
Mary C. Lamia, Ph.D. & Marilyn J. Krieger, Ph.D.

The WHITE KNIGHT Syndrome

This book is an outstanding resource and a must-read for every compulsive rescuer, as well as for mental health students and professionals.

—Ronald F. Levant, Ed.D., past president of the
American Psychological Association

Rescue Yourself from the Need to Rescue Others

The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others

Barbara Lewandowska-Tomaszczyk



The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others:

The White Knight Syndrome Mary C. Lamia, Marilyn J. Krieger, 2021-08-09 Break the pattern of losing yourself in other people's problems with this outstanding resource and must read for every compulsive rescuer Ronald F Levant Ed D Are you attracted to needy damaged or helpless people Are you overly involved in your partner's problems Are you hungry for constant reassurance in relationships Do you try to save people from themselves In legends and fairytales the white knight rescues the damsel in distress falls in love and saves the day Real life white knights are men and women who enter into romantic relationships with damaged and vulnerable partners hoping that love will transform their partner's behavior or life It's a relationship pattern that seldom leads to a storybook ending Hoping to receive validation and love from their partners white knights only cheat themselves out of emotionally healthy relationships If this sounds like you it's time to come to your own rescue With engaging insight and informative case studies The White Knight Syndrome is a guide to understanding and resolving the white knight syndrome in yourself **The White Knight Syndrom** Mary C. Lamia, Marilyn J.

Krieger, 2015-12-10 Rescuing others losing yourself Are you a white knight Are you attracted to needy damaged or helpless people Do you feel like your love can heal your partner Are you overly involved in your partner's problems Are you hungry for constant reassurance in relationships Do you make excuses for your partner Do you try to save people from themselves In legends and fairytales the white knight rescues the damsel in distress falls in love and saves the day Real life white knights are men and women who enter into romantic relationships with damaged and vulnerable partners hoping that love will transform their partner's behavior or life a relationship pattern that seldom leads to a storybook ending If this dynamic sounds familiar to you you may be a white knight hoping to receive admiration validation or love from your partners but managing only to cheat yourself out of emotionally healthy relationships It's time to come to your own rescue and this book can help With well written analysis engaging insight and salient case studies The White Knight Syndrome is a much needed and well executed guide to understanding and resolving the white knight syndrome in yourself **The White Knight**

Syndrome: Rescuing Yourself from Your Need to Rescue Others Mary C. Lamia, Marilyn J. Krieger, 2021-08-01 Rescuing others losing yourself Are you a white knight Are you attracted to needy damaged or helpless people Do you feel like your love can heal your partner Are you overly involved in your partner's problems Are you hungry for constant reassurance in relationships Do you make excuses for your partner Do you try to save people from themselves In legends and fairytales the white knight rescues the damsel in distress falls in love and saves the day Real life white knights are men and women who enter into romantic relationships with damaged and vulnerable partners hoping that love will transform their partner's behavior or life a relationship pattern that seldom leads to a storybook ending If this dynamic sounds familiar to you you may be a white knight hoping to receive admiration validation or love from your partners but managing only to cheat yourself out of emotionally healthy relationships It's time to come to your own rescue and this book can help With well written analysis

engaging insight and salient case studies **The White Knight Syndrome** is a much needed and well executed guide to understanding and resolving the white knight syndrome in yourself When Love Stumbles Randi Gunther,2011-06-02 Marriage and family therapist Randi Gunther presents When Love Stumbles a guide to overcoming the eight most common stumbling blocks couples encounter This book presents a six step plan couples can use to rediscover the spark in their relationships **Stronger Day by Day** Susan Pease Gadoua,2010-08-01 It s no secret that divorce is one of life s most stressful experiences While this transition may be painful it can also awaken you to new possibilities and help you discover who you are and what you really want in life **Stronger Day by Day** helps you get started on that new path by offering five minute reflections affirmations and short journal exercises you can use each day to stay hopeful and emotionally centered as you move through this difficult time and eventually emerge with renewed confidence and strength How did I get here? Anna Zannides,2023-08-03 One minute life is ticking away just fine Most days are good but others are not so good However you worked hard to get here You followed the rules played the game and you don t want to rock the boat so you ve stayed in your comfort zone where it feels safe Then one day the doctor gives you a diagnosis you never expected or you find out your partner is cheating on you or you are given the news of a redundancy and it all falls apart leaving you asking the question How did I get here Now you must find a way to put your life back together except you realise you ve spent most of your life being someone others wanted you to be and you have no idea who you are anymore This book is not only the story of one woman s journey to rebuild her life but also serves as a guide for anyone who is facing their own life challenges or questioning their path How did I get here will inspire you to let go of your past and live in alignment with your true self

