

# Asking for What You Want: Lessons from my dog, Max

by Dawn Wiggins, Ed.S.

My dog Max is a rescue. Max is a girl - her large size and boy name confuse people all the time. When I picked her up from the shelter, she was already a year old. Her given name was Maxie. It didn't seem fair to change her name but I was having a problem...

Every time I said her name Maxie, my mind completed the phrase Maxi Pad. I didn't want to think of feminine hygiene products every time I said her name. So, she became Max.

Max has loved me well and taught me many things. One of the best lessons she teaches is asking for what she wants. Max is incredibly persistent about what she wants. When she wants cuddles, she maneuvers herself into your personal

space until you comply. If she wants company, she follows. When she wants out, she stands at the door. When she is hungry, she leads you to her bowl. If she wants a treat, she leads you to the cookie jar.

Max doesn't worry that she may hurt my feelings or is being "needy" or a "burden." She just asks for what she wants.

She doesn't expect us to read her mind. Her feelings aren't easily hurt. She doesn't worry that we won't love her or that we will reject her. Even when she gets rejected, she keeps coming back! She doesn't get offended or judge mistakes. She doesn't care if I wear makeup or gain weight. Max's self-esteem is not affected by

day to day life. (Some dogs who have been abused may suffer from poor self-esteem, but not Max!).

Max doesn't question her purpose or try to be good enough. Max trusts her family and friends. She is weary of strangers and establishes trust over time. Max is sure that she is worthy of love and belonging. Very sure.

For us emotionally wrought humans, we could practice being like Max or (insert your pet here). If you wish you had more love, attention or self-worth; ask for what you want.

Practice believing in yourself. Live without abandon and know your worth. Know that you are loved and your purpose is as important as your that of your pet!




**Dawn Wiggins, Ed.S.**  
Licensed Marriage & Family Therapist  
Boca Raton • Key Largo • Online  
561-221-5575  
101 Plaza Real South #226  
Boca Raton, FL 33432  
[www.dawnwigginstherapy.com](http://www.dawnwigginstherapy.com)

## The Mangrove Galley

by Sandi Mieszczenksi

Sandi's recipes are featured here monthly.  
For previous issues go to <http://www.theconchtelegraph.com>.



### CHOCOLATE FUDGE AND ORANGE PIE

4 ounces unsweetened chocolate, cut into pieces  
10 tablespoons unsalted butter  
2 large eggs, plus  
2 large egg yolks  
1 3/4 cup sugar  
1/4 teaspoon salt  
1 teaspoon vanilla extract  
1/2 cup flour  
1/4 cup orange juice (or you may use Grand Marnier)  
2 tablespoons orange marmalade  
One 9-inch frozen pie crust  
Powdered sugar and whipped cream for serving

Defrost and prebake the pie crust according to the instructions on the package. Place aside. Meanwhile, melt the chocolate and butter in a sauce pan on low heat. Set aside. In a bowl, combine the eggs, yolks, sugar, salt, vanilla extract, and flour. Whisk to combine. Whisk in the orange juice, marmalade, and the chocolate mixture.

Pour into the pie crust and bake in a preheated 375° oven for 45 minutes. If the edges of the pie appear to darken too quickly, just cover with strips of foil. Cool completely.

Sprinkle on the powdered sugar and serve with a dollop of whipped cream.

We have been experiencing this year's spring. Though we have had some wind, it still is a nice time of year... before the heat of summer approaches. This is also the month that we celebrate Mother's Day, which is May 14th. Many moms are celebrated by a special brunch or dinner topped off with a tasty dessert. The pie recipe below is slightly different in that it combines chocolate with the taste of orange and is quite yummy. So prepare it for a special event or any night of the week. Enjoy!

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