

## When Family Hurts: 5 Ways to Improve Family Relationships

by Dawn Wiggins, Ed.S.

I spent too many years hoping that my loved ones would acknowledge my pain and own their part. I have since learned that even receiving an apology is not enough to release the hurt. Healing requires letting go of the need for the past or the present to be different.

If you can focus on these 5 things, you will experience more peace in your family relationships.

**1. Accept that you can't control your loved ones.** The mind is sneaky and it wants to analyze what everyone else is doing wrong. If you find yourself analyzing someone else, understand this is a huge red flag that YOU have work to do. Learn to let go. This means learning to control the only thing you can...YOU. Begin

using some techniques to redirect your thoughts and your motives. Choose to believe that you can heal without their participation. Work with the idea that your thoughts are JUST THOUGHTS and they only have as much power as you give them.

**2. Release the need for validation and approval from your loved ones.** It doesn't matter if you are a parent, an adult child or a sibling. We all tend towards wanting love and acceptance from our family relationships. If you are not receiving validation from your family, be willing to receive it from others. Spend time with those who willingly share love and acceptance. We can supplement our family of birth with family of choice.

**3. Recognize that anger and resentment will prolong your pain.** If you tend to hold on to anger or resentment it is because it serves as evidence and energy to validate your pain. Why do you want to hold onto pain? Letting go of your resentment will not condone another's hurtful behavior. Letting go means you are taking fruitful steps towards emotional freedom! I once held onto a letter that caused an immense amount of pain. I used it to remind myself that I wasn't crazy and the author of the letter had harmed me. I eventually realized that I was continuing to harm myself rereading the letter. I was stirring up pain from the past that was impossible to change. It was then that I could shred the letter and move forward.



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**4. Decisions are best made when you respond instead of react.** If a family member invites you into conflict it is helpful to be slow to respond. When we impulsively react from a place of hurt we usually compound the situation. Pause, reflect, consciously choose your response from a place of calm. You are more likely to diffuse the situation and not cause yourself more pain.

**5. Be the change you want to see.** If you want to improve your family relationships, choose to change yourself. Do this regardless of what your family members choose. You will reap the benefits and no one can take that from you.

I am an expert on family relationships. I have decades of experience healing pain in a personal and professional capacity. If you have questions, need guidance or are looking for resources, don't hesitate to contact me!

## Sean Giusti, DVM Joins Upper Keys Veterinary Hospital and Dr. Bob Foley

Upper Keys Veterinary Hospital and Dr. Bob Foley are proud to announce the associate of Sean Giusti, DVM in the practice of Veterinary Medicine and Surgery.

Pets have always been important in Dr. Giusti's life, facilitating his choice of Veterinary medicine. Starting as a Veterinary Technician, Dr. Giusti was inspired to become a

Veterinarian himself.

Dr. Giusti attended the University of Florida, receiving his B.S. degree, then a Master's Degree before receiving his Doctorate of Veterinary Medicine from the Ross University School of Veterinary Medicine.



easily enhance a pet's overall well-being.

Dr. Sean loves hiking, fish-

ing, diving and boating with his wife Natalie and their pet family of two dogs, one cat and a rabbit.

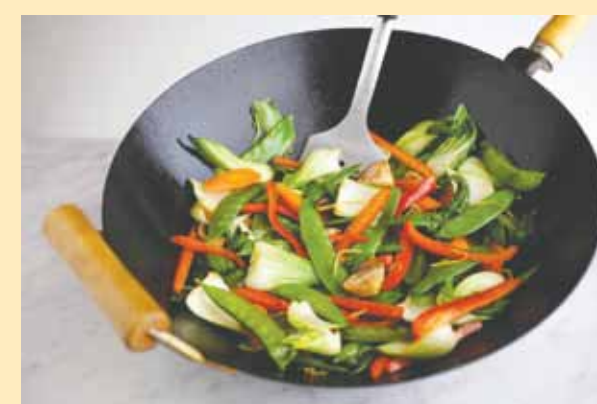
The Upper Keys Veterinary Hospital is located at 87801 Overseas Highway on Plantation Key. They are open Monday through Friday 8:00am-5:00pm, Saturday 8:00am-2:00pm and can be reached at 305-852-3665.

