



DEPENDENCY ISSUES - 3

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

- I DEPEND ON YOU TO : TELL ME WHEN YOU ARE MAD - SAD - GLAD - SCARED
- I DEPEND ON YOU TO : TREAT ME WITH DIGNITY
- I DEPEND ON YOU TO : PROTECT YOURSELF FROM UNNECESSARY HARM
- I DEPEND ON YOU TO : BE HONEST WITH ME IN SIGNIFICANT MATTERS
- I DEPEND ON YOU TO : KEEP YOUR WORD - MAKE AGREEMENTS AND KEEP THEM
- I DEPEND ON YOU TO : CHERISH ME - CHERISH YOURSELF - CHERISH US TOGETHER
- I DEPEND ON YOU TO : RESPECT YOURSELF - LOVE YOURSELF - CARE ABOUT YOU
- I DEPEND ON YOU TO : TELL ME ABOUT YOUR HISTORY SO THAT I CAN KNOW YOU MORE FULLY
- I DEPEND ON YOU TO : LISTEN TO ME WHEN I TALK ABOUT MYSELF
- I DEPEND ON YOU TO : NOT TAKE THINGS PERSONALLY WHEN I AM TALKING ABOUT MYSELF
- I DEPEND ON YOU TO : BE SUPPORTIVE OF ME WHEN I AM HURT , CONFUSED , LONELY , TIRED , STRESSED
- I DEPEND ON YOU TO : RESPECT THAT WE ARE DIFFERENT AND THAT IT IS OK THAT WE ARE DIFFERENT
- I DEPEND ON YOU TO : BE PATIENT WITH ME WHEN I DO NOT UNDERSTAND FULLY
- I DEPEND ON YOU TO : SUPPORT MY EFFORTS TO STRETCH MY GROWTH AND KNOWLEDGE
- I DEPEND ON YOU TO : EXPERIENCE DIFFERENCE AS OK , NOT AS RIGHT AND WRONG
- I DEPEND ON YOU TO : ASK WHEN YOU DO NOT KNOW - DO NOT TAKE ME FOR GRANTED
- I DEPEND ON YOU TO : TAKE CARE OF YOURSELF , NOT RELY TOTALLY UPON ME FOR CERTAIN THINGS
- I DEPEND ON YOU TO : PLAY - (PHYSICALLY - EMOTIONALLY - INTELLECTUALLY - SOCIALLY - SPIRITUALLY)
- I DEPEND ON YOU TO : LEARN - BE CURIOUS - GROW - CHALLENGE - STRETCH - DO NEW THINGS
- I DEPEND ON YOU TO : REACH-OUT TO ME ON PURPOSE - FIND OUT HOW I AM - TALK TO ME
- I DEPEND ON YOU TO : BE OPEN ABOUT YOURSELF - WITH OUR AGREEMENT TO DO EACH NO HARM
- I DEPEND ON YOU TO : HANG-IN-THERE WITH OUR LIVES TOGETHER - FOR THE LONG HAUL