



## Break the Pattern of Rescuing

### Self-Reflective Questions

#### Am I Acknowledging What's True For Me?

***Is guilt driving my desire to help?***

***Am I concerned that if I don't help I may appear to be unkind or selfish?***

***Am I excited at the thought that this is an opportunity to be wanted by someone?***

#### Do My Beliefs Still Hold True Today?

***Does it make sense that I must be responsible for everyone else's happiness?***

***Is it really valid that not doing it for them makes me a bad person and they won't love me anymore?***

***Is it always the case that if I do things for people, I'll be needed and appreciated?***

### What May Happen If I Don't Help?

***What concerns do I have about how they might react if I don't help?***

***How likely is this to happen when I really think it through?***

***How might I respond to that?***

### What Is My Body Telling Me?

When I consider helping this person, what do I feel in my body? Do I feel mostly relaxed and okay?

Do I feel a warm glow in my body; an eager anticipation of proving myself as vital to their happiness?

### How Old Do I Feel When I Think About Helping Them?

***What part of me is present here? Is this my worried Adapted Child looking for appreciation and love?***

***Was I often rewarded for being extra helpful as a child?***

### Am I Practising Self-Acceptance?

***Am I open to valuing and loving myself, even if I say no?***

***Is it okay for me to put my own needs first sometimes?***

### Am I Choosing To Live From Intention?

***Is my desire to help a well thought out plan or am I jumping in to rescue just to make the problem go away?***

***What might I say to myself later if I go along with helping this person now?***

Am I Seeing Myself As Ever Evolving?

***Am I open to the idea that allowing others to handle their own challenges is part of my own growing wisdom?***

***How might I grow as a person if I help, or don't help?***

Marléne Rose Shaw ©

[www.marleneroseshaw.com](http://www.marleneroseshaw.com)