



The Winds of Change

becoming the person you were meant to be

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NOTE: All names and identifying information of clients have been changed to protect their identities.
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WARNING SIGNS OF DANGEROUS RELATIONSHIPS

**Inside
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 issue:**

"He seemed so perfect when I first met him," Ann said softly, staring at the floor. Her navy linen suit reminded me of her climb up the corporate ladder. After earning her MBA with highest honors, she chose the best of several career opportunities. "But he wanted to get married so quickly, and it sounded like a good idea since he seemed like the right guy." She sighed, and her eyes looked into mine.

A professional woman married to a professional man, Ann came in because she is tired of her husband's controlling behav-

iors. "Now he is about to drive me crazy," she said. Tears began to break through, even though I could tell she was trying hard to hold them back.

Ann went on to explain that Collin gradually began to control different aspects of life, including the finances, what she ate, what she wore, and who she talked to. He got jealous when she spent time with friends and family, and it had happened insidiously. One day while gardening, she realized people had stopped calling her. "I can't believe I don't have friends anymore." That statement opened a torrential storm of tears. "I just can't believe how lonely I am," she said. "Look at me—I look so together, but inside I'm a complete mess! It's all a façade."

"Is Collin abusive?" I asked, realizing that this would open the door of the room we needed to enter.

"Oh no, he's never hit me," she replied. (Incidentally, usually people stop with this question, which is a huge mistake. Other detailed questions must always be asked.)

"Has he ever grabbed hold of you and stopped you

from leaving the house, or taken your keys, or blocked you in any other way from leaving the house?"

"Well, he's stood in the door and blocked me from leaving a couple times, but he's never hit me or anything."

"Has he ever grabbed your wrists, or made you do things that were uncomfortable sexually?"

"He's done both of those things a few times." Ann looked hopeless, as though she felt trapped. **She had grown up to believe that abuse meant getting hit or beaten. She, like so many other women, was blind to the truths of abuse, including the warning signs.**

"If you had a daughter, and her husband grabbed hold of her like Collin did, what would you think?" It was a tough question, but it had to be asked.

Ann's brown eyes grew in disbelief. She threw herself back into her chair, and stiffened. "Oh, my gosh! That makes me sick to my stomach. What if it gets worse?"

Unfortunately, research shows that these types of situations almost always get worse without intervention. We discussed this, and I could feel the tension in the air, as

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though blinders had been dropped from her eyes. I could tell that Ann was willing to do the hard work of the counseling process, and I praised her for having the courage to come in and begin the journey.

At this point, she and her husband are separated, and both parties are receiving counseling. Women statistically go back and forth from their abusive boyfriends or husbands seven times before permanently leaving. Since the danger risk increases when she tries to leave, she needs to receive appropriate information and counseling to do so safely. *****Eastside Domestic Violence 800-827-8840 , Northwest Family Life 206-363-9601. Call 911 if you are in immediate danger.**

Domestic violence
 is the leading
 cause
 of injury
 to women
 between the ages
 of
 15 and 54.

- American
 Psychological
 Association

FOOD, FAT, AND FANNIES

Sometimes you feel like what matters most is the size of your fanny or thighs. You think about it dozens of times a day—"if only I were thinner." Then your life would be so perfect. In your head you know that's not true, but sometimes the images in the media haunt you and make you feel like your worth comes from how thin you are. It's easy to get caught in the cultural tidal wave of doing whatever it takes to get thin.

I asked my client, as I was treating her for an eating disorder and an exercise addiction, "Tell me about someone you would really like to be like." Her face lit up the room like a streak of summer sunlight. **"She is the coolest lady, and she's so upbeat and fun to talk to."**

"What does she look like?" I inquired.

"Well, she's about a size 20 and wears all these flamboyant clothes that most people wouldn't have the guts to wear, even if they were a size 4."

She went on to describe some of the ways this woman has served the community, such as serving meals at a shelter and working with the boys and girls club.

One day I asked another client, who I

am treating for eating disorders, the same question. She described a woman she works with who has a caring attitude and a great sense of humor.

"Is she thin?" I asked.

My client shook her head. **"Oh no, she's pretty heavy."**

"But you've always said how important it is to look great in order to be respected." I asked, and a quizzical look clouded her countenance. **"So are you telling me that it's what's in her heart that is important—but that you still have a desire to look perfect?"** She nodded.

"So you have a double standard?"

"Well, I never thought about it, but I do. I judge people on their insides, but also expect myself to look perfect, just in case. We discussed the verse in Samuel 16 that says, "Man looks at outward appearance, but God looks at the heart."

"Wow, that's radical," she responded. "Too bad we all couldn't look at each other the way God looks at us."

