

I. EMOTIONAL DEPENDENCY OR AUTONOMY ?

When I am emotionally dependent on others, I have a tendency to...

fix
protect
rescue
control
carry others' feelings
don't listen

feel tired
 anxious
 fearful
 liable

have lower self-esteem

be concerned with...
 the solution
 answers
 circumstances
 being right
 details
 performance

manipulate

be a «quicker-fixer-upper»

expect others to live up to my expectations.

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When I am emotionally autonomous, I have a tendency to...

encourage
share
confront
level
be sensitive
listen
show empathy

feel relaxed
 in control
 grounded
 aware

have higher self-esteem

be concerned with...
 the present
 relating person to person
 feelings
 listening
 myself and the other

believe if I just share myself, others will have enough to make it

be a helper-guide

expect others to be responsible for themselves and their own actions.

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II. BECOMING EMOTIONALLY AUTONOMOUS!

Here are a few ideas to help you...

Focus on ***your own*** needs

Become ***responsible*** for your self

Take ***care*** of your self

Respect your ***self*** (i.e. know and respect your own limits and desires)

Eliminate your ***expectations*** on others

Trust (that others can take care of themselves) and let go

Nurture in healthy ways the ***relationships*** in your life (including the relationship with your self!)

Respect others (i.e. their limits and desires)

Love your self (all aspects... no exceptions!)

Remember...

When you truly take care of *your self*, you also take care of *others*.

In other words...

Each single time you focus on your *own self-care*, you *automatically* take *care of others*! (How much easier can life get?!)

Please note...

The reverse does NOT necessarily apply!

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