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Carol Juergensen Sheets

LIVE BETTER

The only person you can change is yourself

The desire to change other people is human nature.

Clients frequently come in seeking advice about how to get another person to change. They either complain that their loved one's behavior has changed for the worse or that they had hoped the behavior would change, and it has not.

The naïve part of them believed that they could get their loved one to change. If you are faced with this dilemma, you have two choices: accept them or change yourself.

The Serenity Prayer says it best: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

This saying is a guideline for improving the quality of your relationships. Stated simply, you can't change others, you can only change yourself. The easiest way to do that is to set personal boundaries.

Boundaries help you define what behaviors are acceptable or unacceptable. You may not be able to control the behavior of others, but you can control how you handle a situation.

Teaching others what you will tolerate in their behavior empowers you. Invariably, when I help people to establish better boundaries, they are less affected by others. They handle situations better and feel a greater sense of control.

People come into my office with common problems that require a shift in their boundaries:

- A woman's boyfriend is dependent on her. She supports him financially and pays for their apartment, their utilities and all of their meals. She can't make him get a job or offer to pay for dinner, but she can tell him he will contribute a weekly sum to their apartment, utilities and meals, or he must leave.

- A parent describes a teen who is disrespectful, sneaks out of the house and takes money from his parents. This parent can set consequences: call the authorities, walk away, stop providing privileges.

- The boss expects you to work 80 hours a week to compensate for a shortage of staff or an increased workload. The employee can discuss with the boss the need for more manpower or request that work be delegated to others. If the requests are ignored, the employee can begin to go home at the appropriate time to create his own boundaries. The employee may need to look for a new job.

As you can see, the consequences don't mean that you get the outcome that you want. It just means you have set guidelines for yourself to be respected.

When people get good at setting healthy boundaries, they begin to see that others respond to them with a new sense of respect. Inevitably, when you change your behavior it changes the situation. Healthy boundaries keep you from doing too much or from being mistreated.

What boundaries need adjusting in your life?

Do you have a particular situation that causes you great discomfort? Perhaps you know there are some things to change in your life, but you aren't sure how to implement the changes without alienating your loved ones.

The truth is that you may cause other people to become angry with you. Most likely they will try to guilt you into changing back into the person you used to be.

To prevent that:

- Make a list of healthy versus unhealthy behaviors that you need to work on.

- Go to the library and read the book "Boundaries" by Henry Cloud and John Townsend.

- Attend free support groups like Codependents Anonymous, which meet at several locations weekly, so that you can talk with others who will encourage you to set healthy boundaries.

- Seek counseling if you find yourself wavering.

Remember, respect starts with you.

Carol Juergensen Sheets, a Center Grove High School graduate, is a licensed counselor at Indianapolis Psychiatric Associates. E-mail her at carolthecoach@aol.com.



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Liquid crystal display, or LCD, televisions have a flat screen of layered silicon panels covered by a sheet of glass. The sleek sets are resistant to glare.

TOP-OF-THE-LINE TV BUYS



Digital light processor, or DLP

What it is: Projection screen

How it works: Light reflected off a million tiny mirrors moves through a wheel of colored filters to project images onto a screen.

Downside: Really bright, better for those who play video games and watch movies, which are darker.

Upside: Great for gamers, weigh much less than traditional projection televisions

Price: \$1,200 to \$2,500



Plasma

What it is: Flat-panel television

How it works: An electronically charged gas mixture fills cells inside the panel.

Downside: The plate of glass covering the plasma panel picks up glare.

Upside: Many sets look like art, even when turned off.

Price: \$1,200 to \$5,000

Bowled over with TV options

Thin is in, but do your homework before making big-game purchase

By SARAH LIPPS

DAILY JOURNAL STAFF WRITER
slipps@thejournalnet.com

You may not be going to Miami, but you want the full Super Bowl XLI experience from the comfort of your living room.

So when you walk up to a electronics salesman and say, "I wanna buy a big TV," be prepared to answer a few questions.

People who market rooms full of sparkling TV sets will want to know if you have bay windows, a fireplace or track lighting.

The details will make the difference in whether you purchase a projection, LCD or plasma-screen television, said Weldon Cox, manager of the electronics section of Sears in Greenwood.

After that, you are probably going to have some questions of your own.

Learning about high-definition TV and the innards of the modern television requires at least a crash course if not an advanced degree.

"People come in, and they generally ask a lot of questions. They really want to know what they are talking about before they spend that kind of money," Cox said.

At HH Gregg in Indianapolis, sales manager Dustin Weiberg has a pages-long printout that explains the differences between TV models for consumers who want to study up before making an investment.

Customers have a lot to consider: What level of high-definition quality is best for them? What kind of DVD player should go with it?

Then there are the extras.

Laser-thin LCD or plasma screens need wall-mount devices. A swivel-armed model can cost as much as \$500.

Upscale wooden entertainment centers can cost thousands of dollars.

TOP TELEVISIONS

High-definition TV

How it works: More lines of information are presented on the screen, so the image comes across crisper and clearer.

CBS will broadcast the Super Bowl in high definition. To make sure you see the game in high-def:

- Use a high-definition television set with a high-definition TV tuner.

- If you do not have high-definition service through your cable company, use a good antenna.

- Make sure your tuner recognizes the local CBS HDTV station, Channel 9.

SOURCE: Tom Weber, engineer maintenance supervisor at WISH-TV



Liquid crystal display, or LCD

What it is: Flat-panel television

How it works: Layered silicon panels are covered by a sheet of glass

Downside: Not all currently carry the capability for high definition

Upside: Are sleek enough to be mounted almost anywhere, great color and brightness, resistant to glare.

Price: \$1,200 to \$4,000

Furniture

Wall mounts: Can range anywhere from \$150 to \$500. Prices depend on range of motion, weight capability and design. More expensive setups will rotate with a remote control.

Entertainment centers: Most pieces will hold any modern television. Prices vary drastically depending on how cheaply or elaborately they are constructed.