



The Other Laundry List

- 1) To cover our fear of people and our dread of isolation we tragically become the very authority figures who frighten others and cause them to withdraw.
- 2) To avoid becoming enmeshed and entangled with other people and losing ourselves in the process, we become rigidly self-sufficient. We disdain the approval of others.
- 3) We frighten people with our anger and threat of belittling criticism.
- 4) We dominate others and abandon them before they can abandon us or we avoid relationships with dependent people altogether. To avoid being hurt, we isolate and dissociate and thereby abandon ourselves.
- 5) We live life from the standpoint of a victimizer, and are attracted to people we can manipulate and control in our important relationships.
- 6) We are irresponsible and self-centered. Our inflated sense of self-worth and self-importance prevents us from seeing our deficiencies and shortcomings.
- 7) We make others feel guilty when they attempt to assert themselves.
- 8) We inhibit our fear by staying deadened and numb.
- 9) We hate people who “play” the victim and beg to be rescued.
- 10) We deny that we’ve been hurt and are suppressing our emotions by the dramatic expression of “pseudo” feelings.
- 11) To protect ourselves from self punishment for failing to “save” the family we project our self-hate onto others and punish them instead.
- 12) We “manage” the massive amount of deprivation we feel, coming from abandonment within the home, by quickly letting go of relationships that threaten our “independence” (not too close).
- 13) We refuse to admit we’ve been affected by family dysfunction or that there was dysfunction in the home or that we have internalized any of the family’s destructive attitudes and behaviors.
- 14) We act as if we are nothing like the dependent people who raised us.