

LESSON 3 – HELPING: UNHEALTHY VERSUS HEALTHY



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

<p style="text-align: center;">Caretaking</p> <p style="text-align: center;"><i>How can I help you?</i></p> <p style="text-align: center;">When I feel responsible ___ ___ ___ others:</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Behaviors</div> <p>I... fix protect rescue control carry their feelings don't listen</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Emotions</div> <p>I feel... tired anxious fearful liable negative</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Circumstances</div> <p>I am concerned with...</p> <p style="padding-left: 20px;">the solution answers circumstances being right details performance</p>	<p style="text-align: center;">Caregiving</p> <p style="text-align: center;"><i>How can I encourage you to help yourself?</i></p> <p style="text-align: center;">When I feel responsible ___ ___ ___ others:</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Behaviors</div> <p>I... encourage share confront with care am a sensitive listener</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Emotions</div> <p>I feel... relaxed free aware high self-worth positive</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">Relationships</div> <p>I am concerned with...</p> <p style="padding-left: 20px;">relating to people feelings the person</p>
<p><i>“I expect people to live up to my expectations.”</i></p> <p>I manipulate others because of f _____.</p>	<p>I empower others when I respond to them a _____ to a _____.</p>

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 an overwhelmed focus on **circumstances** rather than on positive relationships

Focus on **circumstances** (solution, details, etc.) creates fear or pain causing a need to **control or manipulate**

Fear or pain **triggers** the manipulative unhealthy behaviors continuing the cycle of caretaking

MIKE SAYS...

*“When you **empower** your adult child, you also expect him or her to accept the responsibilities of being an adult.”*

from The Four Seasons of Recovery for Parents of Alcoholics and Addicts by Mike Speakman