

THE LOVE SCOUT

Relationship Therapist



TYPES OF DEPENDENCE

Over the lifespan individuals grow and learn skills to become autonomous beings who are able to take care of themselves and healthily relate to others. In some instances, children are not taught the appropriate skills, lack nurturing or encouragement. In other instances, there may be abuse, neglect or trauma. All of these things can impact a person's ability to become a functional adult.

Listed below are the 5 types of dependence. In functional adulthood, we strive for independence & inter-dependence.

Consider relationships in your life, the type of dependence you have and why that dynamic might exist.

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| • Dependence - Relying on others (for your physical/emotional survival). This is a one-way dynamic where another person does things for you. <i>(This is normal in early childhood but not so healthy in adulthood.)</i> | COST/REWARD
<u>ABANDONMENT</u> |
| • Co-dependence - Mutual emotional reliance two people have on each other for esteem, validation, worth and identity. Love addicts & love avoidants are most often co-dependent. Usually there is a perceived inability to survive without the other. <i>(When 2 people become 1 and individual reality fuses.)</i> | <u>ENMESHMENT</u> |
| • Anti-dependence - An active choice of fierce independence and rejection or refusal to accept help from others. Commonly established after being perpetually let down by others, the individual learns they can only rely on themselves. <i>(Anti-dependents are prone to building walls and being emotionally distant for self-preservation.)</i> | <u>ISOLATION</u> |
| • Independence - Functional and age-appropriate level of being able to take care of ones-self with boundaries and decision-making. Self-reliant but open to the opinions and perspectives of others (without judgment or rebellious intent). | <u>FREEDOM & AUTHENTICITY</u> |
| • Inter-dependence - Healthy reliance on others in inter-personal relationships and society. 2-way street with give & take. The relationship dynamic is loving and functional but not based on needing the other. In fact, the dynamic can change and evolve in accordance with each person. | <u>LOVE & CONNECTION</u> |