

Healthy Growth and Maturity

1. You don't require other people to meet all of your needs.
 - Let people know what you need
 - How am I meeting my own needs?
 - Others are there to compliment our needs not to complete them.

2. Stop trying to meet everyone else's needs.
 - Don't feel like you have to do it all right
 - Do I need to be needed?
 - We are there to compliment lives
 - We exist with people, not abandoning self.

3. Don't take responsibility for others feelings.
 - Not our job to make others happy
 - Be respectful of others feeling OK
 - People are responsible for their own feelings
 - Don't expect others to center us in their lives
 - Don't expect others to be a mind-reader
 - Meet our own needs

4. Stop requiring "full-control" to be OK.
 - Full control does not exist in any area of our lives
 - This is what I hope for... but I will trust that I can handle what does happen
 - I am resourceful

5. You don't require "full-certainty" to be OK.
 - You trust that you can handle how it does go
 - I can choose to be OK even if it doesn't go the way I want

6. You are not feeling guilty for setting boundaries and saying "no" when you need to.
 - Know what to allow and not allow for yourself. Acknowledge your limits. Respect your limits
 - I am important too.
 - My happiness counts too.