

Wellness

Wednesday



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Understanding Dry Begging: A Subtle Form of Emotional Manipulation

In the intricate tapestry of human relationships, communication plays a pivotal role. However, not all communication is straightforward. One particularly insidious form of indirect communication is known as "dry begging." This term refers to the subtle hints or vague complaints that individuals use to express their needs without directly stating them. While it may seem harmless, dry begging can lead to and emotional manipulation. In this Wellness Wednesday, we will explore the concept of dry begging, its implications in relationships, and address it effectively.

What is Dry Begging?

Dry begging is characterized by indirect requests for attention, affection, or assistance. Instead of clearly articulating their needs, individuals may resort to hints or passive-aggressive comments. For instance, rather than saying, "I need help with the chores," someone might say, "I guess I'll just do it all myself." This approach can stem from various motivations, including insecurity, fear of rejection, or learned behavior from past experiences.



The Roots of Dry Begging

Understanding the origins of dry begging can shed light on why individuals engage in this behavior. Often, it arises from a fear of vulnerability. Many people find it challenging to express their needs directly, fearing that doing so may lead to rejection or conflict. Consequently, they resort to indirect communication as a protective mechanism.

Additionally, dry begging can be a learned behavior. Individuals who grew up in environments where direct communication was discouraged may adopt this style as a means of navigating their relationships. This pattern can perpetuate itself, leading to ongoing misunderstandings and unmet needs.

The Emotional Impact of Dry Begging Weaponizing Emotions

One of the most concerning aspects of dry begging is its potential to weaponize emotions. When individuals hint at their needs rather than stating them outright, they can manipulate their partners' feelings. For example, a partner who desires more intimacy might say, "I guess most people would be thrilled to have a partner who wants to be close." This statement can evoke guilt in the other partner, making them feel responsible for the perceived lack of intimacy.

Creating Resentment

Dry begging can also foster resentment in relationships. When one partner consistently hints at their needs without being explicit, the other partner may feel confused or frustrated. Over time, this can lead to feelings of inadequacy and resentment, as the partner who is dry begging may feel that their needs are not being met, while the other partner remains unaware of the underlying issues.

The Cycle of Miscommunication

The cycle of dry begging often perpetuates itself. When one partner hints at their needs, the other may misinterpret these hints or fail to recognize them altogether. This miscommunication can lead to further frustration and emotional distance, creating a vicious cycle that is difficult to break.

Recognizing Dry Begging in Relationships

Signs of Dry Begging

Recognizing dry begging in your relationship is the first step toward addressing it. Some common signs include:

- **Vague Complaints:** Phrases like "I guess I'll just handle it myself" or "It must be nice to have some one help you" can indicate dry begging.
- **Indirect Requests:** Instead of making a clear request, individuals may drop hints or make passive comments about their needs.
- **Emotional Manipulation:** If you notice that your partner often uses guilt or emotional appeals to elicit a response, this may be a sign of dry begging.

The Role of Insecurity

In many cases, dry begging stems from insecurity. Individuals who fear rejection or worry about being perceived as needy may resort to this indirect communication style. Understanding the underlying insecurities can help partners approach the situation with empathy and compassion.

Addressing Dry Begging in Your Relationship

Open Communication

The most effective way to combat dry begging is through open and honest communication. Encourage your partner to express their needs directly, and be willing to do the same. Creating a safe space for vulnerability can help both partners feel more comfortable discussing their desires and concerns.

Practice Active Listening

When your partner does express their needs, practice active listening. This means fully engaging with what they are saying, asking clarifying questions, and validating their feelings. By demonstrating that you value their perspective, you can help reduce the likelihood of dry begging in the future.

Set Boundaries

If you find that dry begging is becoming a pattern in your relationship, it may be necessary to set boundaries. Let your partner know that you prefer direct communication and that hints or vague comments can lead to misunderstandings. Establishing clear expectations can help both partners feel more secure in expressing their needs.

The Role of Empathy

Understanding Each Other's Perspectives

Empathy is crucial in addressing dry begging. Both partners should strive to understand each other's perspectives and motivations. Recognizing that dry begging often stems from fear or insecurity can foster compassion and patience in the relationship.

Encouraging Vulnerability

Encouraging vulnerability is essential for breaking the cycle of dry begging. Create an environment where both partners feel safe expressing their needs without fear of judgment or rejection. This can lead to deeper emotional connections and a more fulfilling relationship.

Seeking Professional Help

When to Consider Therapy

If dry begging becomes a persistent issue in your relationship, it may be beneficial to seek professional help. A therapist can provide guidance and support in navigating communication challenges and addressing underlying insecurities. Couples therapy can be particularly effective in fostering open dialogue and improving emotional intimacy.

Building Healthy Communication Skills

Therapy can also help both partners develop healthier communication skills. Learning to express needs directly and effectively can lead to a more satisfying and harmonious relationship. By working together with a professional, couples can break free from the cycle of dry begging and build a stronger emotional connection.