"That would be awesome," I said. "I guess it is up to each one of us." Her session was almost over. "Hey," she asked, "will I gain weight as I get bet-



ter?" She stared at the floor.

I smiled at her and answered, "That's a great question. Write down all your thoughts about it, and we'll talk about it next week." I could tell we had a lot of work ahead of us, trying to redeem the parts of her beautiful soul that our thin-obsessed culture had stolen.

We'd done a lot of work, and she was starting to work on experiencing her feelings instead of purging, which is symbolic of a cleansing of the heart. She has made great progress, and still has a ways to go before she works through the pain that started about the time she first began to purge. Her binging and purging, like most others with bulimia, started after a boyfriend broke up with her. Now she is willing to work on the real issues hiding behind the mask of her bulimia. Call today if you are interested in getting to the roots of your eating disorder. Hope is available in the form of individual therapy and/or dynamic, intensive group therapy.

Man looks at outward appearance, but God looks at the heart.

1 Samuel 16:7

DANGEROUS RELATIONSHIPS, CONTINUED FROM PAGE 1

Warning signs of dangerous relationships include:

- **An abusive past**, including a parent that was physically abusive
- **Harm of animals**: Often abusers harmed animals before abusing other people
- **A whirlwind romance**, leading to cohabitation or marriage in a relatively short period
- **Jealousy or possessiveness**: the abuser is jealous of time you spend away from him
- **Blame**: he says everything, or most everything, is your fault, and sometimes even suggests that you are crazy

- **Cutting you down**: He often makes derogatory remarks about you, sometimes in jest
- **Isolation**: He tries to isolate you from others, usually so gradually that you don't notice it at first. This may include denying your access to transportation, moving, or getting upset when you talk to friends and family
- **Control**: He gradually takes control of different facets of your life, including how money is spent, how time is spent, etc.
- **Pushing, shoving, slapping, or restraining** are usually the precursors to other forms of abuse

It's easy to fake you're Mr. or Ms.

Wonderful for a few weeks or months, but most people can't keep up the lie for two years. When things seem too good to be true, they probably are.

Abuse is not about anger, but about power and control. Of course it can escalate when anger arises, but it is about control. If you choose to stay in a controlling, abusive relationship, you will probably get more depressed and isolated, and your children will have a great chance of becoming abusers or marrying abusers. Go online to learn more about abuse, including the predictable, three-stage cycle. Unfortunately, the abuser almost always apologizes, even with tears, to emphasize his remorse, then abuse again and again.** edvp.com

WORRY WART REMOVAL

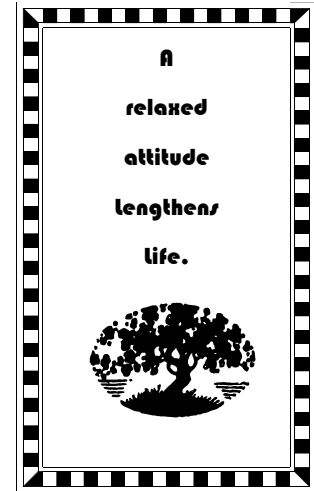
Your friends jokingly call you a worry wart. You're often up late at night worrying yourself into oblivion. The bills, your marriage, your kids, your job, your dog, your pet rock. (No, I hope the pet rock thing is stretching it, otherwise you need help pronto!) What if this happens, or that happens, or that other awful thing happens? You toss and turn and wake up frequently during the night in a frantic state of worry.

If you could buy a worry wart removal system, you would. I would tell you to not despair, but I know you wouldn't be able to. Chances are, you have Generalized Anxiety Disorder. And yes, there is a method of worry wart removal. Of course medications are available, and my preference is to have clients use them (if prescribed by a physician) until we can get to the roots of the problem. Then, hopefully, you will be able to taper it off (only with your physician's

recommendation).

For some reason, you acquired this hypervigilance at some point in your life. It probably helped you to survive in the family you grew up in. Perhaps you grew up in a family where someone shamed or humiliated you, so you turned into a worry wart. Then you tried to anticipate what you should do to get the person to stop hassling you. After a while, you developed a chronic worry problem. It served its purpose for you at one time, but how is it working for you today? Maybe you're ready to give it up. You can do it. If you're ready to do some deep work and remove your worry warts, you can. Think of what it would be like to have a relaxed attitude about life, to do your best and let the rest go. Call to discuss how you can trade in your anxious personality into a relaxed one. Or continue being a worry wart, because Compound W or

duct tape (yes, I saw on the news that duct tape is now being used for wart removal—but do so at your own risk!) won't work for removing worry warts.



THE LURE OF THE NET

Charles Dobson interviewed Ted Bundy shortly before his execution, asking him about the beginnings of his problems of violence toward women (he was convicted of raping and murdering several women in the 70's). Bundy reported that his problems started to escalate rapidly when he began using pornography.

