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## SUMMARY KEYWORDS

crisis, sarah, life, lesbians, gay, maria, people, laurie, sara, song, friendship, feelings, friends, cope, situation, listening, read, dating, develop, problem

## SPEAKERS

Jimmy Carper, Roger

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Jimmy Carper 00:07

go Okay, here it is 212 You're listening to after hours radio celebrating life from the heart of Montrose and long about now a lot of you are heading on home from the clubs and I want to play this song for those of you that have been hitting them clubs for quite a while and it may be new to some of you younger folks, but it's an old favorite for some of us older folks oh baby Hold on I'm a common you like that one huh? I heard that you like some of carp results stuff. Sweetie maybe a lot of people like carp puzzles. Now let's see Jerry Mandy, we don't have the songs you y'all are looking for. But I know you are gonna like this one looks good. Oops. Oh, I know that's whoops. That kind of reminds me of old buddy here if it wasn't here tonight. Giving them hell down at that police station. And speaking of giving them L Okay, Nikki bear. We didn't we're gonna play this one instead for you. It's it's a little bit more on the positive side. Hit it Karen



02:14

you're listening to after hours on KPFT Houston this is new Jimmy Somerville called Read My Lips



Jimmy Carper 02:30

that's right babies the power within we can use it and read my lips George Bush actually, I feel pretty good about the President today because of the speech he made last week. She listened last week you heard snippets of it and you'll hear more of it again in the future. But along those lines I want to go to a new songs a song we haven't played before. By Sweet Honey in the Rock. This is a very strange little song It makes you think about other people and what happens to them what their lives are like especially when you go into Sears and buy that blouse This tells the story of how that blast came into being where all that cotton came from where all that polyester came from. And I think the whole point of the song is in the very last line which is also the title it's our my hands clean Okay, what do you think of that? I know the first time I heard it made me really mad. It made me stop and think and it made me do something about it. But if

the if you don't know if you can't think of anything to do about it right now. Listen to the words of Kris Kristofferson. Oh you got it baby. Thank you Roy. Let's see coming up at three o'clock we're going to have Roger reading from a way of love a way for love a way of life. Thank you. Thank you blonde bombshell way of life a way of life. Man, this is after hours radio celebrating life from the heart of Montrose en que PFT That's right, we're all homosapiens and the point of that song being that Rogers going to read now from the textbook of way of love a way of life, which reinforces that we're all people, we're a little different. We're all different, but we're all people. Take it away, Roger,

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## Roger 05:19

away of love a way of life. Chapter Six. Don't be afraid to ask for help. Crises are a natural part of life. Everyone experiences them. Birth, death, illness, failing a test, losing a job, moving from one place to another. These are all examples of experiences that can cause a crisis. Whether relatively minor, or truly serious, crises can be painful and difficult. They may be brief or last for many months. Because crises disrupt our lives, we tend to view them as bad, we certainly don't go out of our way to look for them. However, if crises are an unavoidable part of living, perhaps we should concentrate on their positive aspects. In the Chinese language, the character for crisis is composed of the symbols for danger and for opportunity. Crises do present some danger, or at least the threat, or a threat to stability. In a crisis are usually successful ways of dealing with difficult situations fail, we feel our lives are out of control. We don't know what to do to restore stability. At these times, we are challenged to mobilize all of our inner resources to meet the new situation. This is a process of testing our basic strengths, and really examining our values and beliefs. We often seek help from others. The effort required to manage a crisis forces us to grow this, this growth is the opportunity of a crisis, we can become stronger and more mature. We learn about ourselves and about life itself. Successfully coping with one crisis makes us better able to cope with the next one. And there will be others. People who have studied the ways individuals handle crises have noted four general stages through which most of the crises pass. These stages are onset, recognition, adjustment and resolution. Understanding this pattern of development and solution may help us to better deal with crises as they occur. When a person is first confronted with a crisis, one of the most natural things to do is to deny or ignore it, this can't be happening to me, or this can't be true. Or I don't believe that our phrases we often repeat to ourselves while in a crisis while a crisis is developing. depression or anxiety may also accompany the onset of a crisis. This pattern is very true for people starting to think of themselves as gays or lesbians. Maybe it's just a phase, or these feelings will go away if I don't think about them. We can even lie to ourselves by deliberately restructuring a past event, so that our memory will match our idea of what is acceptable. As long as we refuse to face a problem, we remain in the first stage of a crisis. As a problem lingers on the conditions which caused it usually become more acute, and force us to face the cause of our difficulty. This stage recognition is often painful and can be frightening as well. During recognition, we gradually admit to ourselves that we are in trouble, and that we don't know how to cope with this new situation. We need new strategies new coping skills. At this point, a person in crisis often begins to look for help and support. Some turn to family or friends, while others seek a trained counselor. Real help can also be obtained by getting information about the specific type of crisis from books or other sources. For lesbians and gays. This is their first coming out, coming out to themselves. Adjustment becomes possible as new ways of coping develop, we begin to regain stability and a sense of control. This phase is marked by the decline of pain, fear, worry or distress, and day to day living. Now we can assess our pain Problem objectively and make healthy decisions about how to adjust to the situation which provoked the crisis, we can actively work to identify alternative attitudes or courses of

