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EMPOWERMENT

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Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology Tuesday at 11 AM Pacific

June 16th 2020: Co-Dependent: Emotional Caretaker or Manipulator

An emotional caretaker is someone who looks out for the feelings, needs and wants of an emotional manipulator. The caretaker defers to the manipulator's wants, giving up their own wants and even their own health and well-being needs. They give in to "keep the peace" and to please the other person—all with no improvement in the relationship. Tune in and learn how to deal with this toxic relationship!



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