

live



NEWS photo Cindy Goodman

## Walking tall

A group of community members participate in the North Shore Schizophrenia Society's 17th annual Walk the World for Schizophrenia June 22. Participants met at John Lawson Park before setting off along the West Vancouver Seawalk to raise awareness of serious mental illness.

## health notes

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**Wellness Lecture:** Maureen Mason Edwardson will speak at Inner Resonance and Activating your Inner Wisdom presented by the Canadian Mental Health Association, Wednesday, July 16, 7 p.m. at John Braithwaite Community Centre, 145 West First St. Admission by donation.

Info: 604-987-6959.

**Blood Donor Clinics:** Wednesday, 16 and 30, 2-8 p.m., July, 26 10 a.m.-4:30 p.m. at St. Andrew's United Church, 1044 St. Georges Ave., North Vancouver. To book an appointment phone 1-888-236-6283.

**Menopause lecture:** Dr. Zdenka Spurling, certified bio-identical hormone replacement therapy

practitioner, and Wendy Mays, pharmacist and practitioner in compounding bio-identical hormone preparations, will speak on symptoms and treatment, focusing on hormone therapy, and the controversy and confusion, Wednesday, July 16, 7-9 p.m., community room, Park Royal Shopping Centre, south mall, West Vancouver. Admission is

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# The green-eyed monster

### QUESTION:

My girlfriend is extremely jealous and acts like a lunatic if she catches me even glancing at another woman. She monitors my every move and is always suspicious even though I have given her no reason to be. I really like her and don't want to break up but I have had to make too many concessions and feel controlled. What can you advise?

### Answer:

Jealousy is an old and nasty emotion that is rooted in the primitive drive to establish and secure territory. Shakespeare described it as, "the green-eyed monster" that infects the thinking of the tragic hero Othello.

Jealousy can take many directions.

One can be jealous of another's reputation, possessions or relationships. In relationships, the jealous person becomes fearful or suspicious of being replaced by a rival and becomes vigilant in tracking and interpreting the movements and emotions of their partner.

When the jealousy is extreme, a smile or a glance in the direction of another can result in an irrational interpretation full of fear, accusation and an increased effort to control the other.

I'm wondering what efforts you and your girlfriend have made to understand the problem. The origins of jealousy and other strong emotions can often be



arises, it is always a good idea to ask yourself, "How am I part of this problem?"

Your girlfriend is obviously feeling unsure of your commitment to her. Is this a legitimate concern on her part or is she misinterpreting your behaviours?

When you glance at other women, is the glance long enough to suggest to your girlfriend that you are checking out her competition?

As well as taking a good look at your own functioning in the relationship, you will need to take an open, honest and clear position around your girlfriend's efforts to control your behaviour. If her concerns are illegitimate, your attempts to adapt to them will only make the problem worse.

See if you can get your focus off your girlfriend's emotions and onto your own efforts to manage yourself with maturity.

Successful relationships come out of the ability to stand both with and against your partner.

The only person you can work on is yourself. If the relationship is important to you, that's the best place to start.

Margaret Anne Speak, M.A., C.C.C., works with couples, individuals, and families from a Bowen Family Systems perspective at Family Services of the North Shore. Questions? Write [onthecouch@familyservices.bc.ca](mailto:onthecouch@familyservices.bc.ca) or call 604-988-5281.

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