



**Helping People Discover
Their Buttons
Part One**

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Inappropriate Dependence

- 1. Overworked sensitivity: the symptoms
 - Experience hurt feeling over little things
 - Read into the actions and statements of others too much
 - Expect the worst to happen
 - Assume others are more upset than they are
 - Frequently feel overwhelmed with emotions that are hard to control

Cure: Good Boundaries are Appropriate Self-interest

Inappropriate Dependence

- 2. Enmeshment: the symptoms
 - Giving streams of unsolicited advice
 - Being so sympathetic that others take advantage of their forgiving spirit
 - Feeling responsible for making others happy
 - Placing other's guilt on themselves
 - Excessively invested in others' feelings and emotions
 - Yelling and screaming to make a point

Inappropriate Dependence

3. Dependence comes from a need for recognition!

Symptom: Relying on people for self-worth

Cure: Relying on God for self-worth

Buttons Identification

Genesis 1:28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.”

Food

- Comfort
- Healthy
- Eating Out
- Habits
- Experience at the Table
- Spiritual Practices?

Discipline?

Permissive

Strict

Balanced

Abusive

Verbally

Physically

Sexually

Spiritual Attitudes

Religion?

What level of Practice?

What level of leadership was modeled?

What were the home practices?

Spiritual Attitudes

Did you have any bad experiences with Churches?

When or if did you begin a personal relationship with Christ?

What role does Christianity play in your life? Your marriage? Your family?

Did you get an out of balance view of Christianity?