



IS YOUR MARRIAGE TOXIC?

“A bad marriage may strain your health, as well as your relationship.”

Find out how to start mending it”

Ehi Ekhide

with contribution from **Joana Broder**



It is a general belief that married people tend to have better physical and psychological health compared to singles. But there is the fine print: People in unhappy marriages do not seem to get those benefits. In fact, their rocky relationship may make them less healthy and tragedy can hit hard, anytime. It can happen with a phone call at 4.00 a.m. It can happen when your doctor says, “I have some bad news ...” It

can happen a week after your honeymoon, or in the middle of a deadline crunch at work. And though it's romantic to think that couples can cling together and weather the storm, the reality is that staying in unsatisfying marriage may raise stress and worsen health. A later study showed that people in close yet negative relationships are more likely to get heart disease. That doesn't prove that a good marriage makes you healthy, or that a bad marriage makes you sick.

But there's no question – a bad marriage isn't good for you.

When Anastasia (last name withheld for privacy) married her first husband. She found him to be considerate of her feelings and supportive of her career as a budding recording artist. But things changed over time.

When she became pregnant, he refused to cook her the native ugba soup and pounded yam she craved because, as she recalls him putting it, “I cannot go through the stress of pounding yam”.

She also says he once let go of their infant daughter's stroller from atop a hill, thinking it was funny. Luckily, the baby was unharmed.

Anastasia found that trying to express her feelings to the man who had vowed to love and cherish her became a continual exercise in frustration. He was usually dismissive, telling her not to take things so seriously. "I think the repressed anger and ... just my point of view not being validated, accepted ... I think it kind of ruined my health, really," she says.

CONSIDER THE STRESS

If you are in a bad marriage, don't underestimate the stress that you are carrying around. If your day-to-day relationship is full of stress, fighting, or the silent treatment, you are compromising your health every day. Some couples cannot make it if one partner lacks empathy or is physically abusive to the other one. However, there is hope for most couples, even if they have years of hurt and resentment.

WHY FRIENDSHIPS ARE SO IMPORTANT



Talking with a friend over a cup of coffee, going to a ballgame together, chatting while your kids check out the playground, or hitting the links for a round of golf can offer simple

but powerful ways to connect. The connections of friendship increase your sense of belong, purpose and self-worth, promoting positive mental health.

Friendships can help you weather the trauma of a divorce, a job loss or the death of a loved one. Your friends may encourage you to change unhealthy lifestyle habits, such as excessive drinking. Or they may urge you to visit your doctor when you feel overly anxious, sad or hopeless. Friends can also share in your good times – a new baby, a new job, a new house.

They can celebrate the good times with you or offer comfort during the bad. Just knowing that friends are there for you can help you avoid unhealthy reactions to stressful situations.

Here are five of the most common bad marriage habits – and how to work on them:

KEEPING IT ALL INSIDE



Every couple faces challenges, but if you do not talk about your problems, marital tension and the distance between you will only grow. Ramotu (last name withheld

for privacy) recalls how she avoided conflict with her ex-husband, a recovering alcoholic, in part to protect his sobriety. In keeping it all inside, one almost walk on eggshells around somebody and issues! You want to make sure things are okay and not wanting to stress anyone out and you do not want to start flights. The strained communication ultimately leads one into depression.

People, who grew up in families that communicated well about problems, speak the language of cooperation naturally. But many people do not learn these skills as youngsters and need tools for talking about sensitive issues in a safe way.

Work on it: Improving your communication skills can save you from avoidable stress. However, some spouses can be difficult. The reason is not farfetched – It is all about power and control. The guilty one will want to have his/her way all the time. Since success is not a destination, but a journey. A successful marriage is a “Work in Progress”, the relationship is never static but in a continuous state of improvement. As the duo deliberately improve themselves, the union gets better. You must talk with your spouse on contending issues. A successful marriage is one in which the couple has matured to the point that they no longer demand “perfection” from themselves, because love accepts many imperfections. Marriages will not succeed when we devote more time to thinking about how to take better care of our cars and houses than we do our marriages. We change the oil, fill the tank, check the tires, and periodically tune up our cars. We change light bulbs, wash windows, paint walls, unplug toilets, and re-roof our houses, a successful marital relationship needs continual refueling to keep it going also.

