



The Family Room

By: Dr. Roy Don Whitehead

Emotional Dependency Is Not Love

"I am miserable without Joe," Jane told me. (All characters are fictitious.) "Since he left, I can't eat or sleep. I think about him all the time. It is all I can do to take care of my kids. I guess I really do love him if I miss him so much."

Norm told a similar story when his wife left. "I can't live without her," he told his counselor. "You have got to help me get her back. I love her so much that I don't see a life without her. Can you help me? Will you talk to her? I've got to have her back." Both Jane and Norm are making a common mistake. They are equating emotional dependency with love. They both believe that because they need someone therefore they love that person. This is not true.

Popular music, television and movies contribute to this myth that emotional dependency is the same as love. One of the worst offenders is that old country song by George Jones entitled "He Stopped Loving Her Today." It tells the story of a man whose girlfriend left him more than twenty years ago, but he still lives in the past, hoping that she will return. He stopped loving only when they placed a wreath upon his door and "carried him away." Some would see that as a shining example of true love. Instead, it is a prime example of emotional dependency carried to the extreme.

Abusive males are often emotionally dependent on the women they abuse. This may seem odd, but it is at the root of their abuse. They abuse and degrade the women in order to beat down their self-esteem and put so much fear into them that they will not leave. Abusive males whose wives have left can be some of the most pitiful creatures one has ever seen. Strong, powerful men break down and sob. They go from person to person begging anyone to help them talk her into returning. "I love

her so much," they say. "I can't live without her."

Yet strong relationships are not built on need but on choice. It is better for two people to be together because they choose to be rather than because they have to be. "I need her so much that I can't live without her" is not love, it is emotional dependency. "I love her and choose to spend the rest of my life with her" is love.

One way to distinguish love from emotional dependency is to ask "whose interest does the lover put first?" Love is always concerned with what is best for the loved one. Love wants what is best for the person even if that might mean losing him or her.

Emotional dependency is not concerned about the needs of the other. The emotionally dependent person always puts his needs first. "I want her with me no matter what" means he wants her with him even if being with him is detrimental to her health and happiness.

The emotionally dependent person is so caught up in her own needs that she cannot see the needs of her partner. The dependent one uses the word "I" very often. "I need him" and "I miss him" and "I can't live without him" are some of her favorite sayings.

The cure for emotional dependency is to develop strong self-esteem. Knowing that he can make it without her allows him to go on with his life when she leaves. Certainly he will be sad and will grieve, but it will not mean the end of his life. His life is more than her.

Being emotionally independent is not easy. Most relationships include some degree of emotional dependency. The healthiest relationships are those where each partner maintains some degree of emotional independence and where the two of them choose to be together rather than being locked together by intense dependency.

Support fight against lung disease by donating used car

Mrs. Kentucky 2000, Crystal Jacobson, is asking Kentuckians to support the fight against lung disease by donating a used vehicle to the American Lung Association of Kentucky. Jacobson, who will compete in the Mrs. America pageant next June in Las Vegas, is being featured in a series of new ads and billboards to promote the Lung Association's vehicle donation program.

The Louisville native says she wanted to lend her support to the fight against lung disease since three of her grandparents died of lung cancer. "Like so many Kentuckians, my family has been greatly touched by lung disease, so I want to do what I can," said Jacobson. She added, "As the mother of two girls, ages 11 and 13, the prime age at which young people start to smoke—I especially want to

help counter the misleading perception, fostered by cigarette ads that beautiful people smoke."

The aim of the new campaign is to generate revenue for programs and services such as asthma camps, lung disease support groups and medical research. Those who would like to donate a used car, truck, van, motorcycle or boat can call 1-800-577-LUNG. Fast, free pick-up will be arranged upon your call.

Donating a vehicle can spare you the hassle of a trade-in and the cost of repairs. It might even earn you a valuable tax credit since the tax benefits of this type of donation may vary depending on a vehicle's make, model and age. Those who have specific questions related to this type of gift are encouraged to check with an accountant.

KSP increasing checkpoints during Christmas holiday

The Kentucky State Police at London would like to remind motorists of the presence of additional traffic checkpoints during the month of December.

These checkpoints are utilized to enforce laws relating to the operation of a motor vehicle while under the influence of intoxicants, licensing of drivers, registration of motor vehicles and motor vehicle equipment safety. Other violations or suspected violations of state law observed at the checkpoints will be investigated and enforced.

The determination of where and when a traffic checkpoint will be held will bear a relationship to a public safety or traffic violation problem, which has been experienced or is anticipated in a particular location.

Traffic checkpoints will be established on roadways with clear visibility in all directions of travel.

Along with the additional traffic checkpoints, KSP Troopers at the London Post will be out in force on our highways utilizing our new Chevrolet Camaro along with both marked and unmarked patrol vehicles. This is to help reduce the number of accidents this Christmas and New Years season, which are mostly due to excessive speed and those driving under the influence.

We are encouraging everyone driving to take time and not to be in a hurry when leaving on his or her trip this holiday season. Statistics show that if a motorist is ejected from a vehicle, there is only a 25 percent chance of survival. The best way to

avoid being ejected is to wear your safety belt.

State Police troopers want everyone to arrive home safely for the holidays. So please remember, don't let anyone who may have been drinking get behind the wheel. During this busy holiday season, and throughout

crashes and intoxicated drivers on our roadways. The official Christmas holiday begins at 6 p.m. Friday, December 21 and ends at 11:59 p.m. Tuesday, December 25th.

Motorists can help law enforcement officers by reporting erratic drivers to the KSP hotline at 1-800-222-5555. Callers may remain anonymous and should give a description of the vehicle, location, direction of travel and license number, if possible.

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32 Oz. Regular or Light

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Dear Santa,

My five brothers, two sisters and myself need homes. Maybe even a little boy or girl to play with? We promise to be good, clean our plates, say our prayers and be loving and loyal pets forever. Call for us at 758-0140 after 5 p.m. Merry Christmas!

Happy Holidays

from

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Brandy Chastain Brock - Stylist and Sabrina Bishop - Stylist/Owner

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