

# ShrinkWrap: J. Lo...Once Betrayed, Always Betrayed?



By Jane Greer, Ph.D. for GalTime.com

J.Lo is back in the news and it isn't because of her music. Once again it is her love life that is getting attention. The three-time divorced megastar might be having romantic troubles, something she has dealt with many times before.

It was recently revealed that her boyfriend dancer Casper Smart walked into an "exotic massage parlor" and gay porn shop in New York City. Smart said he didn't mean to go there, that he was lost, but there is talk that his journey – mistaken or otherwise – is already taking a toll on their still relatively new relationship.

Jennifer is not new to betrayal, so the question is: if you are once betrayed are you destined to repeat it? Can you learn from a betrayal so it doesn't keep happening?

To begin with, you have to understand your own personal limits and boundaries. In order to do that, you must determine for yourself what is forgivable and what isn't. In my book, *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about the fact that there are many nuances to betrayal and what might be perceived as infidelity. For some, a tiny indiscretion such as flirting with or texting someone else might be enough to cause a great rift in a romantic partnership, while for others that might not even rock the boat. Knowing your boyfriend or girlfriend watches Internet porn might not seem like a problem at all to some, while for others it might be a deal-breaker. There are so many scenarios out there, each couple must decide together what is okay and what isn't, and if one partner exceeds those limits, then that is a betrayal.

The biggest question between Casper and Jennifer, and between any two people dealing with an issue like this, is what is acceptable and, therefore, forgivable in their relationship. This answer will be different depending on who you ask. If, in fact, Casper entered that store to satisfy unmet needs, and Jennifer is aware and accepting of those needs, then the tabloids are wrong: It wasn't a betrayal and this won't cause the downfall of their relationship. If she didn't know about these needs, however, and he was sneaking around, then it is possible that her readiness to invest trust in her relationship with Casper is not fully warranted.

It is hard to know if Casper has betrayed Jennifer, maybe we'll learn more as the story unfolds, but if he has then she will benefit from stepping back and taking inventory. So often people who are trustworthy simply believe their partner will be by default. They assume that their partner will put them first, just as they tend to do. Instead, the other person puts

their own needs first, and when they are sexual or romantic, inevitably it spells betrayal.

If you are looking to trust someone, you want to base that trust on what your partner does, not on what they say. Pay attention and make sure their actions are consistent with what they are telling you. If Casper has been open and honest and has shared his desires and needs with Jennifer, even if they don't always include her, they can make it work. In the end, from where we stand, only time will tell for the celebrity couple. In your own relationship, you don't have to be so passive. If your lover's actions and words don't mesh, or if you know they are keeping secrets from you, no matter how much you want it to work, unless you deal with your doubts, you will be at risk of being betrayed.

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## Heather Locklear: What Is She Running From?





By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

No matter how talented, beautiful, or rich you are, none of those things are sure antidotes for misery. Heather Locklear is a clear example of this. The *Melrose Place* actress was rushed to the hospital last week, reportedly because she mixed alcohol with prescription drugs, after her sister found her unconscious. This newest crisis follows years of trouble and heartbreak including two stays in rehab, an arrest for a DUI, two divorces, and her more recent break up with *Melrose Place* costar Jack Wagner. With all this in mind, it seems that Locklear's latest episode might be part of her attempt to outrun her unhappiness, but unfortunately she doesn't seem to be getting any traction.

There are many ways people try to escape their sadness. Alcohol is a big one. Illegal and prescription drugs are another way. Sometimes the two are mixed which can lead to dangerous consequences as we saw with Locklear. As a result, the substance abuse becomes the problem that is focused on, but what really needs to be looked at is what got her to the

place of needing to use it and what is it that she is unable to deal with.

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Lots of times we see the troubled behaviors – drinking excessively, using prescription drugs, the rehab visits, the DUIs – as the issue when, in fact, they are the person's best effort to bury whatever is torturing them. It is in the core of that sorrow where the real complication that is holding them back from moving forward lies. Instead of focusing on what they are doing to block it out, it can be more helpful to look at what is underneath and when it started.

