IS A LIGHT COLOR)
	2.		Šviesiau galvoj pasidarys (NEGATIVE EMOTION IS A DARK COLOR AND POSITIVE EMOTION IS A LIGHT COLOR)
	3.		Atėjo juodžiausia diena (SADNESS IS BLACK)

7. An objectifying conceptualization of a plant: FEELINGS ARE PLANTS	1.	-	Jausmai vėl pradėjo žydėti
	2.		Peraugti ir į meilę
8. An objectifying conceptualization of food: EMOTIONS ARE FOOD	1.	-	Emocinį badą man
	2.		Emociniu badu
9. An objectifying conceptualization of other specific objects	1.	To remove me from their deranged picture (RELATIONSHIP IS A PICTURE)	Trūksta kantrybė (EMOTION IS A THREAD)
	2.		Vyras emociniu požiūriu yra skurdesnis nei moteris (EMOTIONS ARE ASSETS/WEALTH)
	3.		Slepiam tai kaukės užsidėję (EMOTIONAL STATE IS A MASK)

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
Container conceptualization: 1. EMOTIONS ARE SUBSTANCE IN A CONTAINER	1.	I am too open	Visko laikyti savyje
	2.	Emotionally drained	Užsisklęsti savyje
	3.	She opened up to me	Jai būtų lengviau
	4.	Or she opens up	Išlieti savo neapykantą
	5.	Had different levels of annoyance	Tu čia tai į dugną, tai į nulį, tai į plusą, tai į minusą
	6.	I care deeply for her	Nesprendžiamos problemos iškyla į paviršių ir sprogsta
	7.	My concern emanates	Aš esu visiškai atviras žmogus
	8.		Galva tuoj sprogs
	9.		Laikyti visko savyje
	10.		Skęsta tokiose pačiose abejonėse
	11.		Neklampinti savęs niūriuose apmąstymuose
	12.		Pilna nusivylimo
	13.		Laikyti savyje daug nuoskaudų, jas labai sunku iškrapštyti
	14.		Žmona užsidarė dar labiau
	15.		Jį būti atviru
	16.		Charakteris pasidarė kažkoks užduras
2. EMOTION/EMOTIONAL STATE/RELATIONS	1.	Wallowing in self-pity	Ji puolė į isteriją
	2.	The age gap puts the lid on it	Pulti stačia galva į kitus santykius

HIP IS A CONTAINER			
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Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
RELATIONSHIP/FEELING IS SPACE	1.	Have been close	Tolti vienas nuo kito
	2.	My closest friend	Atsiriboti nuo tokio žmogaus
	3.	My friend choosing to distance herself	Norėjo bėgti nuo manęs
	4.	I'm right here	Turiu laisvę nuo jos atsiriboti
	5.	Me and my friend have been drifting apart	
	6.	Not slamming the door on her	
	7.	To walk away from all of them	
	8.	To step away a little	
	9.	I have been feeling really on edge	
	10.	I'm at an all-time low	
	11.	Feel at a loss	

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
Journey conceptualization: 1. RELATIONSHIP IS A JOURNEY	1.	Our friendship took the wrong way	
	2.	It got to a point	
	3.	It's difficult to go back on that	
	4.	And have slowly been getting back to how we were before	
	5.	Could be any going back	
	6.	Goes to extreme lengths	
2. Specific journey conceptualization:	1.	The friendship has run its course (RELATIONSHIP IS A SPORTS TRACK)	
	2.	We have been through many up and downs through our lives (RELATIONSHIP IS A (HILL-VALLEY) PATH)	

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
EMOTIONS/FEELINGS/RELATIONSHIPS ARE A NATURAL ELEMENT/FORCE	1.	-	Kažkokie debesys užslinko
	2.		Tu spinduliuoji meile (EMOTIONAL STATE IS SUN)
	3.		Spinduliuoti teigiamus dalykus atgal (EMOTIONAL STATE IS SUN)
	4.		Jausmai pradėjo šalti (FEELINGS ARE TEMPERATURE)
	5.		Santykiai atšalo (RELATIONSHIPS ARE TEMPERATURE)
	6.		Jausmai jai neišblėso (FEELINGS ARE FIRE)
	7.		Uraganą pakėlė (EMOTIONS ARE A NATURAL DISASTER)
	8.		Įpūs geresnės nuotaikos (EMOTIONS ARE AIR/WIND)

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
EMOTION/FEELING IS A SENSORY EXPERIENCE	1.	I felt sick	Man skauda
	2.	I was a bit hurt	Galvą skauda nuo jos
	3.		Jam/jai skaudėtų
	4.		Gydytis sielos žaizdeles
	5.		Neviltis ištiko
	6.		Gydytis sielos žaizdeles

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
EMOTION / RELATIONSHIP IS A LIVING BEING	1.	It destroys everything around except itself	Po mano situacija slypėtų kažkokios asmeninės nuoskaudos
	2.		Duoti valią savo emocijoms
	3.		Pagauna pyktis
	4.		Šildyti bei gaivinti santykius

