

How Do I Love Thee . . . ?

CHARACTERISTICS OF PARTNERSHIPS:

Dysfunctional VS. **Functional**



The Lonely, Frightened Child CAN GROW INTO... **The Loving, Enlightened Adult**

<p>OUR RELATIONSHIP IS UNHEALTHY—I take you hostage, and want you all to myself. I feel resentful when friends, family, or even our kids receive your time or attention.</p>	<p>OUR RELATIONSHIP IS HEALTHY—I encourage your growth—and welcome any contact or meaningful relationship you have which you believe will promote growth.</p>
<ol style="list-style-type: none"> 1. I have difficulty tolerating any separateness from you, or conflict in our relationship. I feel anxious and/or depressed when I'm away from you. 2. We often engage in "one-upsmanship" games – vying for position to see who's going to be in control. I can't let you know how much I need you. 3. I only let you know what I think is safe for you to know about me. I manage your impressions of me and seek to control your thoughts. 4. I need constant reassurance and proof from you that you love me and approve of me. 5. I must have an Absolute, Unwavering Promise from you that you will NEVER leave me, even in Death (which is why I worry so much about you when we're apart). 6. As long as I have you, I am okay. 7. I need you to make life worth living. 8. I insist that you NEED me, even more than I NEED you, as more security against abandonment. <p style="text-align: center;">~ more ~</p>	<ol style="list-style-type: none"> 1. I cherish my private space and time, and willingly allow the same for you. 2. Ours is a mutual give and take relationship in which neither of us feels superior or inferior. I honor your unique talents and abilities as well as my own. 3. I am willing to risk being honest with you about who I am and what I feel. 4. I know I am a valuable and lovable person. I am secure in my identity. 5. We have a mutual commitment to each other and remain flexible in accepting each other's humanness and fallibility and mortality. 6. Our time together is special to me but I know I'm okay without you. 7. My life is enhanced by your being in it. 8. I encourage our independence and participate equally in our interdependence. <p style="text-align: center;">~ more ~</p>

<p>9. I am frightened by your anger or criticism and will dishonestly maneuver to avoid these, or retort like a “steam roller”, or work at making you feel extremely guilty.</p> <p>10. Our relationship is “blown about by every wind” and I frequently think about leaving.</p> <p>11. My shaky self-image desperately demands that I be right, think right, feel right, look right and do right at all times...and since I DON'T KNOW WHERE I STOP AND YOU BEGIN, I demand the same from you.</p> <p>12. I expect you to love me, defend me, and be unswervingly loyal to me, no matter what I do.</p> <p>13. Without you, I am Nothing. You are the Be-All & End-All of my existence.</p>	<p>9. Your feelings are important to me, and I'm willing to listen and give honest consideration to whatever is bothering you.</p> <p>10. My commitment to you is strong and seldom questioned, no matter what my feelings are at the moment.</p> <p>11. I am able to relax and flow with life most of the time, to strive for “progress rather than perfection”... I am well aware that we are separate and distinct individuals—and I know and accept that we are each responsible for our own choices.</p> <p>12. I expect us to treat each other with mutual respect and caring. I know that neither of us will tolerate abusive behavior or violation of our values or boundaries.</p> <p>13. I know that no human power can make or break my existence. I look for comfort and guidance from a Power greater than either of us.</p>
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Source -- <http://wellsprings.com/Portals/0/Users/006/06/6/How%20Do%20I%20Love%20Thee.pdf>



HOW MANY CHARACTERISTICS DO YOU HAVE OF:

♥ The Lonely, Frightened Child _____

♥♥ The Loving, Enlightened Adult _____

If you are currently in a relationship, or recently left one, how would you evaluate your partner:

HOW MANY CHARACTERISTICS WOULD YOU SAY THAT HE/SHE HAS OF:

♥ The Lonely, Frightened Child _____

♥♥ The Loving, Enlightened Adult _____

If you want to work on any of these issues, BOOK A CALL with COACH OHMEDAY

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