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Indications That Your Relationship May Be In Trouble

Susan Cartwright, LCSW

Marriage is a life skill! While healing an ailing relationship is usually what we all want, Sometimes it's wise to know when to let go. 12 "universal" signs showing that divorce might be on a couple's horizon are highlighted in this article.

"The Clock's Ticking" The clock starts ticking on the end of a marriage as soon as one spouse puts the [couple's] problems out in the open," says Bryce Kaye, Ph.D., author of The Marriage First Aid Kit. "The more time that passes after that without any effort made, the lower the odds are that you'll stay together."

You've "Uncoupled". Couples whose marriages are over, or nearly over, have usually disconnected from each other, says Elayne Savage Ph.D., author of Breathing Room: Creating Space to Be a Couple. "If you're no longer spending any time together-and if it feels like a relief NOT to be with each other-you've already disengaged from the marriage." This may feel like you

"are just roommates" and is a sign of trouble in a marriage.

You Have "unresolved issues". Alisa Bowman, author of Project: Happily Ever After, says that if one spouse repeatedly brings up an issue, asks for help, and makes it clear that the marriage will not last unless they both commit to solving it, but the other spouse refuses to go along, the marriage is headed for trouble.

One Spouse Won't Try. "One partner can't do all the trying on his or her own," says Bowman. "You can't go anywhere like that." A good rule of thumb: If it's been a year with no progress, it may be time to consider calling it quits.

There's No Respect. One of the most important aspects of a healthy marriage is mutual respect, says Savage. When that's gone - when one partner consistently feels dismissed, rejected, and/or condescended to you're in a bad place. "Marriages that reach this place are toxic - you're no longer civil, and all communication is focused either attacking or defending."

You're Not A Team. In healthy marriages, both partners work as a team on everything from parenting to supporting each other in career and personal ambitions. "If you've both started moving in completely separate orbits, or if you're not working together on day-to-day issues, it's a sign of serious trouble," says Savage.

There's Imbalance. A major part of marriage involves trying to fulfill your partner's needs while also making sure your own needs are met. It's a lifelong dance, of give and take, and it requires constant communication and work. If your partner continually refuses to listen to what you need, or refuses to share his or her own needs with you, you're not in a good place, says Kaye.

Loyalty Is Unclear Or Does Not Seem To Exist. If infidelity has been a part of your relationship, it is an enormous hurdle for a marriage to overcome, and although many couples are able to work past an affair, just ending an affair is not enough, says Kaye. For a marriage to fully get past one spouse's adultery, the unfaithful half of the couple cannot maintain a "friendship" or even contact, with the former lover.

Continued, See Page 2...

One Spouse Is a "Serial" Cheater. After the kind of affair a couple could recover from, "acknowledgement of wrongdoing is made, responsibility is taken, there are regrets, sincere apologies, a promise and commitment to end the affair (if not already ended), a commitment to seek counseling, a commitment to not "re-offend", and to work to recover the marriage." Not so with the "serial" cheater. "Some cheaters - and stereotypically this is men - are just not cut out for marriage; they are unable to remain monogamous, even if they seemed to have wanted to get married," says Bowman, "That's a problem you can't fix, and it likely spells the end of your marriage".

The Cheater Blames the Other Spouse. To add insult to injury a partner may try to put the blame for their infidelity on their spouse, usually by saying the spouse was "too jealous, needy, or controlling".

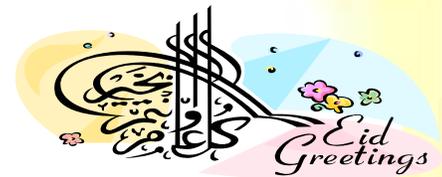
You Disagree on Having Children. "If someone's close to either side of the "will-we-or-won't-we-have-children" fence, you can work through it. But if you are truly committed to either having children or not, and/or having a child is a life goal of yours, and your partner is committed to their career and/or does not want to have children, you may be looking at the end of your marriage," says Bowman.

You Don't Talk. No problem in a marriage can be solved without open, honest communication. If you've reached a point where all you ever talk about is things like day to day details such as "who needs to pick up the dry cleaning", you're in trouble, says Savage. "Lack of personal, intimate exchange in a marriage is a very bad sign, especially if you are sharing, and talking, with others and not your spouse."