## The Mangrove Galley by Sandi Mieszczenski

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



When preparing a night's meal, a nice change is a stir fry. The beauty of a Chinese stir fry is that it is relatively easy (the chopping is the most time consuming part of the preparation) and you can use a variety of vegetables based on your taste. Try to avoid the pre-pack Chinese vegetables as I have found the packages contain more cabbage than actual Chinese vegetables themselves. I placed in this meal some of my favorite vegetables but you can add or replace with such items as bamboo shoots, green/red pepper, mushrooms, or even broccoli. If you are in the mood for a stir fry, try this recipe. I promise that you will not be disappointed. This meal will serve two people.



**Stir Fry Tip:** Pay attention to your veggies before tossing 'em into the pan. Cook thicker and harder vegetables first, since they take longer. For example, tomatoes or thin slices of garlic will burn while sturdy carrots and broccoli are taking their time getting tender. The key is to keep it moving.

## CHICKEN TERIYAKI STIR FRY

- 2 boneless and skinless chicken breasts
- 2 minced garlic cloves
- ¼ cup plus 2 tablespoons of teriyaki sauce
- 2 tablespoons peanut oil (you can use vegetable oil instead, but the peanut oil adds that extra Asian flavor)
- 1 large onion, sliced
- 1 cup carrots, peeled and thinly sliced
- 2 cups snow pea pods (before using the pea pods, pinch the end and pull the string off)
- 2- 10 ½ ounce cans chicken broth
- 2 tablespoons cornstarch
- 1- 8 ounce can sliced water chestnuts, drained
- 1- 15 ounce can baby corn, drained and cut into bite size pieces
- 2 cups bean sprouts
- Cooked white or brown rice

In the morning, place the chicken breasts in a sealable plastic bag. Add the minced garlic and ¼ cup of the teriyaki sauce. Seal bag and squeeze to mix well.

During the day continue to squeeze the bag, mixing the ingredients. In the evening, when ready to begin the preparation, slice the onion and peeled carrots. Pull the strings out of the pea pods. Set aside. Remove the chicken from the bag discarding the marinade. Slice the chicken into lengthwise strips. Heat a wok or large skillet with the peanut oil on medium high heat. When the oil is hot, add the chicken slices and brown lightly, the center of the slices should remain pink. Remove the chicken from the pan.

Add the onion, carrots and pea pods to the pan (add extra oil if necessary). Cook the vegetables until al dente. Remove the vegetables from the pan. Return the pan to the stove and add one can of chicken stock and the 2 tablespoons of cornstarch. Stir well until the cornstarch is dissolved. Add the other can of the broth and the remaining 2 tablespoons of the teriyaki sauce. Stir well. Reduce heat and cover until the cornstarch taste is no longer there. Return the meat and vegetables to the pan and cook until the meat is no longer pink. Mix in the water chestnuts, baby corn, and beansprouts.

Cook until all is heated and serve on the rice. Enjoy!

## Will I Live to see 80?

Here's something to think about.

I recently picked a new primary care doctor. After two visits and exhaustive Lab tests, he said I was doing fairly well for my age. (I will soon turn seventy five).

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco, or drink beer, wine or hard liquor?" "Oh no," I replied. "I'm not doing drugs, either!"

Then he asked, "Do you eat rib-eye steaks and barbecued ribs?"

"I said, "Not much... My former doctor said that all red meat is very unhealthy!"



"Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?"

"No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said.

He looked at me and said, "Then, why do you even give a shit?"

Sent in by Doug Myers, who says he has a lot of catching up to do before the big birthday!

