

When Someone Hugs You, Let Him or Her Be First To Let Go

44

I have reference now to close friends and relatives. I have never been what you might call a “hugger”; but as I’ve gotten older, and especially during my serious illness, hugs have become very important to me; and I find myself hugging people whom I’ve never hugged before.

Hugging a child reassures him of your love. The same is true of a relative, close friend and especially one’s own mate.

I have at least two grandchildren who, when they see Papa, will hug me for a long time; and, of course, I continue hugging as long as they do. I love it. I always let them be the first to let go.

If someone who loves you hugs you and you let go first, it seems to say, “That’s enough,” and it’s almost like you didn’t want him or her to hug you in the first place. Of course, there are exceptions to this rule; and it’s especially true when you feel uncomfortable or have an uneasy feeling while someone is hugging you.