

On-Course Journal #4
Developing Mutually Supportive Relationships
Due: April 21, 2010

Introduction: When it comes to relating to others, we generally choose one of four paths, depending on the beliefs we hold about ourselves and other people:



- When I believe, *I can't achieve my goals by myself*, I choose **Dependence**.
- When I believe, *I have to help other people get their goals before I can pursue my goals*, I choose **Codependence**.
- When I believe, *By working hard, I can get some of what I want all by myself*, I choose **Independence**.
- When I believe, *I know I can get some of what I want by working alone, but I'll accomplish more and have more fun if I give and receive help*, I choose **Interdependence**.

On Course, Chapter 5, pg. 123
Skip Downing

In this journal, you will "...explore your beliefs and behaviors regarding giving and receiving." (On Course, Chapter 5, pg. 125) Please type your responses to the following in complete sentences:

1. After reading the introduction above, which belief will best help you stay on course to your goals and dreams?
2. A specific situation when someone assisted me was...
3. A specific situation when I assisted someone else...
4. A specific situation when I made assisting someone else more important than my own success and happiness was...
5. When someone asks me for assistance I usually feel...
6. When I think of asking someone else for assistance I usually feel...
7. What usually gets in the way of my asking for help is...
8. If I joyfully gave assistance to others...
9. If I gratefully accepted assistance from others...
10. One goal that I could use assistance with today is...
11. Write about what you discovered by completing the above statements. Describe how you have most often related to others in the past and how you intend to relate to others in the future.