



DEPENDENCY ISSUES - 1

UNRESOLVED DEPENDENCY ISSUES GET IN THE WAY OF PEOPLE DOING THEIR OWN GROWN-UP WORK.

Dependent -- Contingent on another -- Subordinate -- Relying on or requiring the aid of another for support: dependent children -- Also one who relies on another especially for financial support.

Independent -- Self-governing -- Free from the influence, guidance, or control of another or others; self-reliant: an independent mind-- Not determined or influenced by someone or something else -- Not relying on others for support, care, or funds; self-supporting.

Interdependent -- Mutually dependent: " Today, the mission of one institution can be accomplished only by recognizing that it lives in an interdependent world with conflicts and overlapping interests " Jacqueline Grennan Wexler

Interdependent -- Healthy, clear, negotiated, flexible, dignified, give-and-take, agreements to get individual and mutual needs met. (LQ)

Co-Dependent -- I am OK and you are OK, if that is OK with you ?

A PARENTS JOB IS TO SET THEIR CHILDREN FREE TO ENTER THE WORLD ON THEIR OWN WITH A TOOL KIT CONTAINING RESPECT FOR THEIR BODY, GOOD SELF-ESTEEM, AN INTEREST IN LEARNING AND CHANGING, SKILLS TO GET ALONG WITH A WIDE VARIETY OF PEOPLE AND SITUATIONS, AND A SPIRITUAL FOUNDATION.

THESE HELP A YOUNG PERSON TO HAVE SOME BEGINNING ANSWERS TO THE THREE GREAT QUESTIONS OF LIFE:

WHO AM I ? - WHERE AM I GOING ? - HOW AM I GOING TO GET THERE ?

WITHOUT A FULL TOOL KIT FROM YOUR PARENTS YOU MUST FILL UP YOUR TOOL KIT NOW -- YOURSELF

1. AFFECTION

2. BELONGING

3. CONTROL

4. PERSON

5. PROPERTY

6. PAPERS

7. TIME

9. SPACE

10. FEELINGS

11. ?

12. ?
