

CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Is this your time to learn more about you?

by Charlyne Gelt, Ph.D.

*“Growing up I felt a huge emptiness inside--like I’m a nobody screaming,
‘Somebody love me; somebody tell me who I am.’”*

– Isabel

Does this sound like you, or someone you know?

You are not alone. People who are immersed in their own emptiness, their own woundedness, often believe they can be healed by finding someone else. It doesn’t work! What happens is that the “someone else” they end up attracting is someone with a similar wounding. And that simply replicates the painful early woundings by toxic personalities that were thrust upon us as children.



That hoped-for healing becomes nothing more than a quick fix, a band aid for a heart that is hemorrhaging.

Isabel’s first marriage was to a “demon lover,” a man who ended up making her feel objectified, used, manipulated, powerless and alone – just as she’d always felt in her childhood home. Isabel described her husband as “verbally abusive and he didn’t work because he felt he was too good to go out and get a minimum-wage job – ‘They won’t hire me’ – even though I did waitress work to support us until my feet gave out.” She stayed in that marriage for twenty-three years: “The Bible says you don’t get a divorce unless the other person is being unfaithful.” Isabel, like her mother, was submissive to him, and, like her

father, became a workaholic and ended up supporting him. For somebody who was used to feeling, “*I am nobody*,” taking care of others and being needed by others, was the only thing that made her feel she had value.

Finally, Isabel broke away from her repressive marriage after reading Robin Norwood’s *Co-Dependent No More*. “It was an eye-opener. When I read about enabling, I thought, ‘That’s me!’ Up until then, I thought my marriage was something I just had to live with, but when I read that book I realized that I was in a dysfunctional marriage and I didn’t have to put up with it.” She left her marriage and fears behind, grabbed the opportunity to “learn more about me,” and began to build a sense of Self.

The road to healing is a journey of defining, and then getting, the support you need to meet your own *unmet* needs. Often, those needs are defined as respect, belonging, autonomy, and validation.



What separates us from the animals is our capacity for self-reflection, meaning our ability to sit and think about what we are thinking and feeling. The process of cultivating awareness in your life can be exciting, confusing, challenging – or all three.

Is this your time to learn more about you?

Charlyne Gelt, Ph.D.; PSY#22909 www.drgelt.com