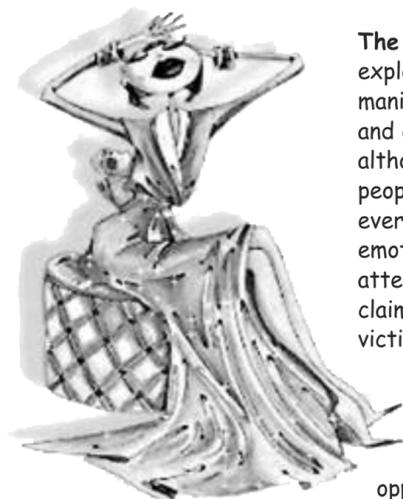


# Attention Seekers We All Know at Least One

The emotionally immature person has low levels of self-esteem and self-confidence and consequently feels insecure; to counter these feelings of insecurity they will spend a large proportion of their lives creating situations in which they become the center of attention. It may be that the need for attention is inversely proportional to emotional maturity, therefore anyone indulging in attention-seeking behaviors is telling you how emotionally immature they are.

Attention-seeking behavior is surprisingly common. Being the center of attention alleviates feelings of insecurity and inadequacy but the relief is temporary, as the underlying problem remains unaddressed: low self-confidence and low self-esteem, and consequent low levels of self-worth and self-love.

**The sufferer:** This might include feigning or exaggerating illness, playing on an injury, or perhaps causing or inviting injury. The attention-seeker excels in manipulating people through their emotions, especially that of guilt. It's very



difficult not to feel sorry for someone who relates a plausible tale of suffering in a sob story or "poor me" drama.

**The rescuer:** She's the one who will dash in and "rescue" people whenever the moment is opportune - to her, that is. She then gains gratification from basking in the glory of her humanitarian actions. She will prey on any person suffering misfortune, infirmity, illness, injury, or anyone who has a vulnerability. The act of rescue and thus the opportunities for gaining attention can be enhanced if others are excluded from the act of rescue; this helps create a dependency relationship between the rescuer and rescued which can be exploited for further acts of rescue (and attention) later.

**The organizer:** She may present herself as the one in charge; the one organizing everything, the one who is reliable and dependable, the one people can always turn to. However, the objective is not to assist people (this is only a means to an end) but to always be the center of attention.

**The manipulator:** She may exploit family relationships, manipulating others with guilt and distorting perceptions; although she may not harm people physically, she causes everyone to suffer from an emotional injury. A common attention-seeking ploy is to claim she is being persecuted, victimized, excluded, isolated or ignored.

**The drama queen:** Every incident or opportunity, no matter how

insignificant, is exploited, exaggerated and if necessary distorted to become an event of dramatic proportions. Everything is elevated to crisis proportions.

**The busy bee:** This individual is the busiest person in the world if her constant retelling of her life is to be believed. Everyday events which are regarded as normal by normal people take on epic proportions as everyone is invited to simultaneously admire and commiserate with this oh-so-busy person who never has a moment to herself, never has time to sit down, etc. She's never too busy, though, to tell you how busy she is.

**The feigner:** When called to account and outwitted, the person instinctively uses the denial - counterattack - feigning victimhood strategy to manipulate everyone present, especially bystanders and those in authority. The most effective method of feigning victimhood is to burst into tears, for most people's instinct is to feel sorry for them, to put their arm round them or offer them a tissue.

**The false confessor:** this person confesses to crimes they haven't committed in order to gain attention from the police and the media. In some cases people have confessed to being serial killers, even though they cannot provide any substantive evidence of their crimes. Often they will confess to crimes, which have just been reported in the media. Some individuals



are known to the police as serial confessors. The false confessor is different from a person who makes a false confession and admits to a crime of which they are accused because of emotional pressure and inappropriate interrogation tactics.

**The abused:** a person claims they are the victim of abuse, sexual abuse, rape, etc. as a way of gaining attention for themselves. Crimes like abuse and rape are difficult to prove at the best of times and their incidence is so common that it is easy to make a plausible claim as a way of gaining attention.

**The victim:** she may intentionally create acts of harassment against herself, for example; send herself hate mail or damage her own possessions in an attempt to incriminate a fellow employee, a family member, neighbor, etc. Scheming, cunning, devious, deceptive and manipulative, she will identify her "harasser" and produce circumstantial evidence in support of her

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## Wedding Bells Ringing



Congratulations to Gary Grinder and Sandra Cannazzaro on their wedding on December 18, 2010.

# The Journey of Entering into Commitment

Entering into a committed relationship is in fact a spiritual journey that we undertake with another person.

Loving and committing to another person is a spiritual process whether it involves a wedding or any other type of commitment ceremony. Often when we enter into a relationship, we allow our emotions to lead us forward without thinking more deeply about what true commitment involves. If we can understand that sharing our lives with another person is not just based on love but also on the hard work of being able to compromise and enter into a dialogue with them, then we are much more likely to find the key to having a successful relationship with our partners. So many people have not experienced a loving relationship between their own parents and therefore have no role model of what love should feel like or look like.

Many of us have been exposed to the idea that love should be romantic and sweep us off our feet. While this is a natural part of any relationship, the true test of our love comes from our willingness to explore this world with another person; to not only share in the delights that we encounter but also to negotiate the bumps in the road together. Generally this

often takes the form of a mutual exchange of ideas, but because any relationship is based on the needs and experiences of two people, we might also face a certain amount of misunderstanding. Learning to be open and receptive to our partners and to treat their wants and ideas with respect can help us navigate even the most difficult situations. One way to do this is to take a deep breath, holding our partner in a space of love, and allow ourselves to listen fully with our hearts to what they have to say. Should this become difficult to do, we can also turn toward people whose relationships we admire for advice or guidance. Knowing that there are resources out there to help us and being up for exploring them with our partner will only serve to deepen and strengthen our relationship.

Entering into a committed relationship is in fact a spiritual journey that we undertake with another person. By being able to love and care for someone else with an open heart, we will find that we can reach a greater level of personal transformation, evolving along our path and learning powerful lessons about ourselves that we might not otherwise be able to do on our own.

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