

# The High Point Pook

*HPC strives to guide, educate, encourage, and support their clients*

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## Unhealthy Relationships

**Control** - One person makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with

**Dishonesty** - One person lies to, or keeps information from, the other. One person steals from the other

**Physical Abuse** - One person uses force to get his/her way (for example hitting, slapping, grabbing, shoving)

**Disrespect** - One person makes fun of the opinions and interests of the other person. He/she may destroy something that belongs to the other person

**Intimidation** - One person tries to control every aspect of the others life. One person may attempt to keep the other from their other friends or family. Threatening violence or breaking-up in order to get their way

**Sexual Abuse** - One person pressures or forces the other into sexual activity against his/her will or without his/her consent

**Dependence** - One person feels that he/she can't live without the other. He/she may threaten to do something drastic if the relationship ends

**Hostility** - One person may "walk on eggshells" to avoid upsetting the other. Teasing is mean-spirited



You gotta stop watering dead plants

**IF THE ONLY WAY YOU CAN FIT IN WITH YOUR FRIENDS IS BY DOING BAD THINGS, YOU NEED SOME NEW FRIENDS.**

## Is There a TRUST Issue

**Predictive** - Trust issues from past experiences are used to contaminate the present relationship because you focus on how the other person will betray you before it even happens

**Too Quick** - You trust too quickly. You trust people that you have no business trusting. Trust has to be earned so slow down, it should take time

**Sharing is NOT Caring** - It takes time to open up and share thoughts and feelings. It's okay to be guarded at first.

**Shallowness** - You may have deep feelings and thoughts, but if you guard yourself too much the relationship may be shallow consisting of only external communication

**Isolation** - You may feel lonely, like an outcast. If you are too guarded, no one can get to know your true self and this can create loneliness

**Despair** - It is impossible to be socially adjusted if you won't trust others to some level, this can lead to depression

**Forgiveness** - Genuine mistakes are viewed as awful breaches of trust. It may be difficult to forgive others. Other people might see you as difficult, self-righteous and/or unforgiving

## Things that Ruin Friendships

**Talking too Much** - Even our besties need a bit of time for their own lives. Be sure you aren't consuming all their time with Facebook, text messages, and phone calls

**Talking too Little** - If you are too guarded and don't share enough, the other person will feel unimportant and unwanted

**Toxic Humor** - If you spend time making rude jokes about your friend's behavior, clothing, or personality; they probably won't be sticking around. Humor is never funny if it hurts another person

**Peer Pressure** - Even as adults we can use peer pressure to manipulate people. If you want to keep your friend, don't make them feel obligated to do, think, or get things

## Can You Match These?

Every good superhero has an equally bad arch villain. Can you match all the heroes with their nemesis?

- |                          |                            |
|--------------------------|----------------------------|
| A - Batman               | 1 - Plankton               |
| B - Sherlock Holmes      | 2 - Captain Barbossa       |
| C - Mario                | 3 - Achilles               |
| D - Tom                  | 4 - Bowser                 |
| E - Superman             | 5 - Gruntilda Winkeybunion |
| F - Peter Pan            | 6 - Joker                  |
| G - Harry Potter         | 7 - Agent Smith            |
| H - Professor X          | 8 - Moriarty               |
| I - Robin Hood           | 9 - Draco Malfoy           |
| J - Neo                  | 10 - Sheriff of Nottingham |
| K - Banjo & Kazooie      | 11 - Captain Hook          |
| L - Hector               | 12 - Loki                  |
| M - Captain Jack Sparrow | 13 - Lex Luther            |
| N - Thor                 | 14 - Magneto               |
| O - Mr. Krabs            | 15 - Jerry                 |

ANSWERS: A - 6; B - 8; C - 4; D - 15; E - 13; F - 11; G - 9; H - 14; I - 10; J - 7; K - 5; L - 3; M - 2; N - 12; O - 1

# Relationships—Yes! We Can



Relationships are scary and difficult because so many of us have been hurt and betrayed by unhealthy relationships. This makes trusting other people a real struggle. The conflict comes because we all have a need to feel cared about; we all want to be important; and we all need to be connected with other people. The ability to trust and truly connect is also important to ongoing, successful recovery.

In a healthy relationship there are some things that are essential; self-love, trust, honesty, communication, and connection. I chose to focus on trust with this article because this is a very difficult thing to do. It's even more difficult for most of us because it has been broken so many times by others. Some of us have never had the opportunity to trust another person in a healthy way.

When we put our trust into something or someone, we are making ourselves vulnerable, which means that we have opened ourselves to being hurt and betrayed. This can be very frightening but it's also very needed for self-growth and a healthy friendship. However, we need to slowly work our way into this. Healthy relationships take time. We can slowly open ourselves to another person and allow them into our lives at a pace that feels safe and comfortable for us. We just need to be sure that we are giving it an honest effort and moving forward.

We need to be honest with ourselves about our fears as well. We need to be sure we identify them, know what triggers them, realize when they have been triggered and push through them in a healthy manner. This is how we will change our experiences into positive ones and begin building trust. If we can't learn to do that, our trust issues inevitably turn into self-sabotage. We cannot connect with others when we won't allow ourselves to trust.

*Amy Lovell, LMFT*



Larae Thompson, editor of the newsletter, with her first grandchild—starting a life-

long relationship

## Healthy Relationships

**Equality** - Both people share decisions and responsibilities. They discuss things to make sure they are fair and equal

**Honesty** - Each person shares their dreams, fears, and concerns. They tell each other how they feel and share important information

**Physical Safety** - Both people feel safe in the relationship and respect each other's space

**Respect** - Both people treat each other like they want to be treated and accept each other's opinions, friends, and interests. They listen to each other

**Comfort** - Both people feel safe with each other and respect each other's differences. They admit when they are wrong and aren't afraid to say, "I'm sorry." They can be themselves around each other

**Sexual Respect** - Neither person is forced to be part of sexual activity or insists on doing something the other person isn't comfortable with

**Independence** - Neither person is dependent upon the other for identity or happiness. Both have friendships outside of the relationship

**Humor** - Both people enjoy the relationship and laugh and have fun.



If you are reading this, just remember you are beautiful and I love you



Thanks to Emily Hand for a lot of the information in this newsletter. She looked up and provided some of the resources and lists.



## No Man is an Island

No man is an island entire of itself; every man is a piece of the continent, a part of the main; if a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as any manner of thy friends or of thine own were; any man's death diminishes me, because I am involved in mankind. And therefore never send to know for whom the bell tolls; it tolls for thee.

*- John Donne -*

## Building Trust

**Honesty** - Talk things over. Be clear about your feelings

**Listen** - Take time to listen to the other person's feelings. Don't move the conversation on until you understand what they are telling you

**Past is past** - Put the past behind you, live in the present. Enjoy the time you spend together and apart

**Focus** - Focus on what you want to do today, not tomorrow, or a year from now

**Time** - Take baby steps, trust takes time so don't get discouraged when it's slow going

**Repeat** - Repeat, repeat, repeat