

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

When Honesty Becomes a Wall: The Hidden Defense in Relationships

BY RANJITHA RAJ

We're often told that honesty is the foundation of every strong relationship. And it **is**. But what happens when honesty becomes a shield rather than a bridge? When someone says, "I've already told you everything," and uses that as a reason to shut down further conversation—what we're witnessing is not just honesty, but a **defense mechanism in disguise**.

Honesty as a Defense Mechanism?

Yes, it exists. While honesty is rooted in truth, it can sometimes be used to:

- Avoid emotional vulnerability
- Escape responsibility
- Prevent deeper conversations
- Control the emotional narrative

In such cases, the intention behind honesty is less about building connection and more about protecting the self. The result? One person feels "done" while the other feels **invisible**, **dismissed**, or **invalidated**.

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⚠️ The “I Told You Already” Pattern

Some people disclose a lot early in the relationship—sharing their fears, flaws, and boundaries—then later use those disclosures to justify emotional disconnection:

“I told you I’m like this.”

“You knew this from the start.”

“Why are you expecting more now?”

This can feel like a trap. There’s no space for the relationship to evolve. No room to express new needs. You’re left thinking: “But what about now? What about how I feel today?”

💔 Why It Hurts

Because relationships are not frozen in time. People grow. Feelings change. Circumstances shift. What was true yesterday might not feel right today.

When one person refuses to engage in present-day conversations and keeps referring back to what was once said, the other is left unheard—emotionally shut out of the equation.

And when expectations are invalidated with “But I told you already,” it leads to emotional burnout and a deep sense of **loneliness in togetherness**.

“When one person refuses to engage in present-day conversations and keeps referring back to what was once said, the other is left unheard—emotionally shut out of the equation.”

- RANJITHA RAJ





🧠 How to Communicate with Someone Using Honesty as a Defense

1. Use “I feel” statements

→ “I feel hurt when I don’t have space to express how I feel today.”

2. Acknowledge their honesty, but invite presence

→ “I appreciate that you were upfront, and I also believe relationships need space for change.”

3. Call out the pattern with care

→ “When I hear ‘I told you already,’ it feels like the door is closed. I’d love for us to be open to where we are now.”

4. Ask gentle, reflective questions

→ “Do you think we’ve both changed since we first spoke about this? Can we explore that together?”

5. Set emotional boundaries

→ “I need to feel safe to express my emotions without being shut down. That’s important for me to stay connected.”

🌱 Reframing Honesty: From Wall to Window

True honesty is not just about what is said, but how and when it's said—and how open we are to continuing the conversation.

“True honesty is not just about what is said, but how and when it's said—and how open we are to continuing the conversation.”

- RANJITHA RAJ





💬 “I told you before” might be true.

But so is:

💬 “I feel differently now, and I need us to talk about that.”

♥ A Gentle Reminder

Relationships aren't built on a single act of honesty. They thrive through ongoing communication, emotional presence, and willingness to grow together. If we treat honesty like a finished contract, we risk losing the connection it was meant to create.

Let's use honesty as an invitation, not an exit.

PURPOSE

BY SOWMYA UDUPA

Don't shape your life around society's expectations. The world will always have trends to follow and rules to obey—but none of them know the truth of who you are.

Your journey is your own, and you were never meant to walk a path just because it's familiar to others.

“If we treat honesty like a finished contract, we risk losing the connection it was meant to create.”

-RANJITHA RAJ





PURPOSE

Instead, begin with this: **find your purpose**. Not what others think it should be, but what genuinely matters to you. It might take time. It might not be clear at first. But listen—really listen—to what stirs something deep within you. That inner voice? It's your compass.

And once you start to hear it, be open to taking a different path. It might be uncertain, unconventional, even lonely at times—but if it's yours, it's worth walking. Wake up from the autopilot. Become aware of your choices, your patterns, your thoughts. Ask yourself what you love, what excites you, what gives you a sense of meaning.

Let inspiration in. Let life move you. Observe those moments that fill you with energy and possibility. That's where your direction lies. That's where purpose begins to take form.

And something beautiful happens when you connect with your purpose—your mindset shifts. “I can't” becomes “Maybe I can,” and soon enough, “I will.” What once felt like hard limits start to look like temporary blocks. Challenges

“It might be uncertain, unconventional, even lonely at times—but if it's yours, it's worth walking.”

- SOWMYA UDUPA





don't disappear—but they become something you know you can navigate.

