

Circle the words in each column that best describe your present habits.

Care-Taking

How can I help you?

When I feel responsible ___ others:

Behaviors

- I..... fix
- protect
- rescue
- control
- carry their feelings
- don't listen

Emotions

- I feel...tired
- anxious
- fearful
- liable
- negative

Circumstances

- I am concerned with....
- the solution
- answers
- circumstances
- being right
- details
- performance

Care-Giving

How I can encourage you to help yourself?

When I feel responsible ___ others:

Behaviors

- I..... encourage
- share
- caringly confront
- am sensitive
- listen

Emotions

- I feel...relaxed
- free
- aware
- high self-worth
- positive

Relationships

- I am concerned with...
- relating to people
- feelings
- the person

"I expect people to live up to my expectations"

I manipulate others because of f ____.

I empower others when I respond to them a ____ to a ____.

SIDENOTES

Caretaker Negative Cycle

- * **Unhealthy behaviors** (fix, rescue, control, etc.) create a natural byproduct of toxic **stress**
- * Stress creates **unhealthy emotions** (tired, anxious, fearful, etc.)
- * Unhealthy emotions spin into overwhelmed focus on **circumstances** rather than on positive relationships
- * Focus on circumstances (solution, details, etc.) creates fear or pain causing need to **control** or **manipulate**
- * Fear or pain **triggers** the manipulative unhealthy behaviors continuing the cycle of care-taking.

Mike says:

*"When you **empower** your adult child you also expect him or her to accept the responsibilities of being an adult. Simply put, the definition of **empowerment** is having more choices."*

Excerpt from: *The Four Seasons of Recovery for Parents of Alcoholics and Addicts, p. 75.*

By Mike Speakman