If you feel your marriage may be "in trouble", or you just need a little "fine tuning" Contact your Fleet and Family Support Center and make an appointment and one of our counseling staff will contact you. We can be reached at 439-4046 or 1785-4046. We are here for you!

Cultural Focus: Eid Al Fitr

Alaa Afifi, ICR Specialist



Muslims throughout the world observe a joyous three-day celebration called **Eid al-Fitr** (the Festival of Fast-Breaking). Eid al-Fitr falls on the first day of Shawwal, the month which follows Ramadan in the Islamic calendar. It is expected to start on 18th or 19th August or 2012. It is a time to give charity to those in need, and celebrate with family and friends the completion of a month of blessings and joy. In most Muslim countries, the entire 3-day period is an official government/school holiday.

Eid al-Fitr is often abbreviated to Eid, which is an Arabic word meaning "festivity". Immediately, on the official sighting of the new moon, Muslims everywhere greet each other by the traditional greeting "Eid Mubarak" (Blessed Eid). One will receive text messages with the same greeting during Eid.

The Eid day starts with a small snack followed by Eid Prayers (Salat al-Eid) in congregation attended by men, women and children. After the Eid prayer, Muslims usually visit relatives and friends, give gifts, and make phone calls to distant relatives to give well-wishes for the holiday. Special meals are prepared and no one goes out empty handed. It is traditional to bring sweets when visiting during Eid.



Children are normally given gifts, which traditionally are new clothes to wear throughout the Eid. It is customary for children to also receive a "Eidyah" from their grown-up relatives. This is a small sum of money that the children receive, to spend on all their activities throughout the Eid. Before the day of Eid, during the last few days of Ramadan, each Muslim family gives a determined amount as a donation to the poor to ensure that the needy can have a holiday meal and participate in the celebration of Eid. This donation is known as Zakat al-Fitr (charity of fast-breaking).



Sexual Assault Prevention Begins with Sexual Assault.... Not at NSA Bahrain!

Respect Yourself and Others.... Use the Buddy System Wisely....
Drink Alcohol Responsibly.... Look Out for Each Other.... Don't Be An Offender!

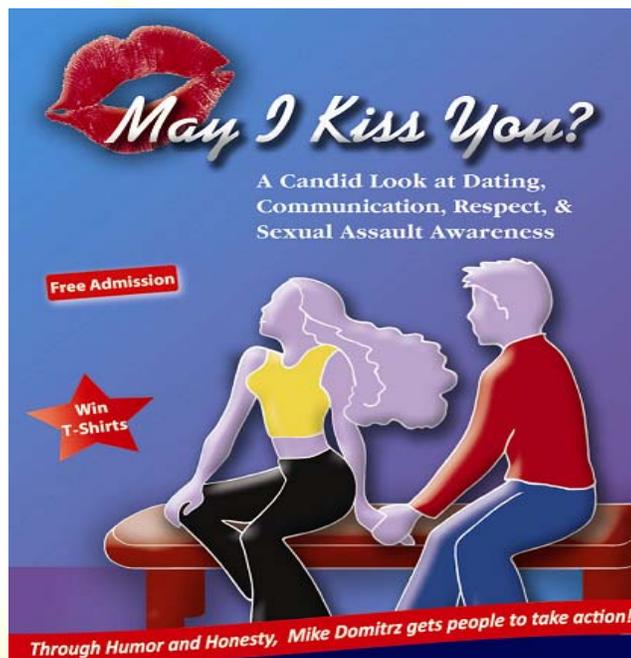
For 24/7/365 Assistance, Contact the Duty Victim Advocate at 3940-3906 or the SARC at 3940-9854

WELCOME ABOARD

NANCY BUSCH
CLINICAL SOCIAL WORKER
FLEET AND FAMILY SUPPORT CENTER
NSA BAHRAIN

We would like to introduce our new Clinical Social Worker Nancy Busch, LCSW, CTS. Ms. Busch started working on 29 July at Fleet and Family Support Center, NSA Bahrain. She was born and raised in Kansas City, Missouri. Ms. Busch joined FFSC from Naples, Italy where she served as a counselor at FFSC.