Heitler, author of 'The Power of Two: Secrets of a Strong & Loving Marriage', suggests turning to books on communication or marriage education courses for help. Marriage counsellors are another good option, but Heitler says not all of them teach effective communication skills, so look for one who does. We should not forget the positive roles of our parents in these areas of conflict resolution.

- F: Field of Love
- R: Root of Joy
- I: Island of God
- E: End of Sorrow
- N: Name of Hope
- D: Door of Understanding



Poor Listening

Everyone wants to be heard, but partners in troubled marriages often do not listen effectively to each other. When we do not listen, we hear a word that triggers us and then we are off and running with our argument. When someone does not feel listened to, they do not share the most intimate parts of themselves, because they do not want to be vulnerable. But when they feel heard, the conversation deepens.

A SUCCESSFUL MARRIAGE

Successful Marriage is that relation between a husband and wife in which the independence is equal, the dependence mutual and the obligation reciprocal.

1. A successful marriage is one in which the couples consider themselves as partners in all areas of life, spiritually, socially, financially and emotionally.
2. A successful marriage is one that is devoid of the mistaken notion that a good marriage equals a calm and

peaceful one. Rather, it's one in which the marital partners has learnt to rise above all challenge and make the most of what life might throw at the union.

3. Since success is not a destination, but a journey. A successful marriage is a "Work in Progress", the relationship is never static, but in a continuous state of improvement. As the duo deliberately improve themselves, the union gets better.
4. A successful marriage is one in which the couple has matured to the point that they no longer demand "perfection" from themselves, because loved accepts many imperfections.
5. A successful marriage entail mastering the art of managing things you never planned for.
6. Marriages won't succeed when we devote more time to thinking about how to take better care of our cars and houses than we do our marriages. We change the oil, fill the tank, check the tires, and periodically tune up our cars. We change light bulbs, wash windows, paint walls, unplug toilets, and re-roof our houses, a successful marital relationship needs continual refueling to keep it going also.
7. If couples who do not understand each other at least understand that they do not understand each other, then they understand each other better than when, not understanding each other, they do not even understand that they do not understand each other.
8. A successful marriage is one in which the husband and wife are able to blend their personalities harmoniously so that the bond of

fellowship thus establish transcends the consideration of natural differences and material possessions through discipline, loyalty to one another and being positive in their attitude.

9. A successful marriage will bring about the following, emotional and financial security, spiritual and cultural development, positive character development, and finally the children share with their parents the advantages of a happy home.
10. REMEMBER, Longevity is not an indication of success in marriage. Work on It: Agree with your partner to take turns listening to each other for three or five minutes without interrupting. When you start to listen, you get a new view of your partner.

Blaming Each Other



In unhappy marriages mired in unresolved arguments and pent-up resentments, people often blame their partner instead of taking responsibility for their own actions. But blaming never solves anything, instead it escalates the argument. If couples who do not understand each other at least understand that they do not

understand each other better than when, not understanding each other, they do not even understand that they do not understand each other.

Work on It: Try to find the core issues that you are really fighting about, for instance, are you not feeling heard, loved or appreciated? If you are having trouble figuring out the core issue, ask yourself what or who does this fight remind me of? Once you understand what is causing it, then you can change your patterns, adjust your lifestyle, change your behaviours and see a new lease of life coming your way!

Taking Each Other for Granted



One of the most common problems in marriage is taking your partner for granted and becoming less sensitive to that person's needs over time. Maybe your partner no longer says hello to you when she comes home from work. Perhaps, he does not acknowledge that you cooked his favourite meal for dinner. We all need appreciation and affection. Without

that, a person starts to feel lonely, unappreciated, and neglected.

Work on It: Show your spouse some appreciation with a gift or a simple thank you. And invest time in the relationship. Make out time for him/her. You may feel too resentful and angry at your partner to show appreciation. Just take a step. You will be surprised right away, that wall of resentment and anger goes down just a little bit. You can further build intimacy by remembering what you once liked about your partner and telling your partner, at a calm time, what bothers you about their behavior.

Giving Up Too Soon

Do not hesitate to get help with your relationship, especially if you have tried and failed to improve your marriage on your own.

