

# Friend is being abused

**Dear Annie:** I have a good friend who has been like a kid brother to me. He has always been a very thoughtful, caring, respectful man whom I've gotten along great with. This man has autism and borderline intellectual functioning, so I have always explained things so that he can better understand. I have had him over for a meal on several occasions; we enjoy playing board games, and I have taken him on a few day trips.

**DEAR ANNIE**



ANNIE LANE  
Creators  
Syndicate Inc.

We care deeply for each other, not in a romantic way but like siblings. Enter his on-again, off-again girlfriend, who is physically, verbally and financially abusive. She has had him in tears, left marks on him and broken his glasses. She isolates him. She is an alcoholic whose behavior gets very bizarre, as well as dangerous, when she is drunk.

I have tried to get him to think for himself regarding her, but I have also told him that he doesn't deserve to be hit or called nasty names or ridiculed. He has confided in me about

how unhappy he is, sometimes calling me for help, but later has gotten upset with me. The girlfriend is constantly harassing him over our friendship, so now he will not speak to me. I have called adult protective services; I don't know what else I can do.

I am heartbroken that I have been cast off to the side. I thought I was his friend, his sister. The worst part is knowing that he is being abused and suffering in silence. I've tried to contact him, but he gets very upset over that. I feel as if I have lost my best friend, my brother, to a woman who treats him horribly. — *Missing My Brother in Wisconsin*

**Dear Missing:** Calling adult protective services was the right thing to do, and you should continue to call to report incidents of abuse. I understand that you feel hurt, but it's important that you not take this personally. He has not cast you aside; he has become a victim of abuse. Be careful not to try to force his behavior, e.g., issuing an ultimatum that you can't continue being friends with him while

he dates her. That would only leave him feeling more isolated. So as hard as it is to watch him be subjected to this abuse, try to stay in the picture. You can help him make a safe escape plan when he's ready. See the article "Supporting Someone Who Keeps Returning to an Abusive Relationship" on the National Domestic Violence Hotline website (<https://www.thehotline.org>), or call the hotline (800-799-7233) for guidance.

**Dear Annie:** Your explanation of EMDR psychotherapy was excellent, but beyond EMDR is a new alternative known as Havening Techniques. Many therapists have found this to be an effective alternative in helping people heal their wounds from past emotional traumas. You can learn more at <https://www.havening.org>. — *Dr. Robert B. Nolan Jr.*

**Dear Dr. Robert:** Thank you for the tip. Though I cannot vouch for the efficacy of Havening Techniques personally, I'd encourage readers to learn more and talk to their counselors if they feel it might be a good treatment modality for them.

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** You might copy someone you admire, but it's only a temporary thing to help you understand your own identity. Ultimately, you'd rather fail doing something that feels like you than succeed in trying to be someone else.

**TAURUS (April 20-May 20).** You've been known to communicate something much more important than what you're talking about. In fact, today the topic and the words are just a costume that your real message is wearing.

**GEMINI (May 21-June 21).** You will spend hours as the Roman stoic philosopher Seneca suggested, toiling to "make yourself remarkable by some talent or another," all the while knowing that this is just icing on the cake. You are already enough.

**CANCER (June 22-July 22).** If you're facing familiar territory with all that's needed to succeed, progress is certain. But if you don't know what's ahead, you might just be in for some greatness. No courageous move ever happened in the face of certainty.

**LEO (July 23-Aug. 22).** It is quite possible that when your efforts are counted in the future, it will be by an entirely different system of measurement than is used today. Your best bet will be to tend to the intangible aspects. For example, how does a thing feel?

**VRGO (Aug. 23-Sept. 22).** Ultimately, everything gets easier when you understand it better. But understanding comes in layers. The first few layers may seem to make things more complicated. Keep learning. You'll get to a place where it all kicks in.

**LIBRA (Sept. 23-Oct. 23).** As the sign of the scales, you are keenly aware of how too much of anything is toxic. Too much health is unhealthy. Too

much rest and leisure is exhausting. In all things, balance!

**SCORPIO (Oct. 24-Nov. 21).** Whether or not you enjoy politics, you will be dealing in political systems today, or at the very least in power dynamics, which are present in all groups whose numbers are greater than two.

**SAGITTARIUS (Nov. 22-Dec. 21).** The tendency to blame yourself for things that aren't your fault or credit yourself for things that aren't your doing is universally human. To avoid it, eliminate blame and credit entirely. Put your head down and work.

