

Pastor Bud's Buzz

It's July, the month when we celebrate our Declaration of Independence from the colonial forces of the British Empire. So I'm going to delve into the mysteries of dependence, counter-dependence and interdependence. I came across a book written in 2008 by Jane D. Weinhold PhD, and Barry K. Weinhold PhD entitled *The Flight from Intimacy*. Reading some excerpts reinforced my previous understanding of the basic dynamics, but it also gave me a significant new insight. There are a lot more Counter-dependent folks in the world than I had originally thought. The authors said it is easier to spot Co-dependent behavior. They listed:

- feeling anxious and insecure without knowing why
- constantly worrying that others will reject you
- feeling trapped in an abusive relationship
- acting like a victim or martyr
- not trusting yourself and your own decisions
- taking care of others instead of yourself
- trying to please others
- having few or no personal boundaries
- not knowing what you want or need

According to the authors Counter-dependent people are harder to spot. They listed:

- have trouble getting close to people?
- have trouble sustaining closeness in intimate relationships?
- tend to view people as bad or wrong when you leave them or they leave you?
- have trouble feeling your feelings other than justified anger or sadness?
- have fears of other people controlling you?
- tend to say no to the new ideas of others?
- rebel against your move away from people who try to get too close to?
- get anxious and close, intimate relationships?
- feel constantly afraid you'll make a mistake?
- try to be perfect and expect others to be perfect?
- refrain from asking for help even when you need it?
- have a strong need to be right?
- have thick layers of muscle or fat across your shoulders, chest, or abdomen to create a kind of body armor?
- get afraid of being consumed by the needs of others?
- fear that others will reject you if you show your weaknesses or fears?
- get bored easily and need to seek new thrills?
- make high demands on yourself or others?
- tend to see people as all good or all bad depending on how they relate to you?
- work long hours during the week and go into work on weekends to?
- find it difficult to relax and do nothing?
- had difficulty with free play or unstructured time?
- have fits of anger when you don't get your way?
- take outrageous risks in sports or business dealings that you secretly hope will make you rich and famous?
- believe you're entitled to have others treat you in special ways?

These lists are not something we need to obsess about. When I ask myself "what's so and so what" I conclude, that we are all works in progress and that being in a loving community is probably the best thing we can do to grow toward wholeness. Whether we are trying to lower our barriers or set our boundaries doing it with people who care about us gives us reason to hope that tomorrow will be even better than yesterday.

--Stay tuned