

## Differences between Controlling and Caring

IF I AM	RESPONSIBLE <u>FOR</u> OTHERS <b>CONTROL</b>	RESPONSIBLE <u>TO</u> OTHERS <b>CARE</b>
I DO	FIX PROTECT RESCUE CONTROL	CARRY THEIR FEELING DON'T LISTEN JOIN IN SHOW EMPATHAY ENCOURAGE SHARE *CONFRONT / LEVEL LISTEN
I FEEL	TIRED ANXIOUS FEARFUL LIABLE	CONGRUENT RELAXED FREE AWARE (OF REALITY)
I AM CONCERNED WITH	THE SOLUTION ANSWERS CIRCUMSTANCES BEING RIGHT DETAILS	PERFORMANCE: ALL OUTSIDE THE PERSON RELATING PERSON TO PERSON I BELIEVE IF I JUST SHARE MYSELF THE OTHER PERSON HAS ENOUGH TO MAKE IT
I AM	A MANIPULATOR A CONTROLLER	AN ENABLER A HELPER - GUIDE - FRIEND

SELF WORTH GOES DOWN

SELF WORTH GOES UP

\* I EXPECT THE PERSON TO USE THE BEST THT IS IN HIM / HER; TO MAKE DECISIONS & ACCETP RESPONSIBILITY FOR HIS / HER OWN ACTIONS. I BELIEVE THAT EACH OF US HAS ENOUGH TO MAKE IT ON OUR OWN.