

### **TRUE LOVE**

*People in their Real Self:*

1. *Support the fact that you were a precious, worthwhile person, when you weren't doing anything?*
2. *Respect and support your ideas, beliefs, feelings and space.*
3. *Spending time with you in an effort to teach you to understand you?*
4. *Exhibit that they enjoyed being with you?*
5. *Take an interest in what you were interested in?*
6. *Go out of their way to help you, without asking?*
7. *Stay with you while you were hurting acknowledging that it's OK to hurt?*
8. *Confirm that you are OK, right where you are?*
9. *Accept you for just being you?*
10. *Spend time with you when you were frustrated, angry, sad, or depressed and not tell you what you should do or how you should change.*
11. *Support the fact that it's OK for you to do whatever it is you need to do to take care of yourself.*
12. *Support your just being human when you make mistakes?*

### **FALSE LOVE**

*People in their False Self:*

1. Support the fact that you were not worthy if you weren't doing something.?
2. Discount your ideas, beliefs, feelings and boundaries make it clear to you that it's their way or the highway, that your way of thinking was wrong? Make fun of and ridicule you ?
3. Exhibit that you were bothering them with your questions and your desire to understand?
4. Act like you were in the way?
5. Put down things you were interested in?
6. Chide you about your needing help, or offer to help only begrudgingly and on their terms?
7. Leave you while you were hurting, saying that it'll be OK?
8. Say or imply that you should be like someone else?
9. Tell you and suggest that you should be like someone else?
10. Say to you when you were frustrated, angry, sad, or depressed that you shouldn't feel the way you do, then tell you how you should feel?
11. Express the fact that it's not OK for you to do whatever it is you need to do to take care of yourself?
12. Defy you to get angry or talk back to them?

The above is adapted from *I'm Not My Fault*, Dan Haury, Scottsdale, AZ.