

# PICKING A PARTNER - MOM & DAD HERITAGE

**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**

**DID YOUR PARENTS TEACH YOU TO DEPEND UPON THEM AND TO BE DEPENDED UPON FOR THESE ISSUES ?**

**Y N I DEPEND ON YOU TO : TELL ME WHEN YOU ARE MAD - SAD - GLAD - SCARED**

**Y N I DEPEND ON YOU TO : TREAT ME WITH DIGNITY**

**Y N I DEPEND ON YOU TO : PROTECT YOURSELF FROM UNNECESSARY HARM**

**Y N I DEPEND ON YOU TO : BE HONEST WITH ME IN SIGNIFICANT MATTERS**

**Y N I DEPEND ON YOU TO : KEEP YOUR WORD - MAKE AGREEMENTS AND KEEP THEM**

**Y N I DEPEND ON YOU TO : CHERISH ME - CHERISH YOURSELF - CHERISH US TOGETHER**

**Y N I DEPEND ON YOU TO : RESPECT YOURSELF - LOVE YOURSELF - CARE ABOUT YOU**

**Y N I DEPEND ON YOU TO : TELL ME ABOUT YOUR HISTORY SO THAT I CAN KNOW YOU MORE FULLY**

**Y N I DEPEND ON YOU TO : LISTEN TO ME WHEN I TALK ABOUT MYSELF**

**Y N I DEPEND ON YOU TO : NOT TAKE THINGS PERSONALLY WHEN I AM TALKING ABOUT MYSELF**

**Y N I DEPEND ON YOU TO : BE SUPPORTIVE OF ME WHEN I AM HURT , CONFUSED , LONELY , TIRED , STRESSED**

**Y N I DEPEND ON YOU TO : RESPECT THAT WE ARE DIFFERENT AND THAT IT IS OK THAT WE ARE DIFFERENT**

**Y N I DEPEND ON YOU TO : BE PATIENT WITH ME WHEN I DO NOT UNDERSTAND FULLY**

**Y N I DEPEND ON YOU TO : SUPPORT MY EFFORTS TO STRETCH MY GROWTH AND KNOWLEDGE**

**Y N I DEPEND ON YOU TO : EXPERIENCE DIFFERENCE AS OK , NOT AS RIGHT AND WRONG**

**Y N I DEPEND ON YOU TO : ASK WHEN YOU DO NOT KNOW - DO NOT TAKE ME FOR GRANTED**

**Y N I DEPEND ON YOU TO : TAKE CARE OF YOURSELF , NOT RELY TOTALLY UPON ME FOR CERTAIN THINGS**

**Y N I DEPEND ON YOU TO : PLAY - (PHYSICALLY - EMOTIONALLY - INTELLECTUALLY - SOCIALLY - SPIRITUALLY)**

**Y N I DEPEND ON YOU TO : LEARN - BE CURIOUS - GROW - CHALLENGE - STRETCH - DO NEW THINGS**

**Y N I DEPEND ON YOU TO : REACH-OUT TO ME ON PURPOSE - FIND OUT HOW I AM - TALK TO ME**

**Y N I DEPEND ON YOU TO : BE OPEN ABOUT YOURSELF - WITH OUR AGREEMENT TO DO EACH NO HARM**

**Y N I DEPEND ON YOU TO : HANG-IN-THERE WITH OUR LIVES TOGETHER - FOR THE LONG HAUL**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**