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Q: I have always had body image issues but I want my daughter to feel good about herself. I tell her how beautiful she is and how proud I am of her but lately she says she is fat. What should I do?

A: Young girls do not worry about their body shape until they get the message that the shape of their body signifies their worth. The media promotes this view and society supports it. But closer to home, mothers who focus on dieting and self-deprecating talk, teach their daughters these lessons.

If a mother portrays herself as disgusting, shameful, fat, ugly, or any of the other words that are commonly used by women to describe themselves, her daughter is likely to view herself the same way. You are your daughter's role model to becoming a woman. Instead of being self-loathing, constantly dieting, beating yourself up for not exercising, and setting impossible goals that generally sets the course of your life on a path doomed to failure, focus instead on your accomplishments and strength and build a positive self image.

The worth of a woman is not in her body shape, size, or facial features. These qualities fade with time, but intelligence, compassion, integrity, caring and nurturing are qualities that endure. Fat is not a feeling. Happy, content, calm, and anger are feelings. Sadness and grief are feelings. When you become your authentic self-accepting, self, the role model you want to be will emerge. Treat yourself and your body with respect and do not allow anyone else to define who you should be or what you need to do to become acceptable. Keep that in mind and learn to become healthier, through healthy choices.

By loving and respecting yourself you will teach your children to love and respect themselves and develop the confidence to become their best self. If you need to work on your self-esteem, I can help you. Act like you are worth it, because you are!

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legal matters | Spousal Support

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Q

I have separated from my wife and she is demanding spousal support. She works full time, why do I have to pay her anything?

A

Spousal support is a complex issue driven by 3 major factors:

- (a) The role played by each party during the marriage;
- (b) The length of the marriage; and
- (c) The ability of each party to earn income.

I will describe 2 extremes. If you have been married for 25 years, your wife stayed home caring for your 3 children, you make \$200,000.00 per year and your wife makes minimum wage, then you should expect to pay substantial support for the rest of your working life. The amount is normally based on the Spousal Support Advisory Guidelines which you can look up online. It is likely spousal support in this circumstance will come close to equalizing both parties' incomes.

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