Purpose brings a new kind of motivation. A quiet fire. A clarity that cuts through confusion. Where there was once fog, there's now light.

And fear—the fear of being judged, of not knowing what comes next—starts to fade. Not because it's gone, but because something greater is driving you forward.

Purpose doesn't just show you the way. It gives you the courage to walk it.

Right vs. Wrong – Why We All Want to Win the Argument

BY RANJITHA RAJ

Whether at work, at home, or in relationships, disagreements often escalate into fights over who is **right** and who is **wrong**. It's not just about differences in facts or perspectives — it's about our deep, human need to feel validated and respected.

“Purpose doesn't just show you the way. It gives you the courage to walk it.”

- SOWMYA UDUPA





Think about it: in our own minds, we are the hero of our story. Our decisions make sense, our views feel justified, and our actions seem logical. The other person feels the same way from **their** perspective. Yet instead of pausing to understand their lens, we often go into “correction mode,” proving them wrong and ourselves right.

Why?

Because being right isn't always enough — we also want to be **acknowledged** as being right. Sometimes, the need runs deeper: we want to be told we are **better** than others. This can subtly shift our intent from solving the issue to winning the contest. That's when conversations start to feel like competitions instead of connections.

The danger is, the more we focus on winning, the more we turn the other person into “the bad guy.” Once we see them as wrong and bad, **empathy takes a backseat**. This not only damages trust but also makes resolution harder.

“In the larger picture of life, being understood might matter more than being declared right.”

- RANJITHA RAJ





What can help?

- **Shift from proving to understanding.** Instead of “How do I prove them wrong?” ask, “What might they be seeing that I’m missing?”
- **Separate the person from the perspective.** Disagree with ideas without attacking identity.
- **Let go of the scoreboard.** Being right doesn’t have to mean someone else is lesser. Someone else’s opinion doesn’t automatically make you less.
- **Value connection over victory.** Sometimes, peace is more valuable than a point scored. Winning the moment can cost you the relationship.

When we stop making “right” and “wrong” about personal worth, conversations become less about battles and more about bridges. They become less about defending and more about understanding. After all, in the **larger picture of life**, being understood might matter more than being declared right.

“When we stop making “right” and “wrong” about personal worth, conversations become less about battles and more about bridges.”

- RANJITHA RAJ





My Companion

BY RANJITHA RAJ

You are the reason I write,
You bring my words to life,
You spark the writer in me,
Through joy or strife.

Good days or bad,
Love or a fight,
Everything comes alive
When I set pen to paper at night.

At the end of the day,
I find a friend so true,
In the pages I create,
I never feel alone with you.

Living Now

BY RANJITHA RAJ

We lose so much thinking about the past,
And worrying about the future that's vast.
Can we shift from doing to just being?
For nothing lasts forever, this truth is freeing.

Enjoy the present, where strength lies,
In the now, where happiness flies.

EXPRESSIONS - POETRY BOOK

It's a journey of emotions, nature, and healing woven into words. 🌿💖

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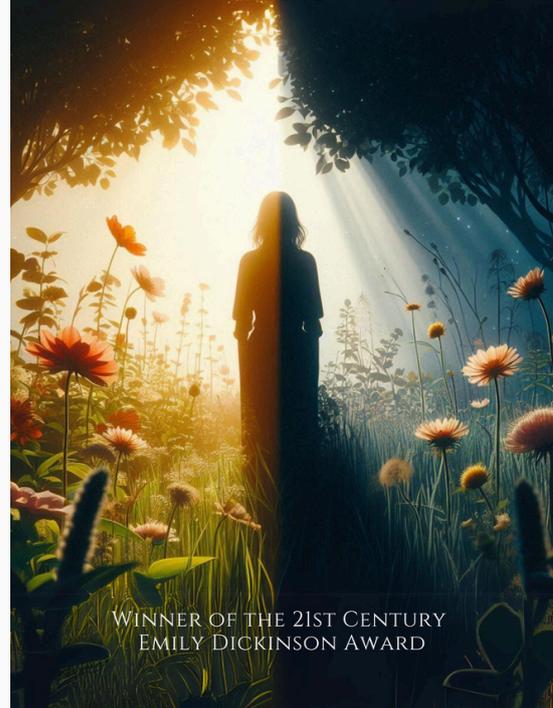
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Let it speak to your soul!