Mixing/ambiguous metaphors

No.	English metaphors	Lithuanian metaphors
1.	We went through all that (RELATIONSHIP IS A JOURNEY + SPACE)	Ir aš <u>einu</u> be to iš <u>proto</u> (EMOTIONAL STATE IS A JOURNEY + MENTAL STATE IS A CONTAINER)
2.		Mama gavo didžiausią liūdesio šoką (EMOTION IS AN OBJECT/EMOTION IS A PHYSICAL FEELING)
3.		Su meile mezgė žmogus, o kur mašina mezgė/ su meile kuria, su meile padarytas daiktas (FEELINGS ARE OBJECTS + PERSON IS A MACHINE)
4.		Viskas peraugo į prisirišimą (FEELINGS ARE PLANTS AND RELATIONSHIP IS A PHYSICAL ATTACHMENT)
5.		Graužtis iš vidaus (EMOTIONAL STATE IS PEST IN A CONTAINER)
6.		Man tiesiog pradeda drebėti širdis (EMOTION/ FEELING IS A PHYSICAL FEELING or a metonymy)
7.		Man labai širdis spurda (EMOTION/ FEELING IS A PHYSICAL FEELING or a metonymy)

Other metaphors:

Metaphor conceptualization	No.	English metaphors	Lithuanian metaphors
EMOTIONAL STATE IS A PLACE	1.		Žmonės stengiasi pabėgti ir pamiršti
RELATIONSHIP IS AN EVENT	2.		Po santykių norisi pertraukos
POSITIVE EMOTION IS UP	3.	Not to get her hopes up	

Appendix 4

Table 2. Classification of metaphors according to their linguistic expression

No	By attribute which is expressed by adjective phrase	
	English	Lithuanian
1.	I am too open	Man jau darosi sunku
2.	I found it all overwhelming	Aš esu visiškai atviras žmogus
3.	I was a bit hurt	Tam, kuris brangus man
4.	My closest friend	Vyras emociniu požiūriu yra skurdesnis nei moteris
5.	Have been close	Jį būti atviru
6.	Emotionally drained (adverb+adjective)	Ryšys tampa vis silpnesnis
7.		Atėjo juodžiausia diena (active agent)
8.		Jai būtų lengviau
9.		Charakteris pasidarė kažkoks užduras
10.		Ryšys yra reikalingas

No	By predicate which is expressed by verb + object (+ additional words in some cases)	
	English	Lithuanian
1.	Our friendship <u>took the</u> wrong <u>way</u> (active agent)	Aš griaučiu gyvenimą
2.	To repair the damage	Padėjau tašką
3.	To lose a friend	Kelia isterijas
4.	My friend choosing to distance herself	Situacija prislėgė mane
5.	Had a connection	Neberodė jokių emocijų
6.	The friendship <u>has run its course</u> (active agent)	Duodamas tau meilę bei artumą
7.	Never seals the deal	Rodyti vienas kitam daug dėmesio ir švelnumo
8.	Not to get her hopes up	Duoti valią savo emocijoms
9.		Tu spinduliuoji meile, spinduliuoti teigiamus dalykus atgal
10.		Bando parodyti tau savo meilę
11.		Galvą skauda nuo jos (object + predicate)
12.		Sukelti pavydą
13.		Dažnai savo meilę rodo (object + predicate)
14.		Pareiga suvaldyti (jos emocijas)
15.		Jam/jai skaudėtų (object + predicate)

16.		Negriaučiau santykių
17.		Uraganą pakėlė (object + predicate)
18.		Mama gavo didžiausią liūdesio šoką
19.		Praradau gyvenimo džiaugsmą
20.		Gdytis sielos žaizdeles
21.		Išlieti savo neapykantą
22.		(Sukelti) emocinį badą man
23.		Emociniu badu
24.		Šildyti bei gaivinti santykius
25.		Turėjau mylimą žmogų

No	By adverbial modifier expressed by preposition + other words	
	English	Lithuanian
1.	It got to a point (preposition + noun)	Norisi tą tėtį išmest už Atlanto (verb + determiner + noun + verb + preposition + noun)
2.	The age gap puts the lid on it (preposition + pronoun)	Tu čia tai į dugną, tai į nulį, tai į plusą, tai į minusą (preposition + noun)
3.	In a on and off period in our relationship (preposition + adverbs + noun + determiner + noun)	Viskas peraugo į prisirišimą (verb + preposition + noun)
4.	I'm at an all-time low (preposition + adjective + noun)	Peraugti ir į meilę (preposition + noun)
5.	It and have slowly been getting back to how we were before (verb + adverb + preposition + adverb + pronoun + verb + adverb)	Nesprendžiamos problemos iškyla į paviršių ir sprogsta (verb + preposition + noun)
6.	Goes to extreme lengths (verb + preposition + adjective + noun)	Po mano situacija slypėtų kažkokios asmeninės nuoskaudos (preposition + possessive determiner + noun)
7.	Feel at a loss (verb + preposition + noun)	Ir aš einu be to iš proto (verb + preposition + determiner + preposition + noun)
8.	Cutting that person out of my life (verb + determiner + object + adverb + preposition + determiner + object)	Su meile mezgė žmogus, o kur mašina mezgė/ su meile kuria, su meile padarytas daiktas (preposition + noun + verb)
9.	Wallowing in self-pity (verb + preposition + noun)	Po santykių norisi pertraukos (preposition + noun)
10.	It destroys everything around it except itself (verb + object + adverb + pronoun + preposition + pronoun)	Pulti stačia galva į kitus santykius (verb + adjective + noun + preposition + adjective + noun)
11.	You don't actually have to keep in touch (preposition + verb + preposition + noun)	Turiu laisvę nuo jos atsiribot (preposition + pronoun + verb)

