

RESPOND

RESPONSIBILITY

I Take Responsibility For My Life.
"I have a voice and can consider my needs. I can make choices."

REALITY

Acknowledging What's True
"I got honest with myself and am taking steps to deal with it."

ENTITLEMENT

Self-absorbed Usury or Self-Righteousness
"I'll tell you what I want and how to do it. You owe me."

COLLABORATION

Shared Consideration
"Let's work together. You do your part and I'll do mine."

OFFENDER

Uses Anger or Inflicts Harm
"I'll resort to any means necessary to get what I want."

OPTIONS

Protect & Advocate
"I'll look at my choices and opportunities and consider how they impact you."

RESCUER

Enable, Fix, Control, or Please
"I'll try to manage your issue to reduce my fear, concern, or anxiety," or "make you happy."

HUMILITY

Mutual Respect
"I see my part." "How can I support what you need?"

DENIAL

Minimize, Ignore, Avoid, Fantasy, or Make Excuses
"It's not that bad." "Yeah, but ..." "I don't want to go there."

VICTIM

Powerless/Helpless or Blames Others
"It's not fair." "It's not my fault." "There's nothing I can do about it."



REACT