



SELF-RELIANCE

Self-reliance is a basic skill needed for self-responsibility. It involves being able to take care of yourself, physically, emotionally and spiritually, and, paradoxically, this includes **recognizing when to seek help** – which may be frequently right now – and from whom. This is another one of those dynamic balances that require you to exercise **good judgment**. How self-reliant are you now? Are you satisfied with this level as an adult your age? Personally? Is there a difference and why? Is there anything you would like to change?

Now, evaluate when you are developmentally at present with regard to self-reliance. Where do you find self-reliance and showing initiative easy? Where are you extremely dependent? When do you tend to accept responsibility for your life situations, when do you blame others or attribute them to luck, good and bad? Is this age/situation appropriate or is it irresponsible? Are you too responsible? I suspect you can identify where you are developing rapidly with regard to self-reliance, where you are stuck, and where you are resting. Can you also tell how much your current developmental level has to do with your family, given what you have seen modeled or has been expected of you. Has fate been a major influence?

People usually **mature unevenly**, and not necessarily in step with the demands of their life. As a result, you may have to develop self-reliance in some areas, and at the same time become accustomed to waiting for direction in other areas. Moreover, **maturity also comes in waves**, with lots of receding between the high watermarks, especially when you are ill, upset or worried. Take a few minutes to identify the skills you have already developed to 1.) Develop your initiative and self-responsibility, 2.) Give up unnecessary dependency, and at the same time, 3.) Continue to accept and seek appropriate guidance, direction and support.

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