



HOW INDEPENDENT ARE YOU ?

Presented by The Westlake 9/12 Project

OUTLINE

- Defining dependence and independence.
- Types of dependence and independence.
- Is dependence good or bad?
- Relationships and power
- Implications for individuals or society.
- Actions.

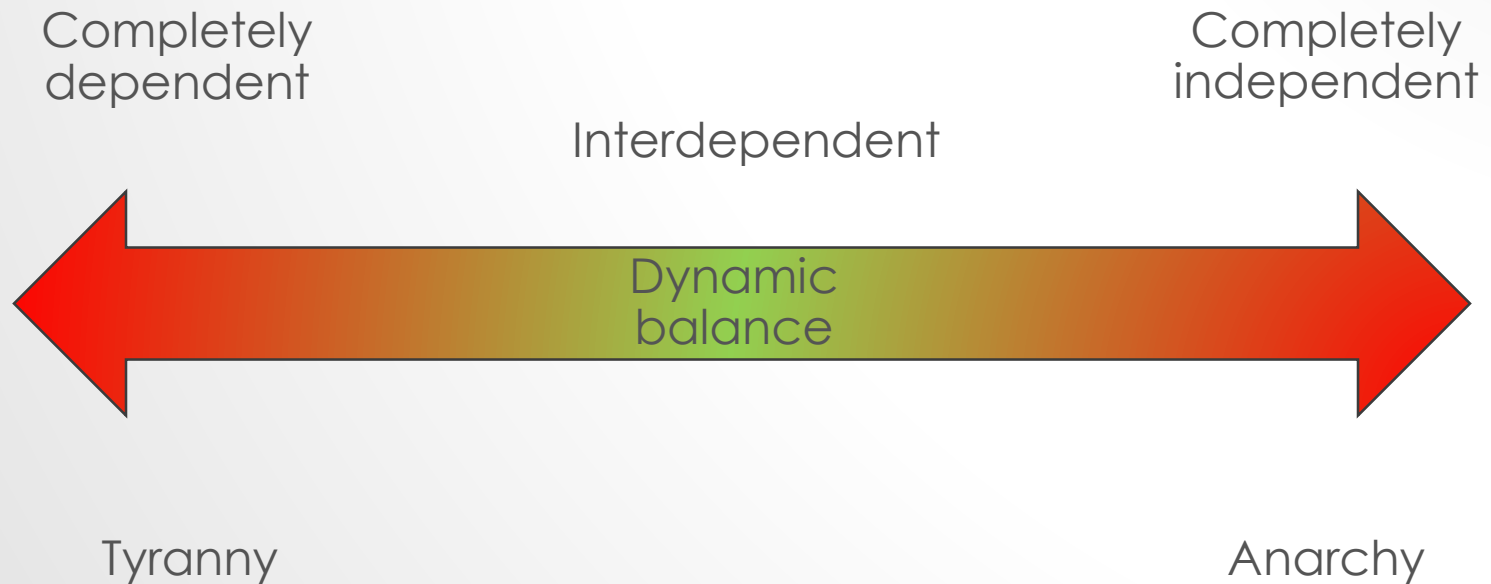
DEPENDENCE

- Relying on others for support or favor.
- Subject to the jurisdiction, power or influence of others.
- Unable to self-sustain without the will or power of others.
- Identity is defined by constrained freedom of expression... "You must think and feel what you have been permitted to think and feel"

INDEPENDENCE

- Freedom from dependence.
- Autonomous: having the right or power of self-management.
- Self-sovereign: having supreme dominion over oneself. Unable to be controlled by outside forces.
- Able to self-sustain without the support of the will or power of others.
- Identity is defined by freedom of expression.

THE DEPENDENCY SPECTRUM



TYPES OF DEPENDENCY

- Organic dependence
- Spiritual dependence
- Relational dependence
- Social dependence
- Civil dependence
- Psychological dependence
- Co-dependence
- Emotional dependence

ORGANIC DEPENDENCE

- The physiological need to be cared for by another.
- Attachment is formed in the first moments of life.
- This is inherent in all humans because of the long process of physical and mental development.
- We are born helpless and need to be taught how to survive.
- Organic dependence is intended to be temporary in nature.

SPIRITUAL DEPENDENCE

- We are created with a memory of Eden.
- We are created in the image of God, and are connected to Him through our spiritual self.
- We rely on Him to be the source of truth and strength.
- His word is the basis of universally-recognized morals.
- When all worldly sources of support disappear, God remains as a constant source of strength.

RELATIONAL DEPENDENCE

- We are created by God for relationship.
- The primal relationship is that between us and God.
- The second most important relationships are those of family, as designed by God.
- Tertiary relationships are those between us and community.
- All dependencies are built upon relationship.
- Relationship dynamics are static – outsiders are rejected.

RELATIONAL DEPENDENCE

- Identity development: must be okay with being alone in order to engage in healthy relationships; “know thyself”.
- Individuals must have internal strength in order to exercise relational interdependence.
- Sense of belonging.

SOCIAL DEPENDENCE

- Social dependence is built upon the network of relationships we have with those around us.
- We seek support, encouragement, identity, and recognition from our social dependence.
- “Who we are” is partially defined by our social dependencies.
- Social dependence will result in the development of standards of conduct for the social group.
- The need to belong is a driving force for social dependence.

CIVIL DEPENDENCE

- Civil dependence exists in community, and is built by consensus to address common needs.
- Civil dependence requires the sacrifice of individual autonomy for the sake of a common purpose.
- Civil dependencies are commonly managed by individuals or small groups that have been assigned those tasks.
- Civil dependencies must be enforced because they inherently reduce the autonomy of the individual.

