

"I cannot control my eating. Everytime that I begin to worry, I become ravishingly hungry."

"I will never be able to control my stress. Because I always get angry whenever I think about my boss."

"These people make me lose control of myself every time that I am around them, I can't stand them. That's the way it is and that's the way it will always be."

These statements indicate the psychological cage into which the people who make the above remarks have locked themselves. Not only do the statements describe the way that people feel in certain situations but they indicate other equally important points:

1) They indicate the way that people expect to feel whenever the situations present themselves;

2) They indicate that the victim will take no conscious steps to stop his or her behavior from taking place inasmuch as the behavior is considered to be natural and inevitable;

3) The victimized person would feel unusual if the particular behavior did not present itself;

Coping

Self-Control

By Dr. Charles W. Faulkner



4) The individual has resigned himself or herself in certain "uncontrollable" aspects of behavior;

5) The victim expects to observe his or her own behavior, as if observing a movie in which he or she was the star, whenever certain stimuli occur.

People who perceive of themselves as having certain unavoidable behavior, in effect, regularly initiate their own behavior. They actually make it occur. Following is an example: Raymond felt that he would become nervous whenever he was preparing to speak to a group of strangers. He had felt this way for years and could recall the torment of his

nervousness during many of his previous speeches. He did his utmost to avoid participating in such activities but the worse was to happen. His boss scheduled Raymond to address a group of new employees. The very thought of this endeavor traumatized his own behavior: "When will I begin to tremble?" "When will my voice break? When will I stammer? When will I begin to forget my speech?"

When will the audience recognize my nervousness and begin to laugh at me? I know that it will happen as soon ... I can almost feel it beginning now. As soon as my name is mentioned, I will begin to

shake. It always has happened and it will happen in a couple of seconds. There it goes ... I can feel it happening. Boy, am I nervous. Why in the world did I accept this assignment? I would rather be in jail, and, things are going to get worse because it is almost like clockwork: Every time that I am introduced, I become nervous and begin to tremble. Then my mouth gets dry, then, I begin to forget everything. My mind goes blank, I feel it now. I can hardly remember my name. Wow, am I nervous. Now I am getting a headache. This is tormenting, this is the last time that I will do this. This is becoming the most difficult, embarrassing, painful experience of my life."

The above statement is the expression of a person who has given up. It represents the internal conversation that takes place within each of us whenever we expect to become nervous in an endeavor. This conversation precedes a breakdown in behavior. The person speaking could be named Jane, Jack, Jean or Joseph. The cause of the nervousness could be walking up a steep flight of stairs, flying in an airplane, meeting a stranger, being reprimanded or taking an examination.

United Nations

Black Americans Must Take Advantage Of The Diplomatic Reception

By Curtis T. Perkins

Then to my disgust a prominent black educator, who I know pretty well, who was standing by the Counsellor listening to our talk, said:

"You know you should learn some manners and not discuss this sort of thing at a social gathering, especially at this great diplomatic party given by my good friend here."

I blurted out, "Well I just overheard a white businessman offer 50 heavy duty trucks to our friend and his government at a reasonable price.

Our black friend walked away. And while reaching for my wits the Commercial Counsellor of this rich state also quietly walked away with another guest.

The Tragedy
Herein lies the tragedy of blacks who are so grateful to be at diplomatic receptions that they forget about economic needs and in-

ternational relationships. I also attend many diplomatic receptions at the United Nations in New York. Here again most of these are African or Third World affairs for whose people I have a known identity, compassion and affinity.

There are many well known blacks of achievement who also come to these gatherings where food, drink and hospitality are abundant.

No Trade Ties
But between black Americans and their hosts, their is practically no remunerative trade and professional ties.

It seems that the white business world gobble up the deals with these representatives before blacks can get to them. I would say the City of New York's Office to the United Nations, the International Division of

the U.S. Department of Commerce and the State Department of Commerce generally ignore black professionals such as lawyers, real estate and insurance brokers and those in building, development export and import purchasing, public relations and travel.

Yet those blacks have the skills to offer the nations of the world.

When the Government of Cuba advertised President Fidel Castro's speech made at the U.N. three years ago, all the ads went to the metropolitan white-controlled press.

Not a single paid line to our black newspapers, although we have some excellent weeklies in New York and throughout the nation.

But Dr. Castro ex-

presses great concern for the underprivileged.

And certainly blacks including black publications, fit his description.

But no ads for the black press. This is quite disconcerting.

About a year ago, the Ayatollah Khomeini, had his people in Washington run full page ads in the *Washington Post* and the *New York Times*.

Although the Ayatollah set the black hostages and women free, his advisors did not see fit to use black newspapers.

This practice of not utilizing black newspapers as a vehicle to tell their story in advertisement puzzles me about Arab and some African governments, and even Israel.

Most Arab governments and causes, including the PLO, have supplements and their ads are invariably full

page in the main dailies in New York and Washington.

Recently, I showed an African ambassador an article featured in a black publication about his work at the UN including his photo.

He appeared grateful and said no other newspaper, especially the white press, had ever mentioned his name, although he had been assigned to the UN for three years.

This ambassador's story is consistent.

If it weren't for the black press, much of Africa's plight would go untold.

Yet African nations with consulates and legations at New York and Washington, however poor, spend millions for goods and services for their embassies and for their homelands. But

American blacks get practically none of this money. The Arab League and the Organization of African Unity (OAU) could be helpful to black Americans in making for effective relationships.

No Commercial Ties

Although Russia and China and many socialist societies express brotherhood for blacks in America, there are no commercial ties in this regard.

The late industrialist Cyrus Eaton did billions in ventures with the Russians. Dr. Armand Hammer, chairman of Occidental Petroleum, has multi-million dollar dealings also with the Soviets and with Libya. Many large American firms and entrepreneurs are in or forming lucrative joint ventures with the People's Republic of China.

James R. Lawson of Harlem and Dr. M.T. Mehdi, co-chairman of Black American-Arab Dialogue Committee, are fighting for productive economic ties between Arabs and blacks throughout the United States.

This group has very thorough research on the money and ownership of property, which Arabs have in America. Their figure of over \$100 billion of Arab assets in America is not exaggerated.

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Seagram's



Counseling

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has allowed him or her to grow up normally is no longer necessary," he explained. "However the blood levels of the harmful substance associated with the disease are quite high. Even though this is not particularly dangerous to the adult women, when she conceives a child the high levels are considered to be dangerous to the fetus and must again be diet managed."

Seeds stressed that couples should seek genetic counseling when they are planning a child if they are concerned about inherited birth defects. "We as counselors are obligated to provide the couple with the maximum amount of precise information they need to make a decision themselves," he said. "Telling people what to do is not the job of the counselor."