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.