A friend is someone we need when our spirits need a lift. A friend is someone we treasure for our friendship is a gift. A friend is someone who fills our lives with beauty, joy and grace. And makes the whole world we live in a better and happier place. **Work on It:** Give it time. Do not expect the walls of resentment to come down right away. You should allow time for healing. Change may come slowly. But do not be afraid of taking baby steps. One little change can be huge to begin to change a pattern in your toxic marriage.

LOOK BEFORE YOU SET OUT: MARRIAGE IS AN EXPEDITION

Ehi Ekhide



If you are not married yet, share this with a friend. If you are married, share it with your spouse or other married couples and reflect on it.

An African proverb states, “Before you get married, keep both eyes open, and after you marry, close one eye.”

Before you get involved and make a commitment to someone, do not let lust, desperation, immaturity, ignorance, pressure from others or a low self-esteem make you blind to warning signs. Keep your eyes open, and do not fool yourself that you can change someone or that what you see as faults is not really important. Once you decide to commit to someone, over time their flaws, vulnerability, pet peeves and differences will become more obvious.

If you love your mate and want the relationship to grow and evolve, you have got to learn to close one eye and not let

every little thing bother you. You and your mate have many different expectations, emotional needs, values, dreams, weaknesses, and strengths. You are two unique individuals who have decided to share a life together.

Neither of you are perfect, but are you perfect for each other? Do you bring out the best of each other? Do you compliment and compromise with each other, or do you compete, compare, and control? What do you bring to the relationship? Do you bring past relationships, past hurt, past mistrust, past pain?

You cannot take someone to the altar to alter him or her. You cannot make someone love you or make someone stay. If you develop self-esteem, spiritual discernment, and “a life,” you will not find yourself making someone else

responsible for your happiness or responsible for your pain. Manipulation, control, jealousy, neediness, and selfishness are not the ingredients of a thriving, healthy, loving and lasting relationship. Seeking status, sex, wealth, and security are the wrong reasons to be in a relationship.

What Keeps a Relationship Strong?



Communication, intimacy, trust, a sense of humour, sharing household tasks, some getaway time without business or children and daily exchanges (a meal, shared activity, a

hug, a call, a touch, a note). Leave a nice message on their voicemail or send a nice email; sharing common goals and interests.

Growth is important. Grow together, not away from each other, each other space to grow without feeling insecure. Allow your mate to have outside interest. You cannot always be together.

Give each other a sense of belonging and assurances of commitment. Do not try to control one another. Learn each other's family situation. Respect his or her parents regardless. Do not put pressure on each for material goods. Remember for richer or for poorer.

If these qualities are missing, the relationship will erode as resentment, withdrawal, abuse, neglect, dishonesty, and pain replace the passion.

“Nurture your mind with great thoughts, for you will never go any higher than you think.” The grass withers, the flowers fade, but the word of God stands forever. Isaiah 40:8. Shall we make a new rule of life from tonight? Always try to be a little kinder than is necessary. The difference between 'United' and 'Untied' is where you put the 'i'.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



Love Isn't Something That Just Happens To You — It's a Willful Choice!

Mrs. A. O. Mohammed

with contributions from **Maria Veloso**

Why Doesn't Love Last?

If you are like most people, you have probably asked yourself the above question – not just once, but several times. With about 40 – 45 percent of marriages ending in divorce mostly among the so called elites, and pre-marital relationship failing at an even higher rate, I am certain you have seen your share of failed relationships among your friends and family members – and even in your own life.

It is enough to make you believe that true love no longer exists in the modern world, doesn't it? Contrary to popular belief, true love is alive and well – but you are not going to find it where you are looking for it.

Western culture which is almost eroding the traditional one that has been a binding force

among Africans, perpetuates unrealistic romantic expectations – and women, in particular, are predisposed to these expectations because from the time most women are old enough to think, they dream that one day a Charming Prince will come along from the blues, fall in love with them, and then will live happily ever after.