action, and select what seems best for our situation. This allows us to gradually function better and to feel good about ourselves. Resolution is the last stage of crisis. At this point, we have incorporated into our daily lives the strength gained from successfully handling a serious problem for many gays. This resolution is expressed by gay pride slogans. Let's now look at two specific examples of how crises develop and are resolved. And the first, a young woman experiences a crisis common to many gay people, as she gradually realizes that she is a lesbian. In the second, we will see how a young man reacts to the revelation that his best friend is gay. Sarah grew up near a small city in the Southwest, and high school, she was popular with a group of friends who worked on the yearbook staff. Sara's major interest was photography, and she took her camera everywhere. She's She started to think about becoming a professional photographer after taking a course at a local art center. With school, yearbook work, and her camera classes. Sarah had little time for dating. She enjoyed attending football games and occasional parties. But she never became involved in the social scene, or had a steady boyfriend. And fact, Sarah just didn't understand why some girls were so turned on two boys. She didn't like being expected to have a Saturday night date. She wasn't good at socializing with boys who didn't show interest in her as a person. On weekends, Sarah usually went to the movies with her best friend, or just walked around taking pictures. At State College, Sara had a roommate she really liked the experience of being on their own and a new place brought Sara and Laurie close together. They shared their hopes and fears and discussed future future plans with each other. Sarah felt that sharing life with Laurie was great because they enjoyed so many of the same things. Then Laurie met Bob. After that she was hardly ever around. Now that she had almost no time with Laurie, Sarah felt lost, alone, and sometimes even angry. During this period, she first thought that maybe she had been wanting something more than friendship. after all. No one else got this upset when a friend started dating regularly. However, she rejected the idea. Ridiculous, Laurie certainly isn't like that, and neither am I. Nevertheless, her depression and sense of loss did not go away. She tried to figure out what was really going to make her so upset. Sarah's family wasn't particularly religious. But they were traditional. She and her mother had never really talked about sex, and the sex education courses in school had not been very informative. Sara just didn't know how to formulate and express her feelings to herself. And so she did what she knew best. She put her energy into photography and her classes. During the next two years, she worked hard and proved her skills and even got a part time job in a commercial and commercial art. She made new friends and in her senior year moved into an apartment with three of them. For her honors project, Sara decided to do a photographic study of women at work in a wide range of occupations. She enjoyed meeting so many women and with such diverse interests. Sarah was particularly fascinated by Maria, a teacher of sign language in a school for deaf children. Maria was already always ready to share her enthusiasm for her job, and later suggested that she and Sarah start a program to teach the older children photography, Sarah agreed. Through working together they developed a strong friendship. Maria reawakened serious feelings that had long been denied. By this time, Sarah had heard people talk about lesbians. She had also read a few magazine articles about gays. She now recognized what she felt and tried to deal honestly with her feelings. She was very afraid of what they might mean to her friendship. with Maria, on the one hand, the relationship might be destroyed. But on the other, perhaps Maria might feel the same way. Sarah was also afraid of how others especially her family, and roommates might react. If they found out she was gay. Worrying about all these possibilities kept Sarah from working, and sometimes from sleeping. She knew she had to begin making decisions. Above all, she loved Maria and wanted to tell her how she felt. Sarah decided to take the risk of of talking with Maria. Maria was aware of the difficulties in their friendship, and welcome the chance to discuss things. She told Sarah that she was gay herself and that she