Cultural Conceptualizations in Language and Communication Barbara Lewandowska-Tomaszczyk,2020-06-10 The book comprises a selection of papers concerning the general theme of cultural conceptualizations in language The focus of Part 1 which includes four papers is on Metaphor and Culture discussing general as well as language specific metaphoricity Part 2 which also includes three papers is on Cultural Models dealing with phenomena relating to family and home nation and kinship blood and death in different cultures Six papers in Part 3 which refers to questions of Identity and Cultural Stereotypes both in general language and in literature discuss identity in native and migration contexts and take up motifs of journey and migration as well as social and cultural stereotypes and prejudice in transforming contexts Three papers in the last Part 4 of the book Linguistic Concepts Meanings and Interaction focus on the semantic interpretation of the changes and differences which occur in their intra as well as inter linguistic contexts **Swifterature** Elly McCausland,2025-11-04 An exciting literary fusion of fandom and feminism **Swifterature** captures the special connection between English literature and the worldwide phenomenon of Taylor Swift **Swifterature** captures a unique fusion of different elements fandom feminism and a defense of both literature and popular culture The narrative is split into thirteen chapters that use Swift s lyrics as departure points The reader experiences the inspiring influence of English literature as Swift s lens breathes new vitality and

urgency into older texts McCausland also writes about her own experiences as she copes with intense media scrutiny and is forced to defend her academic integrity She argues that Swift through her self conscious engagement with classic works of literature and her extraordinary popularity invites us to reflect not only on the culture of our past but also of our present Swifterature shows how Swift s place on the world s stage can teach us about many things from feminism to politics nature to childhood In the process the book makes a compelling case that studying Taylor Swift also turns us into better readers not only of literature but of ourselves and each other Stop Walking on Eggshells Paul T. T. Mason,Randi Kreger,2020-12-01

Isn t it time you stopped walking on eggshells Learn how with this fully revised and updated third edition of a self help classic now with more than one million copies sold Do you feel manipulated controlled or lied to Are you the focus of intense violent and irrational rages Do you feel you are walking on eggshells to avoid the next confrontation If the answer is yes someone you care about may have borderline personality disorder BPD a mood disorder that causes negative self image emotional instability and difficulty with interpersonal relationships Stop Walking on Eggshells has already helped more than a million people with friends and family members suffering from BPD understand this difficult disorder set boundaries and help their loved ones stop relying on dangerous BPD behaviors This fully revised third edition has been updated with the very latest BPD research on comorbidity extensive new information about narcissistic personality disorder NPD the effectiveness of schema therapy and coping and communication skills you can use to stabilize your relationship with the BPD or NPD sufferer in your life This compassionate guide will enable you to Make sense out of the chaos Stand up for yourself and assert your needs Defuse arguments and conflicts Protect yourself and others from violent behavior If you re ready to bring peace and stability back into your life this time tested guide will show you how one confident step at a time **Mental Health**

Intervention and Treatment of First Responders and Emergency Workers Bowers, Clint A.,Beidel, Deborah C.,Marks, Madeline R.,2019-08-30 The stress that comes with being a first responder has been known to lead to depression anxiety substance abuse and suicide However few clinicians are informed about these health concerns and how to adequately treat them in this population Therefore there is an urgent need for practitioners to understand the latest information regarding treatments that will be useful to this specific population Mental Health Intervention and Treatment of First Responders and Emergency Workers is an essential reference source that focuses on the latest research for diagnosing and treating mental health issues experienced by emergency personnel and seeks to generate awareness and inform clinicians about the unique circumstances encountered by these professionals While highlighting topics including anxiety disorders and stress management this book is ideally designed for clinicians therapists psychologists psychiatrists practitioners medical professionals EMTs law enforcement fire departments military academicians researchers policymakers and students seeking current research on psychological therapy methods regarding first responders **Visualizing Violence in Francophone**

Cultures Magali Compan,2015-10-13 Visualizing Violence in Francophone Cultures brings together two complex and

powerful loci of meaning violence and the visual As such it offers a comprehensive overview from which one can gain a better understanding of the complexity of the visual rhetoric of violence The visual representations of violence explored in this volume include both fictional works including for example narrative films graphic novels and theatre and non fictional genres such as news media and cultural artifacts This volume s strength is also grounded in its interdisciplinary approach by bringing together scholars from a variety of academic fields to examine a broad range of visual artifacts such as photography graphic novel films paintings objects the book offers a substantive corpus focusing on the rhetoric of violence The essays collected in this volume explore the ways in which visual expressions of violence have infiltrated diverse narrative forms and as such how they both construct and challenge general understandings of contemporary violence They all chart with cultural and historical specificity the way in which images of violence shape the visual imaginary of ethical worlds **Grief Isn't**

