

Expectations from Negative Self and Real Self

THREE STEPS TO WEIRDNESS

<i>Co-dependent</i> Frustrated expectations: (Intense)	<i>Stress</i> All stress is self-made: (Nervous, Tense, Anxious)	<i>Survivor skills</i> Negative self is expressed in: (Weirdness)	
Shoulds supposed to's rights wants wishes goals agendas etc.	a. we make up our own expectations b. we take on and accept other's or society's c. we are co-dependent on these expectations	a. <u>over reacting:</u> anger yelling threatening verbal abuse physical abuse	b. <u>under-reacting:</u> sullen passive withdrawn depressed repressed hypocrisy shiny denial

Move from NS to RS

DEPENDENCE

Negative Self expectations are:

- Rigid – can't shift gears
- Co-dependent –violates others agency
- Exaggerated – importance equals my worth
- Unreasonable for the event
- Unreal expectations
- Unshared – expects others to read mind
- Attachment

INDEPENDENCE

Real Self expectus are:

- Flexible – shift gears
- Independent
- Minor learning devices
- Matches reality of the moment
- Real expectations
- Shared with expectee
- Non-attachment

Good dependency leads to good independency