



There is never a good time to fall off your couch

A twenty-minute timed exercise

by Liz Rider

There is never a good time to fall off your couch. Eduardo was completely floored when Curly was diagnosed with terminal cancer. He discovered very quickly just how much she supported and indulged him. His unsuccessful job searching, not helped by his poor English was made worse by the amount she succumbed to speaking Spanish with him at home. According to Curly, Eduardo spoke extremely good English and not one of her friends would disabuse her of this since, despite hardly anyone being able to understand him, there would be no point, she defended him fiercely in everything he did.

Eduardo had been so comfortable in his marriage and he did not need anyone else. Curly was in control of everything, leaving Eduardo free to practice his guitar and to play in local venues for little or no money. The shock of the diagnosis revealed to him how much he relied on her. Devastated, he fell heavily from the softness of her care onto a very hard and insecure place that he found difficult to move from.