Something to Get Over Mary C. Lamia,2022-04-05 The loss of a loved one can be overwhelming How do we endure grief Can we simply forget or get over it This book explains the science behind bereavement from emotion to the persistence of memory and shows readers how to understand and adapt to death as a part of life Responses to loss are typically associated with negative emotions traumatic memories or separation distress but we grieve because we care This book demonstrates how negative emotional responses experienced in grief often follow experiences with positive emotional memories Dr Lamia emphasizes an understanding and acceptance of post loss emotions Grief Isn t Something to Get Over aims to expand our understanding of bereavement placing it in alignment with how emotions work Using numerous case examples and personal vignettes this book helps readers recognize the ways in which emotions are connected to memories and influence our experiences of loss **First Responder Mental Health** Michael L. Bourke,Vincent B. Van Hasselt,Sam J. Buser,2023-10-12

This edited volume provides mental health clinicians with knowledge to effectively work with current and former first responders It provides strategies on how to best develop and adapt clinical assessment procedures and therapeutic interventions to better meet the unique needs found in these settings Chapters synthesize existing literature to introduce the reader to profession specific factors issues that exist in these contexts and describe the challenges that can present when working with police firefighters EMS emergency communications operators crime scene investigators and corrections personnel The book covers a range of topics that clinicians and trainees need to understand the relevant issues develop effective treatment plans and deliver appropriate psychological services in public safety settings First Responder Mental Health A Clinician s Guide will be essential reading for mental health professionals working with first responders as well as those in training **The Leader's Guide to Wellbeing** Audrey Tang,2023-08-11 Your practical toolkit to banish burnout

create a culture of psychological safety and inclusion to keep high performance teams feeling valued motivated and energised **What Motivates Getting Things Done** Mary Lamia,2017-06-29 A marvel of evolution is that humans are not solely motivated by their desire to experience positive emotions They are also motivated and even driven to achieve by their

attempt to avoid or seek relief from negative ones What Motivates Getting Things Done Procrastination Emotions and Success explains how anxiety is like a highly motivating friend why you should fear failure and the underpinnings of shame distress and fear in the pursuit of excellence Many successful people put things off until a deadline beckons them while countless others can't resist the urge to do things right away Dr Lamia explores the emotional lives of people who are successful in their endeavors both procrastinators and non procrastinators alike to illustrate how the human motivational system works why people respond to it differently and how everyone can use their natural style of getting things done to their advantage The book illustrates how the different timing of procrastinators and non procrastinators to complete tasks has to do with when their emotions are activated and what activates them Overall What Motivates Getting Things Done illustrates how emotions play a significant role in our style of doing along with our way of being in the world Readers will acquire a better understanding of the innate biological system that motivates them and how they can make the most of it in all areas of their lives

Developing Resilience for Social Work Practice Louise Grant, Gail Kinman, 2018-07-06 The term resilience refers to a person's capacity to handle difficulties demands and pressure without experiencing negative effects Traditionally social work has focused on the nature and impact of resilience in children and adults who have experienced traumatic events but it is increasingly recognised that social workers need to develop personal resilience to manage the emotional demands of the job effectively and sustainably Developing Resilience for Social Work Practice provides social workers with a tool box of strategies to help them enhance their resilience and protect their wellbeing Written by experienced practitioners in the field the book draws on key research to present a series of evidence based interventions These strategies are designed to help social work students and practitioners develop important qualities that underpin resilience such as self awareness time management relaxation skills and empathy as well enable them to gain support from their personal and professional networks Grounded in both theory and practice each chapter explores how the various resilience techniques can be applied to help social workers manage the complexities and challenges they face in everyday practice The use of relevant and engaging case studies throughout is particularly useful in bringing the book to life for the reader

Designing Second Language Study Abroad Research Janice McGregor, John L. Plews, 2022-08-10 This edited book brings together contributions from scholars in different international and educational contexts to take a critical look at the design and implementation of second language Study Abroad Research SAR Examining data sources and types research paradigms and methods and analytic approaches the authors not only provide insight into the field as it currently stands but also offer recommendations for future research with the aim of revitalizing inquiry in the field of SAR This book will be of interest to applied linguists as well as educators and education scholars with an interest in researching international study

