

Giving From The Heart vs. Codependent Giving

Clues to Giving From the Heart

- * Feeling energised and peaceful
- * Feeling connection to recipient
- * Give & lovingly let go
- * Being filled from the act of giving
- * Closer relationship with our authentic self

Clues to Giving From Control

- * Feeling drained & anxious
- * Feeling one up or one down
- * Give and resent
- * Need for a particular response from the recipient
- * Focused on what the other person thinks about us

Which of the following are giving from the heart, and which are codependent giving?

helping an older person cross the street

I listen to my friends whine + complain, but don't tell them to stop

Helping my partner locate their keys

I give & give, but people don't seem to notice

Helping someone move

I give myself nice things because I deserve them.

Giving gifts to people so that they like, love, or accept me.

Call my partner just to say "I love you."

Because I'm so smart, I feel responsible for sharing my wisdom with others

cleaning up the kitchen at work

Volunteering at the homeless shelter

Giving money to the church

Help people through troubled times, then take it personally if they don't take my advice

giving advice to an acquaintance