

Taking Care of Yourself - Share your success - Celebrate

Consider the following

When I feel responsible for others:

I Fix
I Protect
I rescue
I control
I carry their feelings
I don't listen

As a result I feel;

tired
anxious
fearful
liable

And I become concerned with;

the solution
answers
circumstances
being right
details
performance

Because I have manipulated;

I expect the other person to live up to
my expectations

When I feel responsible to others:

I show empathy
I encourage
I share
I confront
I level
I am sensitive
I listen

As a result I feel;

relaxed
free
aware
high self-esteem

And I become concerned with;

Relating person to person
Feelings
The person

**I believe if I just share myself the
other person has enough to make it
and;**

I am a helper
A guide
I expect the person to be responsible
for herself and her own actions
I can trust and let go