Dry begging is a subtle yet impactful form of emotional manipulation that can undermine the health of relationships. By recognizing the signs, understanding the underlying motivations, and fostering open communication, couples can address this behavior effectively. Ultimately, creating a safe space for vulnerability and empathy can lead to deeper emotional connections and a more fulfilling partnership. Remember, the key to a successful relationship lies in clear communication and mutual understanding.



MISO SALMON SKEWERS



INGREDIENTS

- 3 tablespoons white miso paste
- 2 tablespoons mirin
- 2 tablespoons low sodium soy sauce, *use tamari, coconut aminos or liquid aminos for gluten free
- 2 tablespoons rice vinegar
- 2 cloves garlic, roughly chopped
- 2 teaspoons roughly chopped ginger
- 1 teaspoon toasted sesame oil
- 1 pound salmon, skinless, peeled and cut into 1 ½- inch cubes
- 1 small zucchini, halved lengthwise then cut into ¾-inch thick half moons
- 4 green onions, white and light green parts cut into 1-inch pieces
- nonstick cooking spray
- lemon wedges, for serving
- scallions, sliced optional for garnish

Summer is the perfect time to fire up the grill and enjoy delicious meals outdoors. One standout dish that combines flavor, nutrition, and ease of preparation is miso salmon skewers with zucchini and scallions. This delightful recipe not only showcases the rich umami flavor of miso but also incorporates fresh vegetables, making it a wholesome choice for week-night dinners or weekend gatherings.

MISO AND ITS BENEFITS

Miso is a traditional Japanese seasoning made from fermented soybeans, salt, and koji mold. It comes in various types, with white miso being the mildest and sweetest. This unique ingredient is not only flavorful but also packed with health benefits.

NUTRIENT RICH

- **Probiotics:** Miso is rich in probiotics, which promote gut health and aid digestion.
- **Vitamins and Minerals:** It contains essential nutrients such as vitamin K, manganese, and copper.
- **Low in Calories:** Miso is low in calories, making it a great addition to a balanced diet.

Nutrition Information

Serving: 1 skewer, Calories: 231 kcal, Carbohydrates: 12 g, Protein: 25 g, Fat: 9 g, Saturated Fat: 1.5 g, Cholesterol: 62.5 mg, Sodium: 798 mg, Fiber: 1.5 g, Sugar: 6 g



INSTRUCTIONS



HOW TO MAKE IT

Creating the marinade is a simple yet crucial step in this recipe. Here's how to do it:

1. **Combine Ingredients:** In a small bowl or food processor, mix the white miso paste, mirin, soy sauce, rice vinegar, garlic, ginger, and sesame oil until smooth.
2. **Marinate the Salmon:** Reserve a quarter cup of the marinade for basting. In a separate bowl, combine the salmon, zucchini, and scallions with the remaining marinade. Cover and refrigerate for 30 minutes to 1 hour.

ASSEMBLING THE SKEWERS

Once the salmon and vegetables have marinated, it's time to assemble the skewers:

3. **Prepare Skewers:** If using wooden skewers, soak them in water for at least 30 minutes to prevent burning. Metal skewers can be used without soaking.
4. **Thread Ingredients:** Alternate threading the salmon cubes, zucchini slices, and scallion pieces onto the skewers. Aim for a colorful arrangement.

GRILLING THE SKEWERS

Grilling is where the magic happens! Follow these steps for perfectly cooked skewers:

5. **Preheat the Grill:** Heat your grill to medium-high. Ensure the grates are well-oiled to prevent sticking.
6. **Grill the Skewers:** Place the skewers on the grill and cook for about 3-4 minutes on each side. Baste with the reserved marinade during cooking for extra flavor.
7. **Check for Doneness:** The salmon should easily flake with a fork and be opaque throughout, typically taking around 8-10 minutes total.

ALTERNATIVE COOKING METHOD

Broiling

If grilling isn't an option, you can broil the skewers:

- Broil on high 5 inches from the heating element about 3 minutes on each side.

<https://greatist.com/fitness/daily-stretching-routine#Your-15-minute-daily-stretching-routine>

Featured Exercise

► Figure Four Stretch

HOW TO DO IT:

1. Lie faceup and lift your legs off the floor, bending knees at a 90-degree angle.
2. Place right ankle over left knee, then place your hands on left leg (just below your knee).
3. Pull your leg toward you until you feel the stretch.
4. Hold for 30 seconds, then release.
5. Repeat on the other side.

THE BENEFITS:

The Figure Four Stretch is designed to improve flexibility and mobility in the hip region. By targeting the gluteal muscles and hip flexors, this stretch can help alleviate tension and discomfort, making it an essential addition to any fitness routine.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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Wellness Account Manager



Did You Know?

June is National Fresh Fruit and Vegetable Month. Fresh produce boosts health and supports local farmers. Visiting farmers' markets allows exploration of seasonal fruits and vegetables, inspiring delicious meals. **Embrace June's freshness for improved well-being.**

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