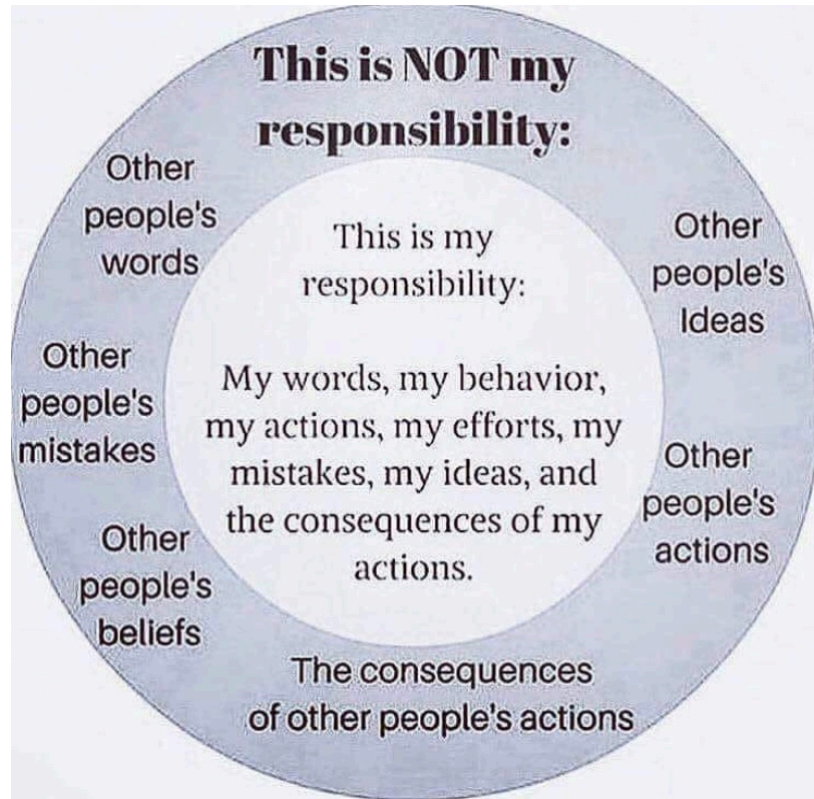


Who am I Responsible to? - Who am I Responsible For?

“As an alcoholic, I demanded love and was possessive of others. I selfishly treated people as possessions and made them responsible for my own satisfaction and survival. My fear of being alone caused me to blackmail people with my needs and emotions. Today I love people while allowing them to breathe. My program entails *healthy detachment*. I take responsibility for me and allow others to take responsibility for themselves.” -Bob J.

Unless we are talking about your responsibility for a young child



"Let there be spaces in your togetherness." -Kahlil Gibran

How can I get a loved-one, or a friend, to make some needed changes?

A) I can try to T _ _ _ _ the person into changing

B) I can try to C _ _ _ _ _ _ _ _ the person into changing

C) I can try to I _ _ _ _ _ _ _ _ the person to change

D) I can try to _____