According to several sources, **all mass murderers began with pornography. Of course this doesn't mean that everyone who uses porn will turn into a mass murderer or rapist.** However, I find it interesting to note that in recent history all the mass murderers have been addicted to pornography.

Sex addiction, in which someone has lost his or her ability to control sexual behavior, has another facet. **That is, the person continually needs more excitement or stimulation to produce the same effects they once got with porn. If he started with internet porn, at some point in time, it doesn't thrill him anymore.** So he has to

raise the bar and "progress" to a different form of sexual stimulation to get the same rush. This often leads to massage parlors (which sometimes sell more than massages), phone sex, hard core porn use, and solicitation of prostitutes.

The men arrested in porn shops (usually for masturbation/exhibitionism), massage parlors, and prostitution stings are often professionals who are highly respected in their communities. Many are executives for successful companies, and the nicest guys you ever met. They are ultimate people pleasers, and in trying to please everyone, they are able to move up the corporate ladder. At the same time, they are stuffing their true feelings deeply, which makes them need a release for this built-up stress. This makes such men extremely prone to turn to sex addiction.

Another quality of sex addicts is that they are the best liars of all, and will usually admit it when they are in treatment. Since there are no tell-tell signs for this addiction (unlike alcohol and drug addicts, which often are detected

by loved ones through dilated pupils or alcohol on the breath) they will lie and say they are not using porn when they are. **The problem of sex addiction will only get worse without treatment,** and usually wives are in denial and can't imagine their "successful" husbands could possibly be living double lives.

Sex addicts will almost never change unless they are at risk of losing something very important to them, such as their wives, children, or jobs. By enabling your spouse and covering for him (i.e. paying the bills when the money seems to be disappearing, probably due to his addiction) he will only get worse.

Call today if you are concerned about your spouse's sexual behaviors, including porn use, affairs, chat rooms, emails, having a "wandering eye", etc. You cannot control anyone, but by your changes and education, you can disrupt the equilibrium so that, like a baby's crib mobile, one character moves and the others have to change to bring about balance.



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PROTECTING GIRLS (AND BOYS) FROM EATING DISORDERS

After her brother said she was fat, Karen vowed to do whatever it took to get into a pair of size 6 Calvin Klein jeans. (Most women with eating disorders remember such significant moments in their stories.) This vow included starving herself to the point that she passed out on a beach. When she came to in an ambulance, the EMT asked her, **“What can I do to prevent this from happening to my daughter?” She looked him in the eye and stated, “You can love her unconditionally.”**

“Oh my gosh, I can’t believe these thighs,” you remark in front of the mirror as you try on a new summer outfit. “Maybe I have elephantiasis, and my doctor hasn’t diagnosed it yet.” Your daughter hears you, and it does much more harm than you would like to believe. These kinds of things, even if said in jest, tell her that her value lies in her looks. You reinforce the idea that’s already steeped in our culture that if you’re not a toothpick, you’re fat. This spurs girls, sometimes starting at age five, into dieting. Then they begin the roller coaster ride of dieting and then bingeing, and then feeling shame, and then dieting more. Even if they get down to a normal size, they still feel fat. If they have people-pleasing personalities, they sometimes get swallowed into anorexia. If they are not people pleasers, they often flirt with throwing up until it develops into full-blown bulimia. But when they throw up, they feel they are purging all the hurtful feelings stored in their hearts.

Here are some ways you can protect your daughter from developing an eating disorder:

Call to reserve your place in my Fall group therapy for eating disorders.

- Avoid talking about dieting, fat, or your fanny. Whenever you do this, your daughter is getting the message: “Everything rests on how thin and beautiful I am. That is where my value lies.”
- Discourage dieting, as it usually leads to a lifelong obsession with black-and-white thinking in regards to dieting and bingeing.
- Stop praising girls for their beauty. Instead, try to focus on their other strengths, accomplishments, and characteristics. When we praise girls on their beauty, we are telling them appearance is everything, which feeds eating disorders.
- Be aware that certain activities such as ballet, modeling, and gymnastics tend to emphasize thinness, which can create a fertile environment for an eating disorders.
- Encourage your daughter to get out and enjoy vigorous activities that she enjoys, instead of vegetating in front of the computer or TV.
- Promote a healthy lifestyle. Research shows that kids tend to pick up their parents’ lifestyle habits, whether they are smoking, exercising, eating healthy, or eating high sugar diet.

Of course there are no guarantees, but these suggestions will help your daughter to feel good about herself, and to realize that her value comes from what’s inside her heart, as opposed to how thin or how beautiful she is on the outside. Keep in mind that boys are not immune, and that more boys are getting diagnosed with eating disorders every year. Eating disorders are no longer a female problem.

