

Caretaking

Vs.

Caregiving

When I feel responsible
For others

When I feel responsible
To others

I Fix:

Protect
Rescue/enable
Control
Carry their feelings
Don't listen

I feel...

Tired
Worry
Anxious
Fearful
Liable
Responsible
Guilty

I am concerned with:

The solution
Answers
Circumstances
Being right
Details
Performance
My own feelings

+ I am a manipulator (guilt)

+ I expect the person to live up to my expectations

+ I am easily offended

+ I am rigid

+ Creates feelings of resentment

I show empathy:

Encourage
Share
Confront
Sensitivity
Listen

I feel...

Relaxed
Free
Aware
Good about myself

I am concerned with:

Relating person to person
Others Feelings
The Person
Teaching self-reliance

+ I believe if I just share myself the other person has enough to make it.

+ I am a Helper-Guide

+ I expect the person to be responsible for themselves and their own actions

+ I can ***Trust***, and ***Let Go***.