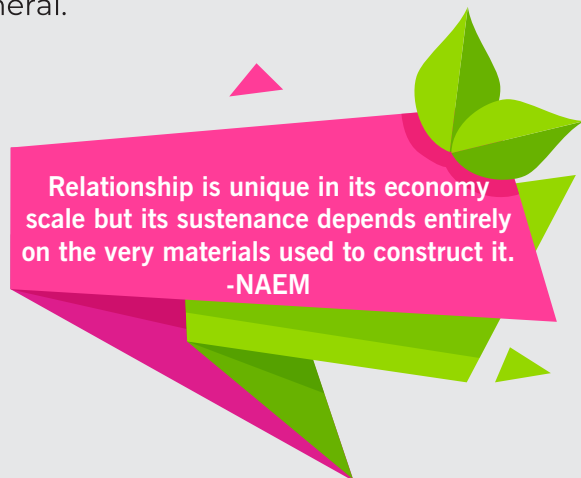
What is Wrong with that Picture? Well, first of all, when we look up to someone other than ourselves to be the source of our happiness or completion, this is a recipe for dysfunctional co-dependence, not true love. It trains us to hold off being happy until that perfect someone, soulmate or Mr. Right comes along. This is where most people miss it! The reason for this is that the so called Mr. Right may turn out to be the opposite.

A better strategy would be for you to be happy first with yourself, whether you are in a relationship or not. And above all, love yourself first (i.e., hold yourself in high esteem) and you will find no trouble finding someone who will want to love you.

After all, how can you expect someone to love

you if you do not first love yourself?

The buzz phrase, “You complete me” is based more on romantic sentimentality than truth. The concept of one person completing another person is just another example of an unrealistic romantic myth perpetuated by the film industry, media, and society in general.



Married couples sometimes call each other “my better half”, insinuating that one is not whole without the other. This contributes to what I call the “free radical” approach to love, using the metaphor of an unstable unpaired electrons scavenging another atom's electron to complete itself. Likewise, a woman oftentimes looks to a man to complete herself – and that is an unhealthy way to enter into a relationship. She needs to be complete in and of herself, and enter into a relationship with a man who is also complete.

Two unstable halves make an unstable whole. Building a stable and whole relationship requires two whole people coming together.

Going back to the subject of expecting love to be happily-ever-after state of being, nothing could be further from the truth. Most of the time, the feeling of being “in love” dissipates from your relationship. When that happens, you become dissatisfied with your relationship, and you experience unnecessary pain and heartbreak as a result. It does not have to be that way.

Perhaps one of the most important lessons

you can ever learn about being, and staying, in love for life – and for keeps – is this: Never confuse the feeling of being “in love” with love. True love is a choice.

A successful relationship between a man and a woman is not born but made. If you allow romantic love – or feelings – to become the basis for marriage and happiness, the foundation is likely to be unstable because you or your mate are likely to seek new emotional highs as time goes by. Feelings and emotions are fickle, and the circumstances that give rise to them, are even more so.

A personal adage of mine that I live by is this: “True love is the ability to choose one person above all, and the ability to celebrate that choice for as long as you live.” If both you and your mate are able to mutually live by this adage, then you are on your way to a fruitful and enduring relationship.

Is not this a more empowering way to love and be loved? This way, you will not have to fear the volatility of love as you presently know it. After all, even if you are in the best



relationship, there will always be days when you feel you love your mate – other days you may not. Some days you could feel loved, and other days you do not. Even if you meet someone who you imagine is your ideal mate, would he still love you five, ten, or twenty years down the road – or would you still love him?

Love is an ongoing choice you make every day of your life. You wake up every morning

and you say to yourself, “I choose to love this person today and every day of my life” – his imperfections notwithstanding. And you rejoice in the knowledge that “I get to love this person” and expect to be loved the same way in return.

Love is a privilege, not an obligation. Given this truth, how would you apply it to your relationship?

Enjoy this Piece



There are several reasons why God permits us to have certain relationships. But because we are unable to discern the reason behind a certain association, we, humans give it different name tag that depicts romantic intimacy. In our life time, God will send people our way to carry out certain assignments in our lives. These people most times possess the information, wisdom, skill or expertise we require to go through certain challenges in our lives. We all go through tests and trials. We experience the pains associated with spiritual, physical and emotional growth and during these sometimes stressful seasons of our lives, we require human assistance to help us. Though prayer and mediation have their place but they cannot accomplish what the words, touch, encouragement and presence of a friend can do for you. When you mistake a friend on assignment in your life for something else, you will short circuit the process of help God has instituted in human relationships. NAEM



