



Valentine's Day and YOU

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With Valentine's Day around the corner there can be a lot of mixed emotions. For some, it is a great opportunity for you and that special someone to celebrate the love, commitment, and passion that you have for one another. For others, anxiety explodes as 3:00pm roles around and you do not have plans. Not to turn my back on my own kind, but this typically occurs with the male species. And yet for others, it is a reminder that another year has come and gone and they have no one to celebrate with except Ben and Jerry.

I don't care what Jerry McGuire says, feeling broken hearted and longing for another person to complete us is not an accurate representation of a healthy relationship. Two broken hearts wandering out in nowhere land searching, yearning for their missing link? REALLY? Think about that! Most of the time two broken hearts together equals a life of over-dependency, resentment, and bitterness from the lack of fulfillment that is experienced. How about working on making your heart as complete as you can and look for someone who will not divest you of your value?

What if the jewelry industry quit manufacturing lockets that promote broken relationships and instead created a two-full-hearts locket that exemplifies what a healthy relationship looks like? Or better yet, we humans can examine ourselves and learn to be confident in who we are as individuals. So are you a broken heart:

- Dependent on others to define your value
- Letting past mistakes and circumstances keep you from seeing your value
- Not forgiving those who have done wrong to you

Relationships aside, this is no way to live and most importantly, it is FALSE! When we can do the work to see our value on our own, when we can be confident to learn from mistakes and difficult trials we have gone through, and when we can let go of the hurts and wrongs that have been done to us Valentine's Day then becomes a great opportunity to truly love ourselves **and** the people we care about.

By truly loving yourself and becoming whole you set the stage for relational success. Naturally when we go into any relationship where individuals have not taken care of their own emotional needs, they tend to drain the others' already limited emotional reserve to feel more fulfilled. This is similar to the bully principle; I hurt and I will attempt to heal that hurt by taking something from you. All in all this is a lie. The bully is not more whole, it just seems that way because of comparison. Ultimately you are just left with two hurting people. Successful relationships are that way because of overflow...you can't give what you don't have! When you fly on an airplane and they give you those instructions about the oxygen masks, they always tell you to put on your mask first before you help others around you. The same rings true for our relationships. This is not about being selfish and arrogant, but self-healthy and having self-love.

Don't continue to live a life not knowing the value you have. Do what it takes to establish or re-establish that positive understanding of self. Out of that overflow your love will impact others in your life, including your romantic relationships, and will exponentially grow and you yourself will be a much better person.

Happy Valentine's Day and may you take time to celebrate the love for the one person that needs it first, YOU!