

Vol. 11 • Issue 6 • February 2014

Home Remedies

Avoid overusing antibiotics by treating symptoms naturally



Too Many Antibiotics?

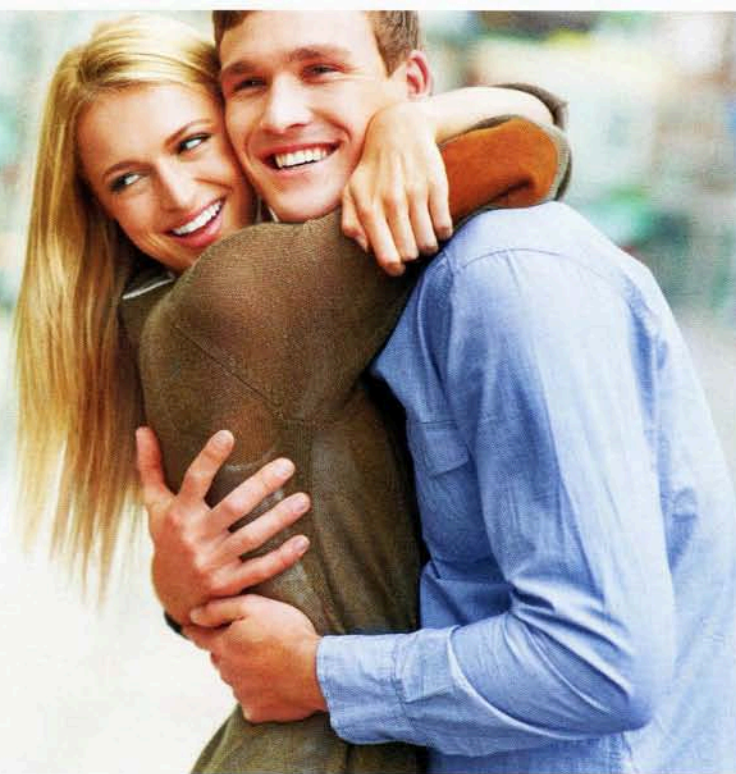
Alternative Headache Help

Natural Cures from the Kitchen



Scan to read H&W digital

Love Thyself: Are You Codependent in Sex, Love & Relationships?



By Annette Racond,
Staff Writer

Although there is no such thing as a perfect relationship, codependency is a potential source of problems in the areas of sex and love. Here are ten signs you may be exhibiting signs of codependency, and sources of assistance if you feel like you need to explore the issue in further detail.

1. Exit Here:

If you find yourself unwilling or unable to leave destructive or dead-end relationships, you might want to question why you do so. Is the fear of being alone too frightening to confront? Do you suffer from toxic loyalty? Does the idea of being out of a relationship instill panic? What price are you paying to stay in this relationship – and is it too high?

2. Married with Children:

Many individuals find themselves involved with unavailable partners – repeatedly. Do you date one married man (or woman) after another? Do you seem to date workaholics who are unable to forge intimate relationships? Does the idea of being involved with someone looking for true intimacy give you cold feet?

3. Love Me Do:

Low self-esteem makes it difficult to forge healthy relationships. Do you believe you're unlovable? Are you aware that you're worthy of love? Do you feel inadequate or not quite enough? Are you the only one exerting energy into trying to make the relationship work?

4. Say What You Mean:

It's important to be open and honest in relationships. Are you reluctant to share your thoughts with your partner – especially if it's about something he or she might not want to hear? Are you scared to have different viewpoints from your mate for fear you'll lose him or her? Will you go to almost any lengths to keep your relationship?

5. Intimacy Counts:

Although sex is an important component in most relationships, it doesn't substitute for true intimacy. Are you mistaking sex for love? Are you in love with the idea of being in love? Are you willing to be vulnerable in a relationship?

6. Look Out for Number One:

It's important for you to know your needs and meet them. Do you put your partner's wants and needs above your own? Do you believe your partner is more important to you? Do you lack assertiveness when it comes to asking for what you want or need? Can you feel happy even if your partner is down?

7. What a Gift!

Many individuals buy lavish gifts for their partners' and mistake such gestures for true love and intimacy. Do you buy expensive gifts for your partner mistaking such gestures for love and intimacy? Do you constantly compliment your partner instead of engaging in intimate conversations?

8. Build Boundaries:

Boundaries are critical in any relationship – romantic or otherwise. Are your boundaries too weak? Or, are they too rigid and keeping you from experiencing true intimacy? Are you inclined to say yes when you mean no?

9. Take Care:

Feeling like your partner needs you and is unable to meet his or her own needs is often a sign of codependency. Do you believe your partner is unable to care for his or herself? Do you need to take care of your partner in order to feel okay?

10. Don't Candy Coat:

Many individuals suffering from codependency feel like they have to lie or stretch the truth in order to keep their partners from acting out in anger or from displaying a dismissive attitude. Do you feel like you have to tell your partner what he wants to hear? Is there a lack of honesty on your part to avoid rejection or verbal – or even physical - abuse?

If you find yourself exhibiting any of the above behaviors and believe it is adversely impacting your relationships, you may want to consider 12-step programs like Codependents Anonymous (www.coda.org); Al-Anon (www.al-anon.org); or a more intensive residential program, such as The Bridge (www.thebridgetorecovery.com); National Call Center: 877.866.861), which has comprehensive programs of varying lengths in Bowling Green, Kentucky and Santa Barbara, California. The Bridge also offers three-week workshops nationwide.

Chiropractic Pain and Injury Center

Pain relief now!
Health for a lifetime.
Chiropractic Care, Nutritional Counseling, Corrective Exercise and Spinal Posture Screenings

Dr. Rob Kennedy B.S., D.C.
859-275-1962

340 Legion Rd., Suite #2
Lexington, KY 40504

www.cpiclexington.net

BERRycARE
Oral Health Gum

Sugar Free
All-Natural
Blackberry Ingredient

Find us at
your local



or online at
www.four-tigers.com

Are you or a loved one suffering from an eating disorder?

Let us help.
One-on-one counseling designed to get to the cause of the disorder, followed by treatment options that work.



It's time to make the call
859-240-1580

Located in Hamburg