Love is not Just a Feeling

“Love is not just a feeling. It's a choice, a commitment, a way of behaving towards another. Love is not simply an event that happens to you. Rather, love is something you choose to do. The state of being in love is simply a prelude to love. But most people make the mistake of thinking they are one and the same thing. We are all given circumstances by which we can exercise the choice to love. That is the thunderbolt that God supplies. It is that instant attraction to another person, those warm, fuzzy feelings, that fever akin to drunkenness or madness that causes you to know that you are in love. But it is what you choose to do after that thunderbolt has passed that matters. You choose whether you are going to continue loving the other person after the drunkenness has dissipated, after the frills of romance have fallen away. You choose whether you are going to continue to seek the best interests of the other person, and care about him or her through any and all circumstances – and for how long. Love is a conscious choice”. –

Excerpt from Midwinter Turns to Spring



Madness In High Places

WHY POLITICAL LEADERS
LOOT WITH IMPUNITY

-Elijah Mohammed

Recently, some of our highly placed politicians and office holders were arrested for all sorts of fraudulent activities they perpetuated while in office. The monies allegedly stolen by these individuals run into billions of Naira thereby impoverishing the people they sworn to govern. The welfare of the proverbial man in the street which include infrastructure, education, employment, health, good housing, cheap and nutritious food, security

of life and property, etc, they swore to guarantee are virtually absent. Instead what you have are ill-equipped hospitals, bad roads, poor service delivery from public utilities, unpaid salaries, etc.

An interesting point about this is that this type of individuals is not found in Nigeria alone! For example, General Suharto was the President of Indonesia from 1967 to 1998, thirty one (31) years during which time he was alleged to have embezzled billions and billions of Dollars of the resources of his people. Charges of corruption were preferred against him but he was hospitalised after the charges were announced.

Frederick Chiluba was the President of Zambia from 1991 to 2001. He lost his bid for a third (3rd) term. While in office, he was alleged to have embezzled and stole the peoples' money. Only recently, \$58 million (fifty eight million Dollars) of his ill-gotten assets in England were confiscated and ordered to be returned to Zambia to help the poor.

General Augusto Pinochet took power in 1973 in Chile after murdering the socialist President Salvador Allende in a coup d'etat. By the time he left power in 1990, he was alleged to have stolen so much of the peoples' money. Pinochet died with charges of corruption hanging on him at the age of 91 years on 10th December, 2006.

Ferdinand Marcos was the 10th President of the Philippines from 1965 – 1986. Philippines was one of the poorest countries when Ferdinand Marcos came to power. In twenty one (21) years, he and his wife Imelda Marcos held sway on the economy and politics of that country; they were alleged to have stole billions of the peoples' hard earned money. His wife had the largest women wardrobe in the world, with five thousand (5,000) pairs of ladies shoes. Ferdinand and his wife had mansions dotting most cities of the world and investments in various blue-chip companies of the world whilst the masses of Philippines continued to languish in poverty and penury.

When he was forced out of office, several charges of corruption were brought against him and his wife, Imelda. Ferdinand Marcos died as one of the most atrociously corrupt men that ever led any country in the world. But most of his ill-gotten assets have been recovered by the Government of Philippines.

Back home, on the current list of “EFCC MOST WANTED” posted in the EFCC website is a former Governor of a State in Nigeria. It is quite sad and unfortunate! The question on the lips of many is, are these 'leaders' well at all? If not, shouldn't there be a need for critical appraisal of their psychiatric state before allowing them have access to these exalted

positions of authority to save nations from avoidable embarrassment?

Nevertheless, in the search for answers to these questions, the opinions of specialists in the field of psychiatry were sought. It was discovered that these political leaders who indulge themselves in these types of activities are/were suffering from what is known as Antisocial Personality Disorder – a psychiatric conditions characterised by chronic behaviour that manipulates, exploits or violates the rights of others. This behaviour is often criminal.

