

Health Wise

This month I would like to share with you a couple of readings which I found to be good.

The first one is by an unknown author and is titled:

Responsibility

WHEN I FEEL RESPONSIBLE FOR OTHERS:

I...fix

- Protect
- Rescue
- Control
- Carry their feelings
- Don't listen

I feel:...Tired

- Anxious
- Fearful
- Liabile

I am concerned with...The solution, the answers, the circumstances, the details, Being right, Performing.

I manipulate.

I expect the other person to live up to MY expectations.

WHEN I FEEL RESPONSIBLE TO OTHERS:

I...show empathy

- encourage
- confront
- share
- listen
- an sensitive

I feel...Relaxed

- have high esteem
- free
- aware

I am concerned with feelings

I relate to the person as the special person they are

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

I am a helper...a guide.

I expect the other person to be responsible for his or her own actions.

I CAN TRUST AND LET GO.

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EXERCISES IN FUTILITY (by Donald McDonald of Chicago)

Throwing your weight around  
Beating your head against the wall  
Climbing the walls  
Running around in circles  
Grasping at straws  
Making mountains out of molehills  
Pushing your luck  
Beating around the bush  
Jumping to conclusions  
Beating your own drum.

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Michelle Schumann