



Caretaking vs. Caregiving

Suffering codependents are
responsible for...
(Caretaking)

When I feel responsible *for* others:

- I feel...
 - tired
 - anxious
 - fearful
 - liable
- I.....
 - fix
 - protect
 - rescue
 - control
 - carry their feelings
 - don't listen
- I am concerned with...
 - the solution
 - answers
 - circumstances
 - being right
 - details
 - performance
- I am a manipulator.
- I expect the person to live up to my expectations.

Recovering codependents are
responsible *to*...
(Christian Caregiving)

When I feel responsible *to* others:

- I feel...
 - relaxed
 - free
 - aware
 - high self-worth
- I...
 - show empathy
 - encourage
 - share
 - confront
 - level
 - am sensitive
 - listen
- I am concerned with...
 - relating person to person
 - feelings
 - the person
- I am a helper/guide.
- I expect the person to be responsible for himself and his own actions.
- I can trust and let go.