Ms. Busch received her Master's Degree from San Diego State University and became a certified Trauma Specialist in 2005. Prior to working in Naples, she had a private practice in Jacksonville, Florida. Ms. Busch areas of interest outside of work include travel and boating. When asked what Ms. Busch enjoys the most, her response is "I enjoy exploring the rich culture of Bahrain with my husband and feel very blessed to continue serving our service members and their families. I am very proud to be part of Bahrain FFSC Team!"



Contact your Fleet and Family Support Center to make a clinical appointment and one of our counseling staff will contact you.
We can be reached at 439-4046 or 1785-4046.

CYP is currently recruiting for "Child and Youth Specialist".
Please contact Ann Leach at 439-3335 for more information.

To get your CPR smart card, check out this website <http://www.smartcard.gov.bh/> and book an appointment online or call the Hotline 80008001. Your CPR is issued by The Central Informatics Organization (CIO) in Isa Town.

Cultural Focus: Ramadan

Sara Al Bob, ICR Specialist

What is Ramadan?

1. It is the ninth month of the Islamic lunar calendar.
2. It is the month of fasting.
3. Fasting is one of the five Pillars of Islam.
4. It marks the month when the "Qur'an" was revealed to the prophet Mohammad as a guide for mankind to follow.

Ramadan is began this year at sunrise 20 July 2012 and lasts until sunset on 18 August 2012, depending on the time of the official sighting of the new moon. Ramadan is the month of intensive devotional activity, self discipline, self-control, obedience to God and spiritual drill. It is important that personnel understand and respect the importance of the holy month here in our host country and throughout the Islamic World.

Important Things To Remember During Ramadan

- ◆ Eating, drinking, chewing, spitting, and smoking in public during the day is considered a civil offense by the local authorities and a violation may result in a fine or confinement. Once you arrive at NSA you can drink, eat, and smoke in designated areas.
- ◆ Don't make any critical remarks on fasting or any religious practice as it is truly considered offensive.
- ◆ Conservative attire is recommended and patience should be exercised at all times in the spirit of Ramadan.
- ◆ Remember that many restaurants will be closed during the day except in 4 and 5 star hotels.
- ◆ Shops are usually closed during the day and open after Iftar till early hours in the morning.
- ◆ Remember that Arabs are good hosts, so they may offer you refreshments even though they cannot partake. Such offers should be courteously declined.
- ◆ During Ramadan drunkenness is particularly offensive and the local authorities will be far less tolerant of such offenses.

Cultural Habits during Ramadan in Bahrain



Khaymat Ramadan: Ramadan tents are very popular during the month. Ramadan Tents in Bahrain incorporate a beautiful traditional design that enhances the mood and spirit of festivities associated with Iftar celebrations. The Iftar feast consists of a sumptuous buffet, including a delectable mix of traditional Arabic cuisine, coffee and tea, and a variety of Ramadan juices. There will be shishas and Arabic entertainment as well for families to have a truly grand time on this very important occasion. You will find not only Muslims in these special Ramadan tents, people from all nationalities and all religions are invited to join the special festivities during Ramadan.

Mawaed Al Rahman: During Ramadan, there is a tradition that Muslims call "Mawaed Al Rahman", which means the servings of the merciful. At the sunset prayer time, many volunteers bring in dates, water glasses, and cooked meals to the mosques; so that whoever is dropping by the mosque at that time can break their fast along with their prayers. Reaching out to less fortunate members of our community is one of the most beautiful aspects of Ramadan.



Garga'on, celebrated on the 15th day of Ramadan, is specific to the Gulf region and is believed to have its roots in the pearl-diving tradition of the region. Over the years, the festival has gained more popularity with several expatriates joining the celebrations. On this evening, children clad in their traditional clothes, will come out of their homes and knock on every door in their neighborhood. Neighbors will be ready to receive them with sweets and nuts. They collect the goodies in the special cotton bags, hanging loosely from their necks. Kids will be seen wandering around the streets until late into the night singing the special **Garga'on** song.