A common misconception is that antisocial personality disorder refers to people who have poor social skills, such as 'area boys' that are scattered in various cities in Nigeria. The opposite is often the case. Instead, antisocial personality disorder is characterised by a lack of conscience. People with this disorder are prone to criminal behaviour, believing that their victims are weak and deserving of being taken advantage of. They often hide under certain cover or disguise to perpetuate their criminality. This explains why the history of governance in Nigeria is littered with corruption of most of the political leaders saddled with responsibility of governance at all levels. With the advent or emergence of the second republic on 1st October, 1979, the effect of corruption on the psyche of the Nigerian people took a new dimension.

This is worsened with the immunity against criminal prosecution or arrest of the Chief Executives and their Deputies in the States and at the centre. Under the immunity clause, most of these politicians carried out all sorts of atrocities to the detriment of the governed.

Antisocial individuals tend to lie and steal. Often, they are careless with money and take actions without thinking about the consequences. They are often aggressive and are much more concerned with their own needs than the needs of others. These are common occurrences among our



'elected' political leaders today. You can now imagine why a 'sane' first lady like Mrs. Imelda Marcos of the Philippines can boast of five thousand pairs of shoes while children are dying of malnutrition in the country! Similarly, a 'sane' Governor in Nigeria stashing away millions of US Dollars in foreign banks while workers' salaries are not paid! This is insanity at its highest level!

In trying to understand and appreciate all we have been talking about, let us look into the causes and probably the treatment for this state of insanity among this group of people.

INTRODUCTION

Antisocial personality disorder is a condition in which people show a pervasive disregard for the law and the rights of others. People with antisocial personality disorder may tend to lie or steal and often fail to fulfil job or parenting responsibilities. The terms "sociopath" and "psychopath" are sometimes used to describe a person with antisocial personality disorder.

Early adolescence is a critical time for the development of antisocial personality disorder. People who grow up in an abusive or neglectful environment are at higher risk, and adults who suffer from the disorder were usually showing behavioural problems before the age of 15. Antisocial personality disorder affects men three times as often as it does women and is much more prevalent in the prison population than in the general population.

Antisocial personality disorder is a chronic condition and represents one of the most difficult personality disorders to treat. However, psychotherapy and some medications may help alleviate symptoms. In some cases, the symptoms of antisocial personality disorder decrease as the person reaches middle age.



"QUOTE ME"

"What we have today in Nigeria are jobseekers. They are businessmen who come to loot for their daily bread; they are not politicians. They didn't come to give but to take away. They didn't come to lead but to loot. And they are looting us blind. Things have gone so wrong that the country is in a pitiable condition"

[Courtesy EFCC]

Signs and Symptoms

The classic person with an antisocial personality is indifferent to the needs of others and may manipulate through deceit or intimidation. He or she shows a blatant disregard for what is right and wrong, may have trouble holding down a job, and often fails to pay debts or fulfil parenting or work responsibilities. They are usually loners. People with antisocial personality disorder can be aggressive and violent and are likely to have frequent encounters with the law. However, some antisocial personalities may also possess a considerable amount of charm and wit.

Common characteristics of people with antisocial personality disorder include:

- Persistent lying or stealing
- Recurring difficulties with the law
- Tendency to violate the rights of others (property, physical, sexual, emotional, legal)
- Aggressive, often violent behaviour; prone to getting involved in fights
- Inability to keep a job
- A persistent agitated or depressed feeling (dysphoria_
- Inability to tolerate boredom
- Disregard for the safety of self or others
- A childhood diagnosis of conduct disorders
- Lack of remorse for hurting others
- Possessing a superficial charm or wit
- Impulsiveness
- A sense of extreme entitlement or prerogative
- Inability to make or keep friends

The intensity of symptoms tends to peak during the teenage years and early 20s and then may decrease over time. It is not clear whether this is a result of aging or an increased awareness of the consequences of reckless behaviour. However, though a person with antisocial personality disorder might be less likely to commit crimes later in life, that person may continue to be an inadequate spouse or parent and an unreliable employee or employer.

Causes

Your personality is the sum total of the way you think, feel, behave and react to your environment. When someone chronically feels or behaves in an inappropriate way, that person is likely suffering from a personality disorder.

The exact causes of antisocial personality disorder are unknown, but experts believe that both hereditary factors and environmental circumstances influences development of the condition.

A family history of the disorder – such as having an antisocial parent – increases your chances of developing the condition. A number of environmental factors within the childhood home, school and community also may contribute.

