

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

Care-Taking

How can I help you?

When I feel responsible ___ others:

Care-Giving

How I can encourage you to help yourself?

When I feel responsible __ others:

Behaviors

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

Behaviors

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

Emotions

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

Emotions

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

Circumstances

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

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