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**The Price of Loyalty**

**By Virginia Bola, PsyD**

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With the recent shakeups in the presidential cabinet, it has frequently been observed that the quality most treasured in the present administration is that of loyalty.

Is that such an admirable quality?

We prize the loyalty of our friends who protect our good name when we are not present. We respect the loyalty of committed couples who stay true to each other no matter the outside temptations. We recognize the loyalty of employees who stand by their ethics and keep competitors and enemies at bay. We treasure the loyalty of a soldier to his commander, if necessary to the death. We revere the loyalty of believers in their god and their unswerving commitment to their tenets of faith. We equate disloyalty with treason, dishonor, betrayal. We use names like Quisling, Benedict Arnold, Burgess and Hiss as epithets to express our loathing and disgust.

But loyalty has a darker side. In crime families, loyalty means embracing death or imprisonment rather than exposing crime, violence, and murder. In prison, the most despised inmate is the "snitch" who fails to stay silent about his knowledge of criminal acts, plots, and planned violence. Within adolescent groups and street gangs, the rule of silence and total loyalty is an absolute requirement for continued membership.

The old courts of kings and emperors were rife with sycophants: whatever the leader wanted to hear, they offered. Disagreements and alternative plans for the direction of governance were considered intrigue – dangerous differences of opinion to be rooted out and permanently excised from the body politic.

Where does the White House fit in? For all the positive connotations that loyalty may engender, we must look to the extent it is used and continually monitor it for abuse. No one would suggest that a President surround himself with staff who constantly criticize his ideas or regularly publicly disagree with his programs and proposals. However, the negative aspect of over-loyalty – zealotry – must be confronted if the goal is to weave plans for the common good through compromise in the face of

diverse opinion.

The United States was born out of public political and ideological debate. While the framers of the Declaration of Independence and the Constitution has fundamental beliefs in common, they did not hesitate to publicly disagree and argue in an effort to reach the most workable goals. For more than two centuries, American political discourse has embraced differences more often than celebrating similarities. Commonly, the friction and arguments of elections become translated into legislation and leadership that seeks to bridge the gaps and bring all into the common fold.

What seems to have changed is the willingness to let disparate views and opinions coexist. We have moved from a mentality that celebrates diversity and multiplicity to a narrow conception of what is right, absolutely right. Other opinions are not valued for the richness their views add to the national fabric but

are considered wrong, without value, discounted, dangerously unpatriotic. The second term White House has purified its dogma, filtering our nuances and opposing ideas until everything is distilled into the single voice of one man. The moat around the faithful has been filled, the crocs loosed, and the land lies fallow beneath the keen eye of the true believers.

Arrogance and disdain, disguised as "political capital," has the potential to morph into a level of power and intolerance that can only encourage eventual, inevitable, corruption.

Virginia Bola is a licensed clinical psychologist with deep interests in Social Psychology and politics. She has performed therapeutic services for more than 20 years and has studied the results of cultural forces and employment on the individual. The author of an interactive workbook, *The Wolf at the Door: An Unemployment Survival Manual*, and a monthly ezine, *The Worker's Edge*, she can be reached at <http://www.virginiabola.com>

### **Top Ten Ways To Attract Loyalty**

**By Monique Rider**

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##### The Top 10 Ways to Attract Loyalty

Loyalty is valued and appreciated by most, but often hard to come by. Below are some suggestions as to how to attract loyal individuals into your life. Notice that many of the suggestions involve your own behavior.

1. Define what it means to you.

Loyalty means different things to different people. Determine what it means to you. What does it look like? How does it make you feel? Only then can you truly recognize it and welcome it into your

life.

2. Model the behavior that you expect from others.

If you practice loyalty and make it a part of your value system, you will easily recognize it in others. Those are the individuals you'll be attracted to.

3. Be true to yourself.

Spend time getting to know yourself, taking care of yourself, and standing up for yourself. If you are loyal to YOU – others will be, too.

4. Speak up!

If loyalty is what you value, educate those around you. Let them know what is important to you.

5. Accept it!

Many of us have so many past hurts that we question every gift that comes our way. We are bitter, and hesitant to accept what others have to offer. Life is too short to live in fear. Open your heart and accept loyalty when it comes your way.

6. Don't tolerate disloyalty.

If someone in your life is treating you in a disloyal manner, it's your responsibility to let them know. You owe it to yourself.

7. Life is a journey – allow others the opportunity to change.

Some individuals may act in a disloyal manner and, once educated or confronted, will make every effort to shift their behavior. Don't be too hasty to push someone out of your life. You may

be forsaking a great potential relationship.

8. Live in the moment.

When you live in the moment, your awareness sharpens. You will find loyalty in situations that you never expected.

9. Show gratitude.

Acknowledge those in your life who are loyal to you. They will appreciate your feedback.

10. Get a pet!

Now this is true loyalty!!

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## The Price of Loyalty

Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

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