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## Handy Person

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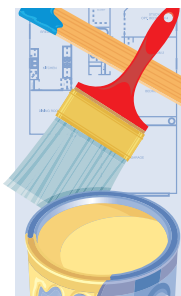
## Handy Person

**HANDYMAN, HOME service. Need a hand? Would like professional in general maintenance, plumbing & more? Call Paul 289-541-5083**

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**Q:** In my marriage we seem to always have problems with communication. I guess we don't need marriage counselling but we do need communication skills.

**A:** In fact, most marriage counselling is focused on communication skills. Often we find that communications in families are like a dance. Someone pursues while the other distances. Someone overfunctions allowing the other to underfunction. Someone is always thinking they are right and blaming the other. There are many other "dance combos" but these will give you an idea of where communication gets complicated.

1. Pursuers deal with stress by wanting more togetherness. They want to talk things out no matter how long it takes. They believe it is important to express feelings and feel personally rejected when someone wants "their space." Pursuers respond by pursuing harder and if unsuccessful, coldly withdrawing. They may be "dependent" or "demanding" in their relationships but believe that their partner can't handle feelings or closeness.

2. Distancers look for emotional or physical distance when stressed. They want to appear self-reliant and private and have difficulty showing their needy, vulnerable, dependent side. Sometimes seen as "emotionally unavailable" and "unable to deal with feelings" they manage anxiety by focusing on work. They sometimes end relationships because they are not confident that they can work it out.

3. Underfunctioners become less competent and organized under stress, forcing others to take over. They develop physical or emotional symptoms and have difficulty showing their strong, competent side. They often become the "child" in the relationship.

4. Overfunctioners always know what's best, not only for themselves but for others too. Under stress they move in quickly to advise, rescue, and take over. They have difficulty staying out of other people's problems. They avoid worrying about their own issues by focusing on others and are seen as "reliable" or "together". Overfunctioners allow underfunctioners to remain inadequate. They become the "parent" in the relationship.

5. Blamers respond to anxiety with emotional intensity and fighting. They have a short fuse and spend much energy trying to change someone who does not want to change. Their fights are always the same and they blame the other for why they feel as they do, or for why they cannot change.

Recognizing the styles of communication that are going on in your family will be the first step in making lasting changes.

**"HELPING YOU HELP YOURSELF"**

Elayne Tanner Social Work Professional Corporation

## ROSS...Bounce Back Ross Physiotherapy Solutions

**905-873-7677**

318 Guelph St.,  
Georgetown



**Gerry Ross**  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** My children play a lot of sports. Should they be stretching to prepare for activity?

**A:** Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wings out" muscles which possess irritating chemicals such as lactic acid.