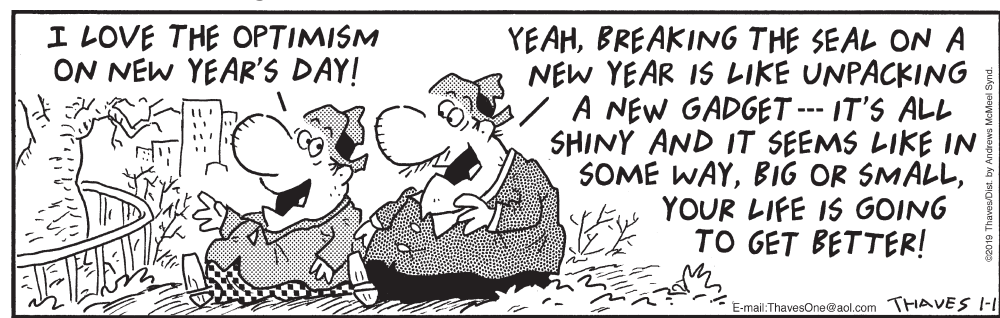
**CAPRICORN (Dec. 22-Jan. 19).** Because you are walking around with your heart wide open, your encounters will tend toward the extraordinary and may include a random heartfelt conversation with a stranger.

**AQUARIUS (Jan. 20-Feb. 18).** Watching a child grow is a remarkable and layered experience that connects you with your own evolution and with humanity at large. Whatever giving you aim toward a youth will be extremely lucky today.

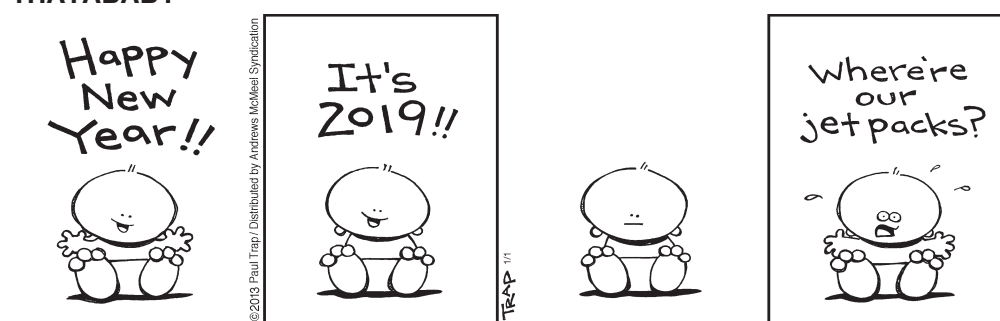
**PISCES (Feb. 19-March 20).** The acceptable effort will be minimal. Show up and smile. Much more than that will be too much. So relax, enjoy and avoid accidentally making promises.

**TOMORROW'S BIRTHDAY (Jan. 2).** The fulfillment of wishes comes at a price, and it's not the price you thought it would be. See, you've always been willing to put in the work, but what you didn't realize is that feeling like you deserve it may be the hardest work of all. Love yourself. Credit yourself. Heal and change the beliefs that have kept you from feeling worthy. Libra and Scorpio adore you. Your lucky numbers are: 4, 25, 2, 28 and 18.

