



Community News

PHONE (631) 321-7011 17 FORDHAM RD W. BABYLON, NY 11704

EMAIL HEARTSOUL@ATT.NET FAX: 661.669.8532

WEB: HEARTANDSOULCENTER.COM

JUNE 2016

Is There Such a Thing as Having a Fair Fight?

Written by Hannah-Rose Sadlowski

Whether it's arguing over who left the dirty dishes in the sink, or who left the seat up in the bathroom, the presence of an argument is inevitable in any relationship. Though the arguments themselves may be inevitable, solving an argument is just as possible. The only question is: How do you "fight fair?"

Bringing third parties into an argument is just as bad as putting hot sauce on ice cream. Your partner does not want to hear about how your mother cooks a better lasagna, and never throws your favorite silk blouse in the dryer. Making comparisons not only makes your partner uncomfortable, but it is something that is very degrading towards their character.

The key to solving an argument is to approach it with a calm tone and an open mind. When you yell and cut off your partner mid-sentence, that's showing disrespect and in the end will only add more fuel to the fire.

The past is the past for a reason. No need to pester your partner with reminders of mistakes they have made in the past. The key part of making a mistake is that one learns from what they did wrong, and how they can do better in the future. There is no need to push them back down again and make them feel as though they are incapable of standing up for their beliefs.

Last, but not least, if you owe an apology, give one. Sure, you may have to grit your teeth and swallow your pride, but is the alternative really worth losing your significant other?

According to a survey conducted by DailyMail.com*, the average of the 3,000 people surveyed concluded that couples may argue as often as seven times per day. The survey revealed that the top argument with couples was "not listening." As mentioned before, respect is key even when there is no argument present. If attention is a common problem with you and your partner, bring that to the table following the guidelines above.

*Daily Mail Reporter. "Fallout: Couples argue an average of seven times a day." *Daily Mail Online*. 20 May 2011.

Tattoos Your Parents Would Be Proud Of

Written by Hannah-Rose Sadlowski

In this day and age, many people are turning to tattoos as a form of therapy. Whether it's getting a tattoo in someone's honor, or getting something to symbolize one's strength, the meanings and possibilities are endless. There is also a large portion of people confused by this said-to-be therapeutic phenomenon.

Many tattoo artists are even transforming the bodies of breast cancer survivors. There is an organization, P.Ink (Personal Ink) that matches breast cancer survivors with tattoos artists who have experience in mastectomy tattoos. It has been said to give survivors a feeling of reclaiming their bodies.

Recovery is another main theme behind tattoos. The semi-colon and the National Eating Disorder Awareness symbols are two symbols that are commonly worked into tattoos. According to the Merriam-Webster Dictionary, the semi-colon is used to "separate major parts in a sentence." Symbolically, a semi-colon can be used to separate a tough past from a positive new beginning. The NED Awareness symbol is the left half of a heart, and the curves of a body, creating a beautiful shape and promoting self-love.

As a tattooed female, myself, I've planned out every single one of my tattoos from the design to the area of placement on my body. All of my seven tattoos hold personal meaning to me, and tell their own story. I have placed them all where they cannot be seen for professional purposes, unless I choose to show them to others. The scar tissue that I was once embarrassed of is now covered by beautiful art that I am comfortable to show off.

Although these are all amazing reasons for being pro-ink, there is a high risk of addiction when it comes to tattoos. People may turn to them negatively for adrenaline, the feeling of pain/self-mutilation, rebellion, etc. As long as you feel that you're getting your tattoo for the right reasons, to heal as opposed to harm, then you're on the right path.