



## *The Flip Side of The Laundry List*

- 1) We move out of isolation and are not unrealistically afraid of other people, even authority figures.
- 2) We do not depend on others to tell us who we are.
- 3) We are not automatically frightened by angry people and no longer regard personal criticism as a threat.
- 4) We do not have a compulsive need to recreate abandonment.
- 5) We stop living life from the standpoint of victims and are not attracted by this trait in our important relationships.
- 6) We do not use enabling as a way to avoid looking at our own shortcomings.
- 7) We do not feel guilty when we stand up for ourselves.
- 8) We avoid emotional intoxication and choose workable relationships instead of constant upset.
- 9) We are able to distinguish love from pity, and do not think “rescuing” people we “pity” is an act of love.
- 10) We come out of denial about our traumatic childhoods and regain the ability to feel and express our emotions.
- 11) We stop judging and condemning ourselves and discover a sense of self-worth.
- 12) We grow in independence and are no longer terrified of abandonment. We have interdependent relationships with healthy people, not dependent relationships with people who are emotionally unavailable.
- 13) The characteristics of alcoholism and para-alcoholism we have internalized are identified, acknowledged, and removed.
- 14) We are actors, not reactors.