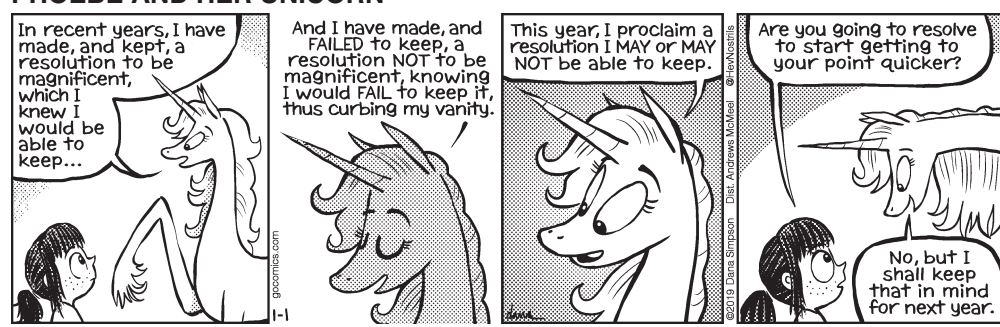
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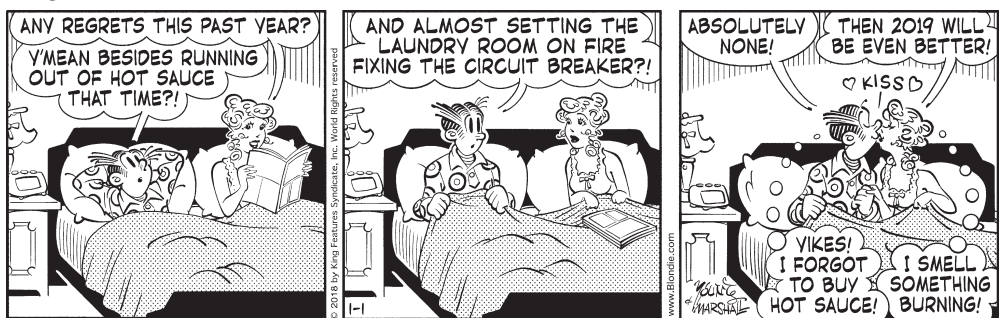
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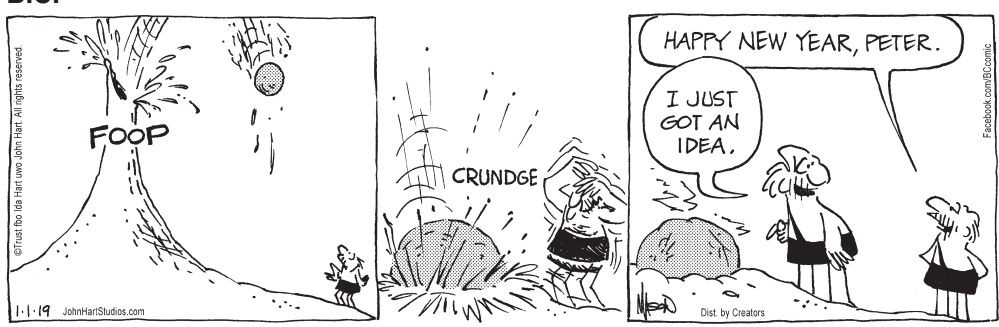
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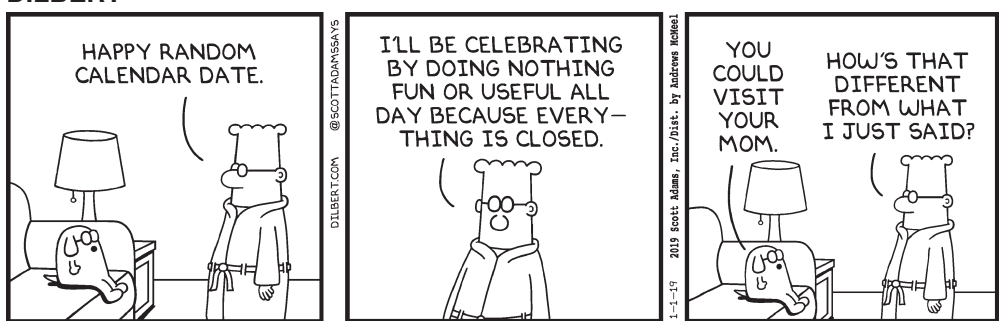
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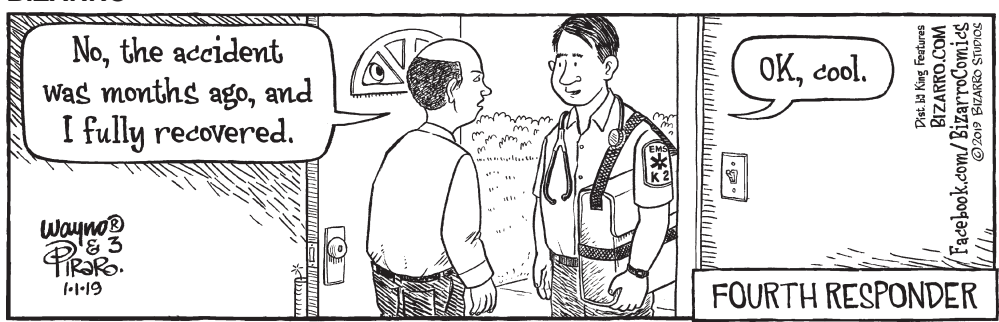
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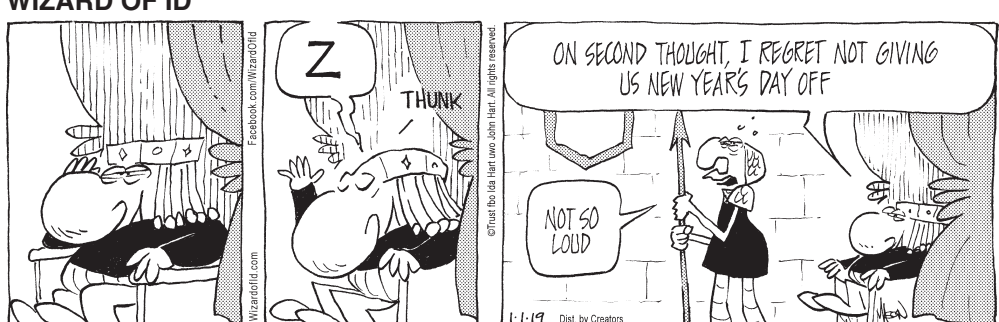
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### NON SEQUITUR



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### ROSE IS ROSE