- RANJITHA RAJ

RANJITHA RAJ

EXPRESSIONS



HUMANITY

इन्सान

BY KULDEEP KAUR

रिश्तों की हत्या
लूट - खसोट
बलात्कार - अत्याचार
अब तो
कर गये हैं सीमा पार।
मानव विक्षिप्त
सा लगने लगा है।
समाजशास्त्री , मनोवैज्ञानिक
धुनते हैं सिर
गढ़ते हैं सिद्धांत धर्माधिकारी
क्या हो गया है इन्सान को ?
क्या मनुष्य की आत्मा
सो गयी है?
सोई नहीं
मर गयी है।
या फिर मानव शरीर को त्याग कर
जा मिली है उस अपरम्पार में.
आत्मा रहित शरीर
पहुँच गया है
पर्वत शिखर पर
धरती के नीचे
चाँद पर .

EXPRESSIONS - POETRY BOOK

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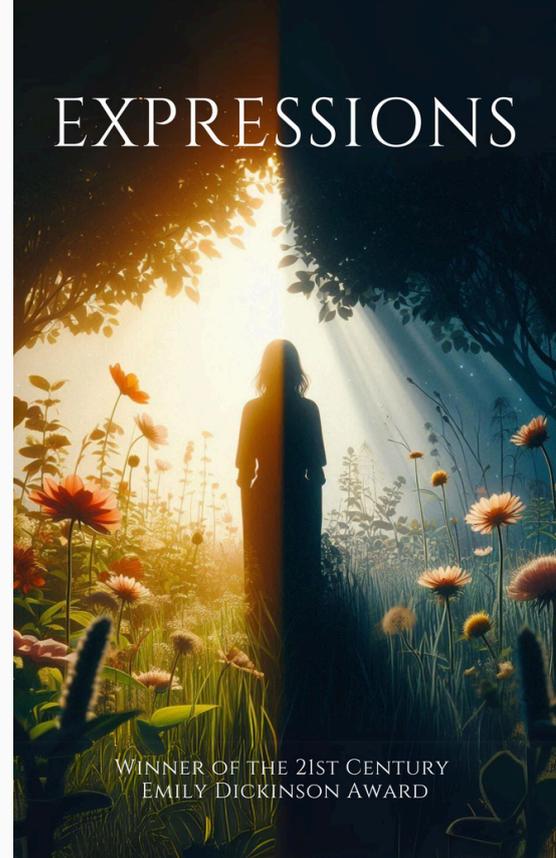
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Let it speak to your soul!

- RANJITHA RAJ

RANJITHA RAJ

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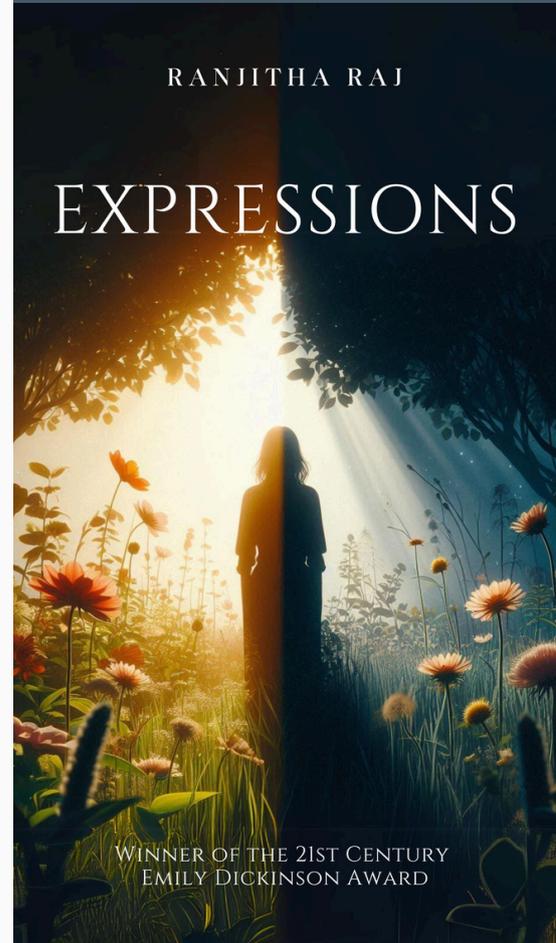
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Let it speak to your soul!

