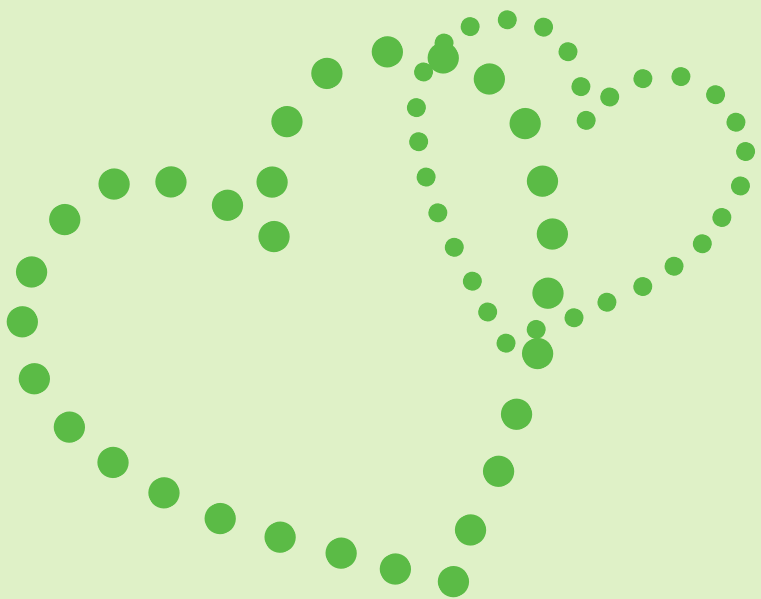


Emotional dependence in a relationship is like salt



Too much can spoil the taste

Signs of emotional over-dependency

- Seeking support for all emotional needs
- Unable to find meaning in life without the other person
- Constant insecurity
- Fear of losing the other person
- Feeling guilty for not paying attention to them



Relationship tweaks: Get comfortable with emotions (good, bad & ugly ones)

- Support one's own emotional needs with self-care, new hobbies and new relationships
- Identify when support is most needed (e.g. for self-validation, when dealing with stress) & seek alternative support

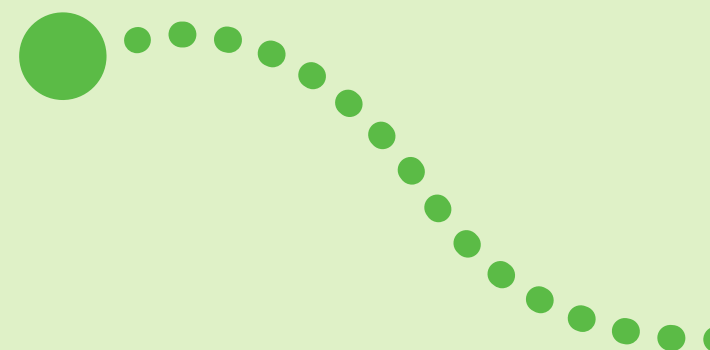




Too little and a relationship can't be fully experienced

Signs that you're too independent

- Resisting all emotional support
- Ignoring your own emotional needs
- Overcommitting at work & unable to manage
- Reluctance to share personal information
- Fewer long-term or close relationships
- Disliking others seeking help



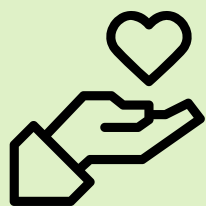
Relationship tweak: Become more reliant

- Allow oneself to need emotional support
- Communicate feelings
- Understand and change your attitudes about needing help — it's okay to ask for it
- Let the the other person know how they can help



With WoW you can help your employees build better relationships. In the office and at home.

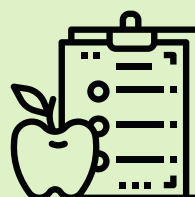
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