It is hard to know exactly when Locklear's depression began and what she is working so hard to avoid. With Wagner, it seemed that for a while she was trying to walk down the aisle but, for whatever reason, was unable to get there. Could she be considered a runaway bride even though she had been married before because she may be afraid to remarry after her two failed marriages? I do know that one of the awful things she had to deal with in her past was the betrayal of her second husband Bon Jovi guitarist Richie Sambora when he cheated on her with her best friend Denise Richards. In a situation like that not only are you reeling from the betrayal of your husband but from a best friend as well, leaving you confounded and wondering who can I trust? Sometimes these emotional assaults take their toll not just when they happen but in the future where they can rage on below the surface. As a therapist I see this every day, people soldiering on in the face of upheaval, be it an unfaithful partner or a broken marriage, and for many the aftermath of that event can become too much to handle. It has leveled their foundation, oftentimes destroying their ability to trust themselves let alone another person. In my book *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about how so many people get on with it, but they don't get over it. They try to leave their pain behind but it is always at their heels.

The broken trust becomes too much to bear and often they are left scarred. Consequently it feels almost impossible to trust again. Perhaps this is what is keeping Locklear from making another trip to the altar.

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In order to avoid the rollercoaster that Locklear and so many others have been on, it helps to appreciate the blow you sustained and not only give yourself time to get over it, but realize you have to take measures to come to terms with what happened and begin to fix the damage. With support you can do this so you can give yourself room to heal from broken trust.

This means redefining what you base your trust on, and learning what to look for so you can determine if someone is trustworthy. Then you can avoid jumping into a new relationship before you have gotten over your fear that you will get kicked in the teeth again, and feel safe to trust again.

For Locklear it may be that her fears of the past have become her fences of the present. Hopefully she will get the help she needs to be able to tackle the underlying problems, instead of trying to numb what she is feeling, so that perhaps she can finally be able to stop running. Sometimes the best thing to do is to stand still.

*Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.*

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# Charlie Sheen: The Greatest Loss of All



By Dr. Jane Greer, Marriage & Family Therapist, Author, Radio Host & Shrink Wrap Celebrity Commentator

People are still transfixed by Charlie Sheen. Some clinical speculation about his behavior has suggested the ravages of drug addiction or an untreated bipolar episode. While all of this may be true, to me, it looks like unbridled narcissism in full fury.

The go-to definition of narcissism is thinking only of oneself. However, when you use the word narcissist you are really making a much bigger statement. A narcissist is not only selfish but actually lacks the ability to think of anyone else. Most narcissists are masters at turning things around

so they're the ones being wronged, and they make it appear that they are doing you a favor by letting you make it up to them. They are typically self-righteous and have an exaggerated sense of entitlement that leads them to believe they deserve everything and more. When they don't get what they want, they get angry and their rage knows no bounds.

You could be dating a narcissist and not even realize it. In fact, at the beginning of a relationship, it can be easy to miss the signs. If you're not sure, take a minute and consider these questions. Are most of the conversations you have centered around your partner? Are you always the one being flexible, making changes to your schedule or agreeing to new plans? If you're out to eat, does your date help themselves to your food without asking, not seeming to think twice about it and never offering you a taste of theirs? When you visit them, do they get up and greet you at the door or expect you to just walk in and join them in whatever they're doing? While each of these things might seem insignificant alone, together they are the signature behaviors of a narcissist.

The epitome of this is a specific personality type that in my book, *What About Me? Stop Selfishness from Ruining Your Relationship*, I call an ultimate controller. Their slogan is "it's all about me." They talk about how great they are, how successful they are, how they know more than anyone and how they're better than everyone else. Charlie certainly brings this to life. We see this in his public tirades on Twitter and his webcast "Sheen's Korner," along with his declaration of "winning." Ultimate controllers have little if any empathy for their significant others and they are unable to accommodate the needs of those around them. To try to get them to is likely to lead to frustration, disappointment and unhappiness. This is what each of Charlie's wives realized, and why they ultimately got out of their marriages. For ultimate controller's, when their needs aren't met they are



quick to get mad and attempt to control others with their anger in an effort to intimidate so they get their way. All of this comes through loud and clear with Charlie's reported death threats, along with his talk about trolls, fastballs and tiger blood. If you pay attention to some of the indicators you will hopefully avoid getting in so deep.

Unfortunately, because Charlie is such a money-generating celebrity he's been able to make his narcissism work for him and his out of control antics actually perpetuate his image as "the quintessential bad boy." The irony is that despite all that Charlie has lost, the one thing he is indeed the 'winner' at is being the best narcissist around.