



Q: Dear Dr. Trivedi, my wife and I have been married for 10 years and for most of this time, she has been prickly and angry. Now, more than earlier, she takes her anger out on our seven-year-old daughter and me. We have not had a decent conversation in months; all the words between us are either about running the household or words of disagreement. My wife is under a lot of stress at work but so am I. I am so tired of her angry tirades I just want to leave. I have tried to talk to her but she doesn't respond at all except in anger and frustration. What should I do?

Hari

A: Anger in relationships is typically the result of a disagreement between two or more people. Personal anger is also the result of one's unmet expectations. Anger usually comes with a lot of energy but it is negative in nature. Hence, it is used by most people in a negative way to bring harm and destruction. You will need to do the opposite of this to remove anger from your relationship. If your wife understands this same idea, the two of you can work in harmony to remove anger. Having a therapist or a marital counselor to guide the process is highly recommended.

First, each of you will need to separate your anger from the situation. You do this simply by telling yourself that getting angry about the situation yourself is not an option. Most often, we tell ourselves that it's OK to be angry because the other person did something to make us angry. By doing so, we feel justified in our own anger. If you have observed that she is acting out of anger, you don't want to feed the anger by having your own angry reaction. As difficult as it may seem, stop reacting to your wife's anger. She should work on doing

the same when you express anger towards her.

Instead, figure out ways to divert the tremendous energy contained within anger in a positive direction. When you feel angry, do something energetic like lifting weights or going for a jog. Distract your anger from thinking only about how your wife is acting.

You can't change how your wife feels or the choices she makes. But, you do have a choice about how you think and what you do yourself. Allow your actions to show compassion and understanding that will help stop the anger from flowing between you and your wife. This will also benefit your daughter as you will role-model good anger management skills for her.

Q: Hello Dr. Trivedi, my 4-½ year old daughter is becoming very difficult to discipline, especially after the arrival of her baby brother. She recently picked up a trinket at a department store and I got into trouble because she put it in her stroller! She has begun talking back. She also has hit her teacher at preschool. I am getting desperate. I have tried reasoning with her, spending one on one time with her and having my husband spend time with her as well. I need help in determining an approach for her.

Roshani

A: It is not uncommon to see an older child regress to younger immature behaviors upon the arrival of a newborn in the family. The attention that was directed solely at the older child prior to the baby's arrival is, all of a sudden, redirected at the baby. Subconscious feelings of jealousy make the older child compete for attention thru regressed behaviors. These behaviors are also a way for

your older child to express stress. You seem to have recognized that and begun spending more time with her. This will reassure her to some degree.

Reasoning is not a skill that 4 ½ year olds possess. They learn better through direct consequences. Reasoning can create confusion for the child at this age and frustrate the parent. Slight tap on the hand with the word 'No' is more effective in shaping this child's behavior than reasoning.

More practically, dividing up your play time to allow special bonding time with each child by themselves is likely to help. It would also be helpful to engage the older child in activities that are more age appropriate for her instead of having the same toys and activities for both children. Having others who can help your older child get positive attention for her own age-appropriate achievements is a great way to encourage acting her own age. Having good self-esteem will prevent oppositional behaviors such as hitting.

Finally, being patient yourself and allowing time for children to work things out are often the best remedies. Some situations are inherent to the interactions between your children. Over time, your daughter will relate better and work things out more calmly.

Dr. Trivedi is a Board-Certified Psychiatrist. He treats children, adolescents and adults. Please visit www.MINDvantage.com for more information.

Send your questions to: theparentschatroom@citymasala.com.

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Cover Story Going Places with Karen David

CM: If you could re-enact any role such as Ingrid Bergman's character Ilsa Lund from 'Casablanca,' or Judy Garland's character Dorothy Gale from 'The Wizard of Oz,' which character would you want to be and why?

KD: Good question! There are so many roles I would love to re-enact; Audrey Hepburn's character, Holly Golightly, in *Breakfast at Tiffany's*, Halle Berry's character, Audrey Burke, in *Things We Lost In The Fire*, or Charlize Theron's Aileen in *Monster* and Doris Day in *Pillow Talk*. I could go on and on! There are so many parts! What interests me in a particular character are their complexities or simplicities; I love a challenge and the more challenging a character is, the better and more fun to play!

CM: What if you woke up tomorrow morning to a phone call from Karan Johar or Sanjay Leela Bhansali from Bollywood and they asked you to be in their next movie, would you jump at the opportunity?

KD: I've never done a Bollywood movie before, so if the part was right for me, of course I would consider it! The experience of acting in one would

be a great experience to add to the resume!

CM: Do you think that cross-over films such as "Bend It Like Beckham" or "Bride & Prejudice" are helping to bring forth South Asian talent from within our community to the eyes of mainstream viewers?

KD: Absolutely! Having been in a cross-over film myself, *Provoked* with Aishwarya Rai, Naveen Andrews and Miranda Richardson, I have seen that it has attracted audiences from different demographics. I was so excited when *Lagaan* was nominated for an Oscar in the Foreign Film category. It didn't win but plenty more people went to go and see it after it was nominated. Cross-over films are the way forward and I hope to see more films like *The Rising*, (which I loved!), come into the forefront of mainstream cinema.

CM: Where do you see yourself five years from now?

KD: Ideally, with some more Hollywood films and good television projects under my belt, my first having been released and touring and then the release of the second album, and having a family. A

tall order, I know!

CM: What advice do you have for the young girls across the country that want to make a career in singing and acting but are too scared to do so?

KD: Don't let hard work put you off from wanting to follow your dreams. Dreams do not come for free. You have to work at them to make them a reality, but if you're determined, have a good attitude, and are focused, it will happen for you. There is room for everyone if you want it bad enough. Never take short cuts to where you want to go. Play the game right, and lay the foundation which will give you longevity in your career. Most importantly, be true to yourself and have faith.

CM: What final words do you have for all your fans, supporters, and the readers of CityMasala magazine?

KD: Thanks Tirusha! To the readers, thank you for reading and for your support! It means so much. Drop me a line on my website, www.karendavid.com, and say hello! I check in daily! My site has the latest on my album, gigs, upcoming appearances and films.