

THE ART OF BEING HELPFUL

Sometimes in relationships we don't even realize we are relating in an unhealthy way. Do you have a tendency to rescue? Are you jumping in to save and fix the people in your life? Do you feel exhausted and overwhelmed because you're over doing it and not getting the appreciation you feel you deserve? Are there people in your life who are apathetic? When we are helpful, we meet both peoples needs in a balanced and meaningful way.

APATHETIC	HELPFUL	RESCUING
Avoids helping - not my problem	Asks if help is needed	Jumps in with out asking
Clueless - not aware help should be offered	Evaluates what is appropriate, safe and effective	Doesn't evaluate appropriateness, outcome or consequences
Helpless - feels not capable or afraid of helping	Stops help when no longer needed	Looks for reasons to rescue/ solve others problem
Feels resentful others could need help	Feels good about helpful contribution	Feels resentful at the effort put in and lack of appreciation