

4 Action Steps

to Depend Less on Others



↳ First Choice

↳ Date Started

↳ Goal Days/Week?

1

Monitor Your Words



In a diary, write down a running list of all the things you think you “need”. Whenever you think, “I Need ___”, write it down. At the end of the week, sit and evaluate each one.

- Is it truly a “need”?
- What are some ways I could meet this need myself, with no outside help?
- If that seems like too much, simply make a plan on how you could possibly implement them.

2

Expand Your Experiences



Make a plan to expand your experiences. Focus on doing things that you think you can't do or that are too scary for you to do.

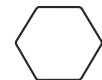
Here are some options:

- Make a list of all the things you think you need others for. Money? Company? Validation of your self-worth? Permission to do what you want to do or say what you want to say? Really think about it, and list at least 20 items. 50 is better.
- Make an effort to do one thing every single day to step out of your comfort zone. Work on ways you can meet those “needs” on your list yourself. It may take some creative thinking, but you can do it.

Take baby steps if need be.

3

Try it Short-Term



Write down all the episodes in your life when you thought you couldn't do something but later found out that you could (think riding a bike...).

Then, set a time frame to do a personal challenge. You could:

1. Set a time frame and vow to not depend on anyone for anything during that time period. Whatever happens, whatever needs done, you find a way to do it yourself. Then do it and keep a daily journal to record your progress and obstacles.
2. Pick the one thing on your list of needs (see above) that you sincerely think is the one thing you absolutely need someone else for. Choose a specific duration, and promise yourself that you will NOT rely on anyone for that one thing for the duration of your challenge (1 day, a week, a month, etc). You might have to get creative with figuring out how you can do it yourself, but I know you can do it!

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Remove the Labels



If we define ourselves in a certain way, we will usually act to reinforce the label we've given ourselves. Did you know that? The brain is amazing.

- Make a list of all the labels you've given yourself. For example, "I'm not a morning person (I'm a night owl)", "I can't live without coffee (addicted to coffee)", "I never wear red", "I'm not that kind of person (fill in your own adjectives or verbs)", "I'm super emotional", etc. You can throw in the labels others have given you, too, if you agree with them.
- For the next week, do something each day that makes that label false.

For example, "I'm a night owl. I can't function in the mornings". ☑ for an entire week, wake up at 6 am and get active. Walk, jog, get some work done before everyone else gets up.

No matter what it is, find a way to prove to yourself that labels do NOT define you. You can do or be whatever you want to. What you "are" isn't set in stone. You choose who you want to be today, and it doesn't have to be the same person you were yesterday.

Include things that you rely on others for. For example, "I'm afraid of spiders! I can't kill one myself!". Find a way to kill (or humanely remove) a spider. Do it for each "I need someone because I'm ___ (or "I'm not ___")" on your list.

If you'd like to take this exercise a step further, expand it to include others:

- Write down all the labels you give your kids, spouse, co-workers, neighbors. "He's stupid", "She's inconsiderate", "He's an asshole", "She has no fashion sense".
- Then, observe those people for a week or a month and try to find some instances where they weren't what the label says they are. You can look for an example of when the asshole was actually kind. Look for evidence that the "stupid" person isn't always stupid. And remind yourself that labels are not all-inclusive, nor are they accurate all the time. Remember to catch yourself when throwing labels at yourself or others.

Kids, especially, will adopt their behaviors in order to live up to the labels people give them.

Throw out the labels!