- RANJITHA RAJ

सीमाएं लांघ कर जा पहुंचा है
बियाबानों तक .
भेड़िये, चीते ,शेर
जानवर अति खूंखार
जंगल से भागकर
इंसानों की काया में
प्रविष्ट हो गये हैं।
इसीलिए तो इन्सान
जानवर से भी ज्यादा
असभ्य,
अशिष्ट हो गये हैं ।

💡 "Perhaps the real question is—what does it truly mean to be human?"





PC: Rohan Somkuwar

SEPTEMBER 2025 Events

BY MHAI

1. Support Group Meet ONLINE

Date: 22-Sep-2025, Monday

Time: 6 PM to 7 PM

Topic: "We Grew Up Safe. But Not Seen."

→ A tender reflection on emotional invisibility in 'good homes.'

Hosted by MHAI

2. Human Books ONLINE

Date: 22-Sep-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

To Register:
www.mhai.in

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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

The Sound Mind - In-person at JEDLA | STUDENT INTERNSHIPS AT MHAI



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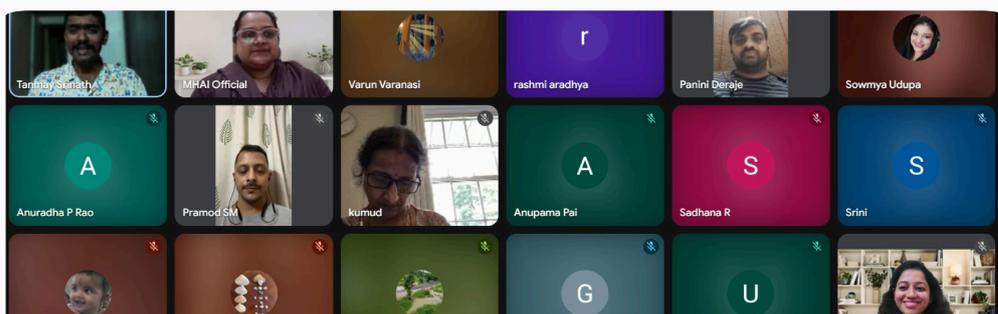
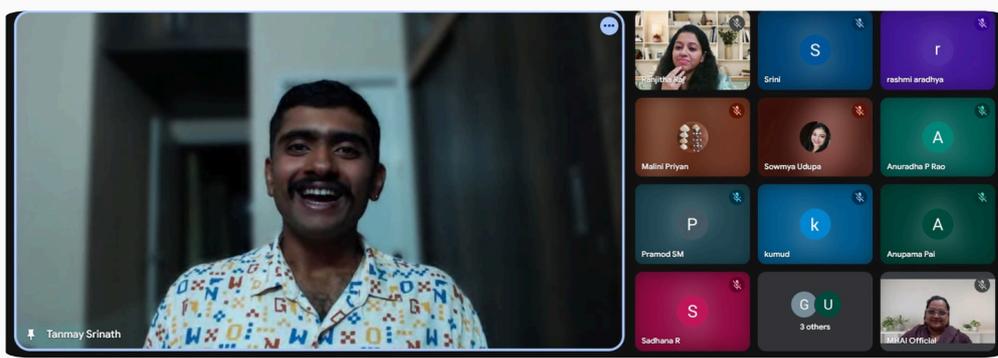
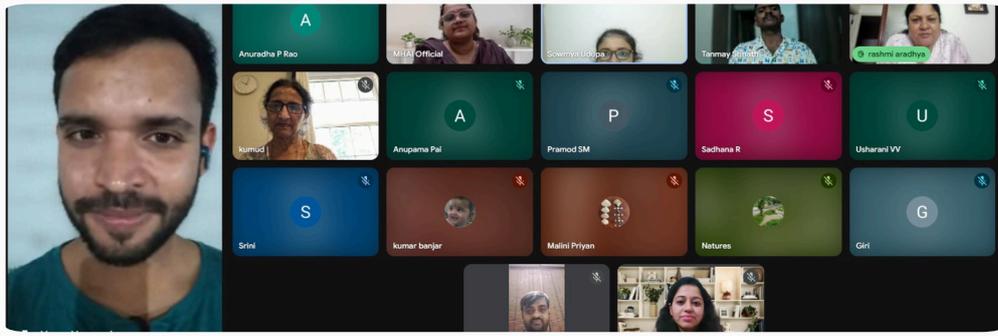


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

HUMAN BOOKS MEET BY MHAI



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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony/Mann-Thann - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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