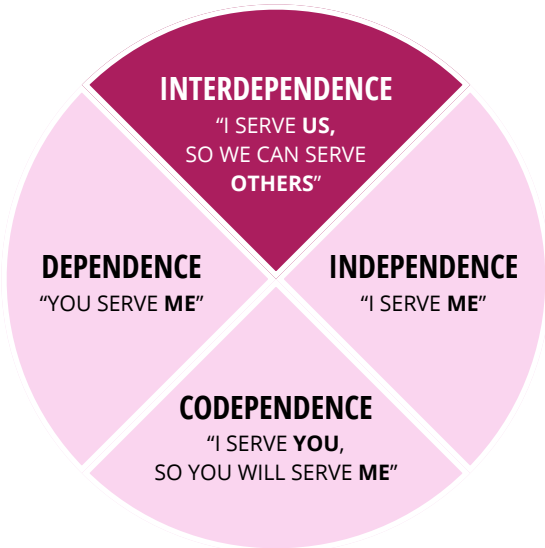


# Interdependence

In any given relationship there is a distribution of effort between the two parties. Some people are wholly *independent* and do everything for themselves without much regard for others. Some are wholly *dependent* and need others to take care of them, often at the cost of their own dignity. Others still are *codependent*, a state of being where two people enable one another's *worst* behaviours in an unhealthy balance of need and support.

Finally, there are *interdependent* relationships in which two people enable one another's *best* behaviors, mutually supporting and encouraging one another to become their best selves.



Compare and contrast the following:

CODEPENDENCE	INTERDEPENDENCE
I cannot make decisions by myself.	I can decide, but I want you to be a part of the process.
I cannot trust or believe in myself.	I trust and believe in myself. I also trust and believe in you.
I cannot handle being alone.	I can be alone and be just fine.
I have no identity that does not include you.	We encourage each others' separate pursuits.
I can't say "no" to you.	I can say "no" to you and trust that you will still love me.

Interdependent relationships take work to maintain. Reflection is an important part of this process.

Name someone with whom you have a relationship (either at work or at home).	
Describe the boundaries you have with this person. Are they fuzzy or clear? Would you like to improve them?	
Describe how you make time for one another's pursuits and goals. Are you mutually supportive?	
Describe recent interactions you have had together. Were you each open and approachable with one another?	
When either of you makes a mistake, do you each take personal responsibility? What does that look like?	
What happens when you disagree? Are you each respectful of the others' position?	