The Dark Side of the Internet Paul Bocij, 2006-10-30 In less than a decade personal computers have become part of our daily lives Many of us come into contact with computers every day whether at work school or home As useful as the new

technologies are they also have a darker side By making computers part of our daily lives we run the risk of allowing thieves swindlers and all kinds of deviants directly into our homes Armed with a personal computer a modem and just a little knowledge a thief can easily access confidential information such as details of bank accounts and credit cards This book helps people avoid harm at the hands of Internet criminals It offers a tour of the more dangerous parts of the Internet as the author explains who the predators are their motivations how they operate and how to protect against them In less than a decade personal computers have become part of our daily lives Many of us come into contact with computers every day whether at work school or home As useful as the new technologies are they also have a darker side By making computers part of our daily lives we run the risk of allowing thieves swindlers and all kinds of deviants directly into our homes Armed with a personal computer a modem and just a little knowledge a thief can easily access confidential information such as details of bank accounts and credit cards This book is intended to help people avoid harm at the hands of Internet criminals It offers a tour of the more dangerous parts of the Internet as the author explains who the predators are their motivations how they operate and how to protect against them Behind the doors of our own homes we assume we are safe from predators con artists and other criminals wishing us harm But the proliferation of personal computers and the growth of the Internet have invited these unsavory types right into our family rooms With a little psychological knowledge a con man can start to manipulate us in different ways A terrorist can recruit new members and raise money over the Internet Identity thieves can gather personal information and exploit it for criminal purposes Spammers can wreak havoc on businesses and individuals Here an expert helps readers recognize the signs of a would be criminal in their midst Focusing on the perpetrators the author provides information about how they operate why they do it what they hope to do and how to protect yourself from becoming a victim

El síndrome del caballero blanco y de la dama blanca Juanjo Ramos, 2024-01-08 El síndrome del caballero blanco es un término psicológico que se usa para describir a aquellas personas que tienen una tendencia compulsiva a involucrarse en relaciones afectivas con personas que perciben como vulnerables necesitadas o emocionalmente heridas con el fin de salvarlas ayudarlas y solucionar sus problemas El término proviene de la imagen icónica de un caballero medieval que rescata a una doncella en apuros Estas personas suelen sentirse atraídas por parejas que tienen algún tipo de dificultad como adicciones enfermedades traumas depresión historias de violencia etc y creen firmemente que pueden cambiarlas con su amor y dedicación Esta conducta se basa en una fantasía de rescate en la que la persona que sufre el síndrome se identifica con el rol de héroe o heroína que salva a la víctima de su situación de sufrimiento esperando recibir a cambio su amor su gratitud y su lealtad Sin embargo esta quijotesca fantasía suele chocar con la cruda realidad ya que la pareja no siempre quiere ser salvada ni agradece la ayuda ni cambia finalmente su conducta Esto genera una gran frustración decepción y resentimiento en la persona que sufre el síndrome que se siente incomprendida rechazada y utilizada En este libro te sumergirás en un viaje profundo y transformador hacia la libertad emocional y el crecimiento personal Estas personas tienen

como objetivo ofrecerte una guía repleta de perspicacia y herramientas prácticas para liberarte de las cadenas del patrón tóxico de comportamiento conocido como el síndrome del caballero blanco. Prepárate para descubrir la verdadera fortaleza que yace dentro de ti y para convertirte finalmente en el protagonista de tu propia historia. Eu nunca mais vou deixar você

Lorena Kaz, 2023-10-25

Esta em formato de quadrinhos uma criativa coletânea de insights e aprendizados sobre relacionamentos abusivos que Lorena Kaz recolheu na sua própria trajetória em busca da liberdade da dependência emocional. A autora do premiado *Morrer de amor e continuar vivendo* aborda aqui desde as questões da infância e do relacionamento com os pais até os relacionamentos amorosos na vida adulta passando por temas como o machismo estrutural e a construção do feminino na sociedade. *Eu nunca mais vou deixar você* pode ser usado como um guia de autodesenvolvimento por si só com a magia adicional da ilustração e dos quadrinhos que ajudam a promover novas e múltiplas formas de entendimento de temas anteriormente já abordados por psicólogos e estudiosos do desenvolvimento emocional um guia inspirador como nunca se viu antes denso e profundo para quem estiver disposto a se questionar e interessado em conhecer mais de si e dos outros bem como a trilhar novos caminhos de leitura e aprofundamento sobre o autodesenvolvimento.

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Table of Contents The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others

1. Understanding the eBook The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - The Rise of Digital Reading The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Advantages of eBooks Over Traditional Books
2. Identifying The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - User-Friendly Interface
4. Exploring eBook Recommendations from The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Personalized Recommendations

- The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others User Reviews and Ratings
- The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others and Bestseller Lists
- 5. Accessing The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others Free and Paid eBooks
 - The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others Public Domain eBooks
 - The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others eBook Subscription Services
 - The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others Budget-Friendly Options
- 6. Navigating The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others eBook Formats
 - ePub, PDF, MOBI, and More
 - The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others Compatibility with Devices
 - The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Highlighting and Note-Taking The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Interactive Elements The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
- 8. Staying Engaged with The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
- 9. Balancing eBooks and Physical Books The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others

- Setting Reading Goals The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Fact-Checking eBook Content of The White Knight Syndrome Rescuing Yourself From Your Need To Rescue Others
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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