

coping

Manipulation

The Con Games People Play

By Dr. Charles Faulkner

I have counseled and helped thousands of unhappy people during the past few years and have discovered a striking similarity in a significant number of the cases. Most of my clients are honest, kind, loving people in search of a reliable mate who can make them happy. When they find a potential

return. They are told to continue the very behavior that caused the unhappiness in the first place. Wouldn't it be nice if this were true? It is such a nice concept. But, is it true? Answer the following questions: Are you *always* treated kindly by your mate when you are kind, loving and affectionate? — Most of the time — Some of the

of happiness. Everyone manipulates practically everyone else, to some degree, in order to get what they want: A smile will get you a pleasant hello; a compliment will get you a new friend; a "pleasant" personality will get you a pay raise.

Manipulation has found an important place in society. Manipulation, which is used by each of us, is ethically acceptable as long as the behavior is not intended to harm the other party. Following is an example:

Mary loved John and treated him with continued kindness and affection. John became bored with Mary's loving predictability and wanted a new challenge, so he stopped calling her and began to date other women. John knew that Mary would always be there when he needed her and that she constantly sat by the phone waiting for his telephone call. John felt that Mary was not desired by any other men because she was always at home waiting for his call. In essence, he felt

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DATING AND MATING



mate, they bestow enormous affection. When they do not receive the same thing in return, they become unhappy and seek counseling in order to find out what went wrong. Their mate usually takes them for granted, finds the challenge disappearing in the relationship and becomes bored with the mate's loving predictability. Invariably, counselors tell these unhappy people to be honest, kind, loving and affectionate, and they will receive the same thing in

time. Never. Are you taken for granted and treated rudely by your mate when you are kind, loving and affectionate? Unfortunately, many people who turn the other cheek find that cheek getting slapped, also. The honest, kind person often gets abused and made to feel unhappy. The hard-nosed manipulative person takes advantage of the kind person, reaps great personal and material rewards and achieves a level



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Breathing

There's An Art To It

Breathing is an art. With the flow of each melodious breath, you set the stage for your life. It is very clear that breath is life. Breathing controls the balance of energy in your body throughout the life cycle. Proper breathing is an antidote to daily stressors. Although we all breathe, few of us continue to breathe properly as we become adults. Proper breathing habits are essen-

When you are watching something very emotional — either frightening or anger-provoking — be attentive to your breathing. You can learn to alter the body's response to stressful emotions by changing your breathing pattern. The next time you feel very angry or frustrated, use the basic relaxation breath described in this article to relax you. You will be able to feel the difference and benefit from

DEALING WITH STRESS
EVELYN DUNLAP



tial for good mental and physical health. An infant breathes deep breaths, filling the lungs completely, expanding the diaphragm, before exhaling the air. This allows the infant to remain in a peaceful and relaxed state. While observing an infant, you may notice the difference in his breathing and your present breathing to discover who is the real artist. Breathing can control the amount of tension in the muscles of the body including the heart. Through the practice of proper breathing, you can effect the following symptoms: anxiety, depression, irritability, muscular tension and fatigue. Breathing is an unconscious function of the body, something you normally don't think about. Right now, pay attention to how you are breathing. Take a deep, long breath and notice the difference in your body as you exhale the air and relax. This is called the relaxing sigh, and although people generally sigh, they usually don't know the reason. Sighing allows you the opportunity to disburse some of the negative energy from the body and relaxes you when feeling stressed.

this change of breathing. Breathing exercises do not pose as problem-solvers, but assist you in being able to relax in a crisis so that you might be able to think more clearly. Altering your breathing style will also help you deal with daily stressful situations in a effective and relaxed manner and improve your overall health. It is very important for cigarette smokers to use the following breathing techniques regularly so that the lungs can be cleared as much as possible with each breath. This may be the protector between you and emphysema, (having less air sacs for oxygen exchange). However, persons with emphysema can still benefit from these exercises to increase their lung capacity. While a breathing exercise can be learned in a few minutes and some immediate benefit experienced, the profound effects of the exercise may not be fully appreciated until months of continuous practice have passed. Each person needs to develop a breathing program incorporating these exercises and more. Teach your children these exer-

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