For example, many adults with antisocial personality disorder grew up in chaotic homes with constant family conflict or a lack of supervision. The parents may have been abusive alcoholics or drug addicts, and as a result the children may have difficulty developing emotional bonds. They have few healthy role models for behaviour, and there are no rewards for socially acceptable actions. They may come to see the world as dangerous and unpredictable, and lash out as a result.

An overly punitive home or school environment also is a strong correlating factor. For example, a child who is spanked

by a parent or scolded by a teacher may isolate himself and sulk alone – or fight back by committing vandalism or provoking an argument with a sibling or fellow student. When there are no clear rules for conduct and discipline, the child may believe punishment is meted out randomly and become unclear as to what behaviours are acceptable and unacceptable.

Risk Factors

Personality development is affected by genetic tendencies as well as environmental factors, such as childhood experiences.

Most factors that increase the risk of developing antisocial personality related to genetics and an abusive or neglectful childhood environment.

- Having suffered from child abuse
- Having a childhood environment of deprivation or neglect
- Having an antisocial parent
- Having an alcoholic parent
- Being involved in a group of peers that exhibit antisocial behaviour
- Having an attention-deficit disorder
- Having a reading disorder
- Having a reading disorder

When to Seek Medical Advice

If you are having thoughts about hurting yourself or others, seek help immediately at an emergency room.

If you suspect a friend member may suffer from antisocial personality, be on the lookout for certain symptoms. For example, the person may have trouble fulfilling work duties or financial obligations, and may act out violently or aggressively. You might gently suggest that the person seek medical attention, which may start with a primary healthcare physician. That doctor may eventually seek a referral to a mental health professional.

Screening and Diagnosis

There are no laboratory tests for personality disorders, and diagnosis comes after a thorough psychiatric evaluation. Your doctor will ask you questions about your symptoms and mental well-being and take a medical, psychiatric and social history. A physical examination will help rule out other conditions. You will likely be referred to a mental health professional for further evaluation.

Diagnosis of antisocial personality disorder is generally reserved for people older than 18. However, a positive diagnosis requires identification of a conduct disorder before the age of 15. These conduct disorders include bullying, stealing, truancy, cruelty to animals, vandalism and running away from home. 'CORRUPTION IS OUR ALBATROSS'

There is a scourge bedeviling our nation, and the source of the scourge everyone knows – corruption. It has remained the major obstacle to the emergence of a just society. The degree of systemic and pervasive corruption in the country has continually drifted the nation into an abyss of poor institutional and infrastructural decadence. Before the exposition of the rot in the banking sector which has led some hitherto revered Chief Executives and Managing Directors to the dock, where they are now trying to salvage whatever is left of their battered reputations; a horde of public office holders which include former Governors, Ministers and other politically exposed persons are protractedly facing several charges in courts across the nation. This surprisingly has suffered undue delay because of ceaseless frivolous exparte orders, applications and counter injunctions. The bulk has always been placed at the door post of the Judiciary. Is there any hope in sight that the masses who are at the receiving end of this scourge will ever get justice? What of the assumption in some quarters that members of the bar and the bench are no angels and as such part of the rat race for a

share of the national cake thereby exploring the technicalities of the law to deny the nation justice? If this assumptions begs the truth, then why is it that we cannot have quick dispensation of justice in these high profile cases? Little wonder, the EFCC Chairman has been so agitated by this sloppiness that at every forum she calls on both the Bar and Bench to put the nation first by ensuring expeditious delivery of justice as 'justice delayed is justice denied'.

Apart from the sensitive position held by the bar and the bench in the administration of justice, lawyers expectedly should be the vanguard of our socio-political change with a view to entrenching a culture of accountability and transparency for a fledgling democracy like ours. Sadly, the bar cannot be said to have raised the bar as expected while the bench is seemingly lukewarm in the fight against this social malaise. These protracted and delayed trials in court are indeed a biting scourge inimical to the anti-graft crusade. Criminally minded public office holders now see the court as a stop gap. While their cases await perpetual hearing, they go on with their businesses as if nothing is amiss. Suspected corrupt officials standing trial in the courts now attend court sessions with fanfare. Whereas, if justice was rapidly and purposely pursued, the pervading culture of impunity and insensitivity would have waned.