12.	It's difficult to go back on that (preposition + verb + adverb + preposition + determiner)	Graužtis iš vidaus (verb + preposition + noun)
13.	We have been through many up and downs through our lives (verb + preposition + determiner + adverbs + preposition + determiner + noun)	Atsiribot nuo tokio žmogaus (verb + preposition + adverb + noun)
14.	To walk away from all that (verb + adverb + preposition + predeterminer + demonstrative pronoun)	Norėjo bėgti nuo manęs (verb + preposition + pronoun)
15.	To remove me from their deranged picture (verb + pronoun + preposition + determiner + adjective + noun)	Ji puolė į isteriją (verb + preposition + noun)
16.	I have been feeling really on edge (predicate + adverb + preposition + noun)	
17.	Not slamming the door on her	

No	By adverbial modifier expressed by other means	
	English	Lithuanian
1.	Could be any going back (determiner + gerund + adverb)	Visko laikyti savyje (adverbial modifier of place expressed by one word „savyje“ (locative case))
2.	I felt so sick (verb + adverb + adjective)	Užsisklęsti savyje (adverbial modifier of place expressed by one word „savyje“ (locative case))
3.	I'm right here (adverb + here)	Išsekus emocijų bagažui (verb + noun (genitive case) + noun)
4.	To step away a little (verb + adverb)	Šviesiau galvoj pasidarys (adverb + noun (locative case) + verb)
5.	I care deeply for her (verb + adverb)	Slepiam tai kaukes užsidėję (verb + determiner + noun (accusative case) + verb)
6.	Me and my friend have been drifting apart (predicate + adverb)	Laikyti visko savyje (adverbial modifier of place expressed by one word „savyje“ (locative case))
7.		Gdytis sielos žaizdeles (verb + noun (genitive case instead of preposition „of“) + noun)
8.		Skęsta tokiose pačiose abejonėse (verb + determiner + noun (adverbial modifier of

		place (which is known by the locative case „abejonėse“))
9.		Neklampint savęs niūriuose apmąstymuose (verb + determiner + adjective and noun in the locative case which shows the notion of place)
10.		Akyse pasidarys šviesiau (noun (locative case showing place) + verb + adverb)
11.		Laikyti savyje daug nuoskaudų, jas labai sunku iškrapštyti (verb + expressed by locative case of „savyje“) + object, object + adverbs + verb)
12.		Turėjau mylimą žmogų

No	By subject + predicate (or only predicate) expressed by verb + preposition	
	English	Lithuanian
1.	Or she opens up	Tolti vienas nuo kito
2.	You've split up with someone	
3.	Break up with her	
4.	I haven't really clicked with any of them	

No	By subject + predicate (or only predicate)	
	English	Lithuanian
1.	My concern emanates	Man labai širdis spurda
2.		Aš tiesiog neatlaikau
3.		Man skauda
4.		Man tiesiog pradeda drebėti širdis
5.		Atėjo juodžiausia diena (active agent)
6.		Trūksta kantrybės
7.		Jausmai pradėjo šalti
8.		Jausmai vėl pradėjo žydėti
9.		Tolti vienas nuo kito
10.		Žmona užsidarė dar labiau
11.		Meilė – davimas kitam, o ne ėmimas sau

12.		Pagauna pyktis
13.		Kažkokie debesys užslinko
14.		Santykiai atšalo
15.		Jausmai jai neišblėso
16.		Neviltis ištiko
17.		Žmonės stengiasi pabėgti ir pamiršti
18.		Norėčiau truputį paatviraui
19.		Reikia rišti, o rišimosi <...> pasekmė yra prisirišimas
20.		Žmogus kažką „pančioja“ ar yra „pančiojamas“
21.		Nepakėliau
22.		Įpūs geresnės nuotaikos

No	Other means	
	English	Lithuanian
1.	Bonding (gerund)	Jaučiausi apleista (metaphor expressed by a past participle)
2.		Pilna nusivylimo (metaphor expressed by an adjective + object (which is explicit because of the genitive case)
3.		Perjungt smegenis ant optimizmo (metaphor expressed by a predicate + preposition + noun)