

THE PROBLEM

Here are the TWELVE STEPS of the problem:

1. We feel isolated and afraid of authority figures.
2. We become People Pleasers and Approval Seekers, losing our identities in the process.
3. We're frightened by angry people & threatened by personal criticism.
4. We are prone to become alcoholics ourselves or marry them...or we find another compulsive personality to fulfill our sick need for abandonment.
5. We live life from the standpoint of helping and seeking victims. We are attracted by victims in our love and friendships.
6. We have an overdeveloped sense of responsibility and prefer to be concerned with others rather than ourselves. This enables us to avoid looking closely at our own faults.
7. We get guilt feelings if we stand up for ourselves. Instead we give in to others. We are unable to say NO.
8. We become Reactors rather than Actors, letting others take the initiative.
9. We are dependent personalities who are terrified of abandonment. We will do almost anything to hold onto a relationship in order not to feel the pain of abandonment. As adults, we keep choosing insecure relationships because they match our childhood relationship with our parents.
10. We confuse love with pity & love those we can pity or rescue.
11. We learn to STUFF DOWN our feelings in childhood and have lost the ability to feel or express our feelings. We are numb.
12. We judge ourselves harshly and have a low sense of self-esteem. We sometimes compensate by trying to act superior.