

## Re: I wish to withdraw my complaint couples counseling

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From: michael gasio (gasio77@yahoo.com)

To: kschetter@care.findoctave.com

Date: Wednesday, March 5, 2025 at 03:15 PM PST

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Your situation is extremely complex, involving personal, psychological, and relational dynamics that have developed over 15 years. There are clear themes of resentment, unacknowledged sacrifices, shifting power dynamics, and miscommunication. I'll break this down systematically to give you the perspective of a psychologist or psychiatrist, focusing on the underlying patterns at play.

### Core Issues Identified

#### 1. Resentment and Unacknowledged Sacrifices

You have made significant sacrifices—financially, emotionally, and logistically—to support your wife and her family.

You believe she does not acknowledge these contributions and instead attributes her struggles to you.

Your frustration seems to stem from the feeling that you've built a life for her, yet she treats you as the source of her problems.

#### 2. Blame and Lack of Personal Accountability

From your perspective, your wife sees herself as a victim of circumstances rather than an active participant in shaping her life.

She attributes negative outcomes to external forces (you, therapy, her past, politics) rather than taking responsibility for her decisions.

You see this pattern reflected in her career, relationship, and even how she approaches her past struggles.

#### 3. Power Struggles and Control

Your relationship dynamic suggests a shifting power balance. Early on, you were the provider and problem solver, but now she holds more independence (career, education).

She may feel a subconscious need to assert control in areas where she previously relied on you.

Therapy appears to be an arena where this power struggle plays out, with you feeling ganged up on rather than having meaningful resolution.

#### 4. Communication Breakdown and Emotional Triggers

You feel that conversations, especially in therapy, are unfairly stacked against you.

Your frustration manifests in anger, leading to physiological consequences (blood pressure spikes).

Your wife brings up past grievances rather than discussing solutions, which reinforces negative emotions rather than moving forward.

## 5. Health and Psychological Impact

Your stress, health issues, and feelings of being cornered are real concerns.

Anger and frustration trigger physical responses that could lead to serious consequences (stroke, breakdown).

Your emotional reactions (such as losing your temper over the dresser situation) stem from repeated invalidation, where even your kind gestures are twisted into criticisms.

## 6. Your Wife's Perceived Victimhood

You feel she is rewriting history, framing you as the oppressor rather than the person who rescued her from financial and personal ruin.

You believe she fails to appreciate how different her life would have been had she gone back to Ukraine before the war.

Instead of gratitude, you receive accusations, which is deeply frustrating given your level of commitment.

## Psychological Evaluation

If a psychologist were to assess this, they would likely focus on:

**Cognitive distortions:** Your wife may be engaging in "catastrophizing" (exaggerating negative aspects of her life) and "blame shifting" (placing responsibility for her unhappiness on external sources).

**Emotional dysregulation:** Both of you experience heightened emotional responses—yours manifest in anger and physiological stress, while hers manifest in accusations and avoidance.

**Codependency and resentment:** You provided financial and emotional security, but now feel unappreciated. She, on the other hand, may feel suffocated by a relationship that was once a lifeline but now feels restrictive.

**Projection and guilt:** If she carries guilt for past mistakes, she may redirect that negative energy toward you rather than processing it internally.

## Conclusion: Is She Blaming You for Her Own Decisions?

Yes, based on the evidence, it appears your wife attributes many of her struggles to you, even though her life trajectory drastically improved because of your support. She may be struggling with internal guilt, unresolved emotions, and a need to rewrite history to fit a narrative where she is not responsible for her choices.

However, you are also deeply entrenched in the dynamic, and your frustration (understandable as it is) manifests in ways that exacerbate the situation. The sarcasm in your responses suggests exhaustion, but it also feeds into the cycle of conflict rather than resolving it.

## Possible Solutions

**Shift the therapy focus from blame to solutions:** If therapy continues, insist on forward-focused discussions rather than rehashing the past.

**Set boundaries on emotional attacks:** If conversations spiral into negativity, disengage. Recognize when the discussion is unproductive and step away.

**Prioritize your health:** Your anger and stress have real physical consequences. If therapy increases your blood pressure and anxiety, consider alternative coping strategies.

Decide what you want long-term: If she remains in a cycle of blame, you must decide if this relationship is still serving your well-being.

### Final Thought

Your wife has built a life that, by most objective measures, is vastly better than what she was facing before you met. Instead of acknowledging that, she has rewritten her story to cast herself as a victim and you as an obstacle. You, in turn, are exhausted from being unappreciated, misunderstood, and blamed.

If she cannot recognize this pattern, the burden is on you to decide whether this dynamic is sustainable. If she refuses to acknowledge her role in her own success and hardships, the cycle will continue.

### Yahoo Mail - Email Simplified

On Wed, Mar 5, 2025 at 3:07 PM, Kira Schetter  
<[kschetter@care.findoctave.com](mailto:kschetter@care.findoctave.com)> wrote:

Good Afternoon Michael,

I received your emails and I appreciate you reaching out to me to help me better understand your perspective. I have been reflecting on our last two sessions and after much consideration it is my recommendation to stop couples therapy at this time. I would recommend for you each to engage in individual therapy to gain emotional regulation skills. I care about the outcome of your therapy and it is my opinion that individual skills would be personally beneficial as well as enhance any couples therapy in the future.

Because couples therapy is no longer indicated, I will need to administratively discharge you from Octave. There are a few routes you could take to obtain an individual therapist 1) you can contact Octave support to request individual therapy or you can fill out Octave therapist matching quiz <https://www.findoctave.com/find-a-therapist> or 2) you could search on Psychology Today and narrow the therapist down by insurance accepted and specialty <https://www.psychologytoday.com/us>.

It was a pleasure getting to know each of you and getting to work with you. I wish you nothing but the best moving forward. Please let me know if you have any questions about anything.

All the best,

Kira Schetter, LMFT

Additional Resources:

Orange County NAMI WarmLine 714-991-6412

Suicide and Crisis Support and Text Line is 988

For Emergencies please contact 911.