CIVIL DEPENDENCE

- Civil dependence is only effective when it is just and respects the sovereignty of the individual.
- Civil dependence is an artificial construct created for specific purpose.
- Civil constructs must be temporal in nature; they must be able to be removed when their purpose is no longer necessary, or when they become greater than their intended purpose.

PSYCHOLOGICAL DEPENDENCE

- Psychological dependence is the need, in part, to achieve a feeling of relevance or significance.
- Psychological dependence is a product of relational interactions with others.
- Fear of rejection is the key to the strength of the dependency.

CO-DEPENDENCE

- “I am dependent upon you being dependent on me.”
- Co-dependence is the supporting or encouraging of dependency in another to satisfy our own need to be needed.
- Co-dependence requires both parties to participate. If there is a shift in the relationship, it is disruptive, and requires actions to re-stabilize it.
- The basis of addictive behaviors.

GOOD OR BAD?

- Healthy dependence
 - All parties benefit from the relationship.
 - Each party can voluntarily shift their position in the relationship, and the shift is accepted.
 - Power must remain balanced.
- Unhealthy dependence
 - One party benefits at the expense of the other.
 - A shift in the relationship results in conflict that must be resolved to re-establish balance.
 - Imbalance of power; dominance.

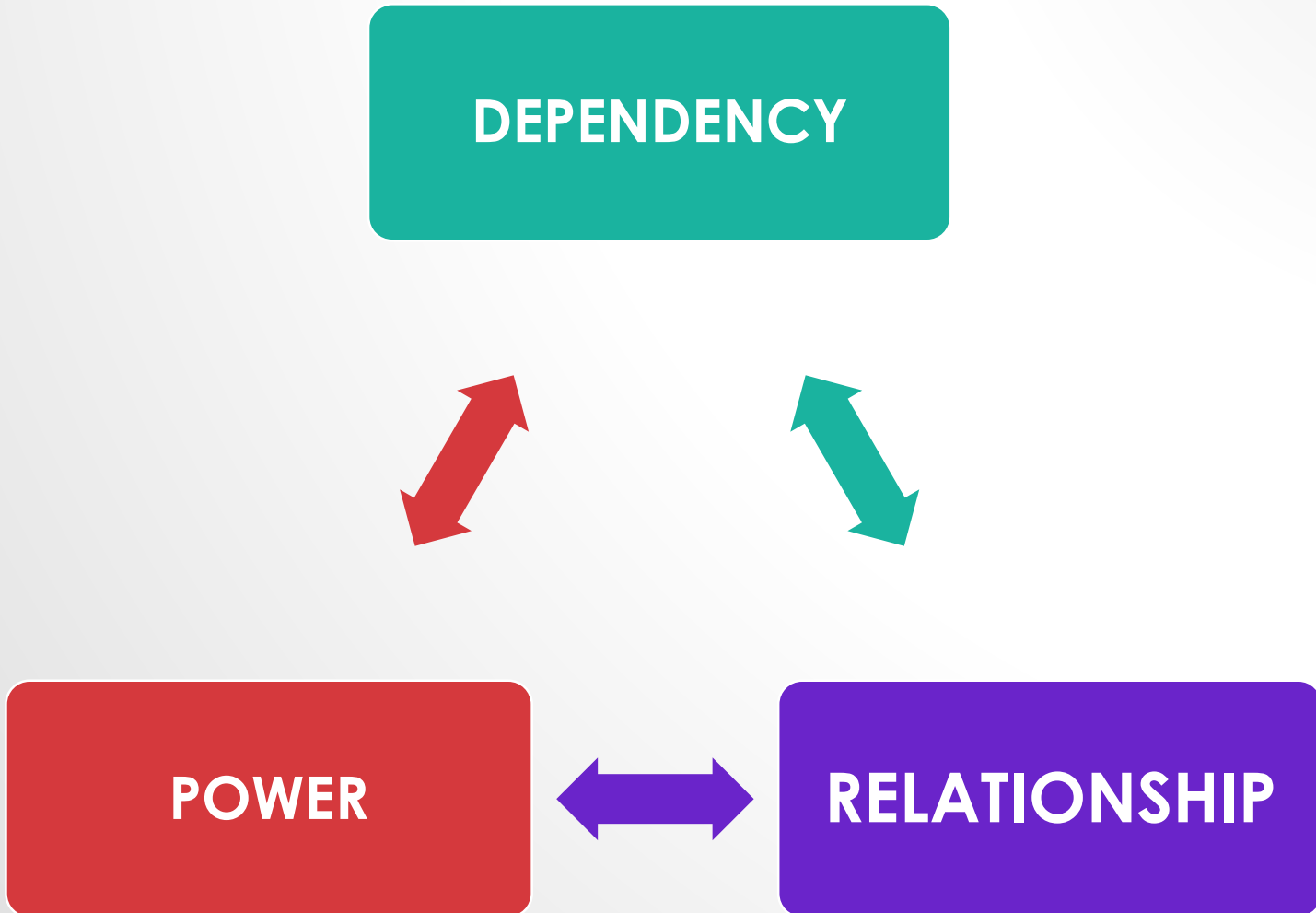
POWER

- All relationships are about power and control.
- Power is the means by which relationships are negotiated.
- The independent party is enriched by the exercise of power over the dependent party.
- The dependent party is enriched by a sense of comfort and stability.
- Power is exercised either overtly, covertly, or through insuation.

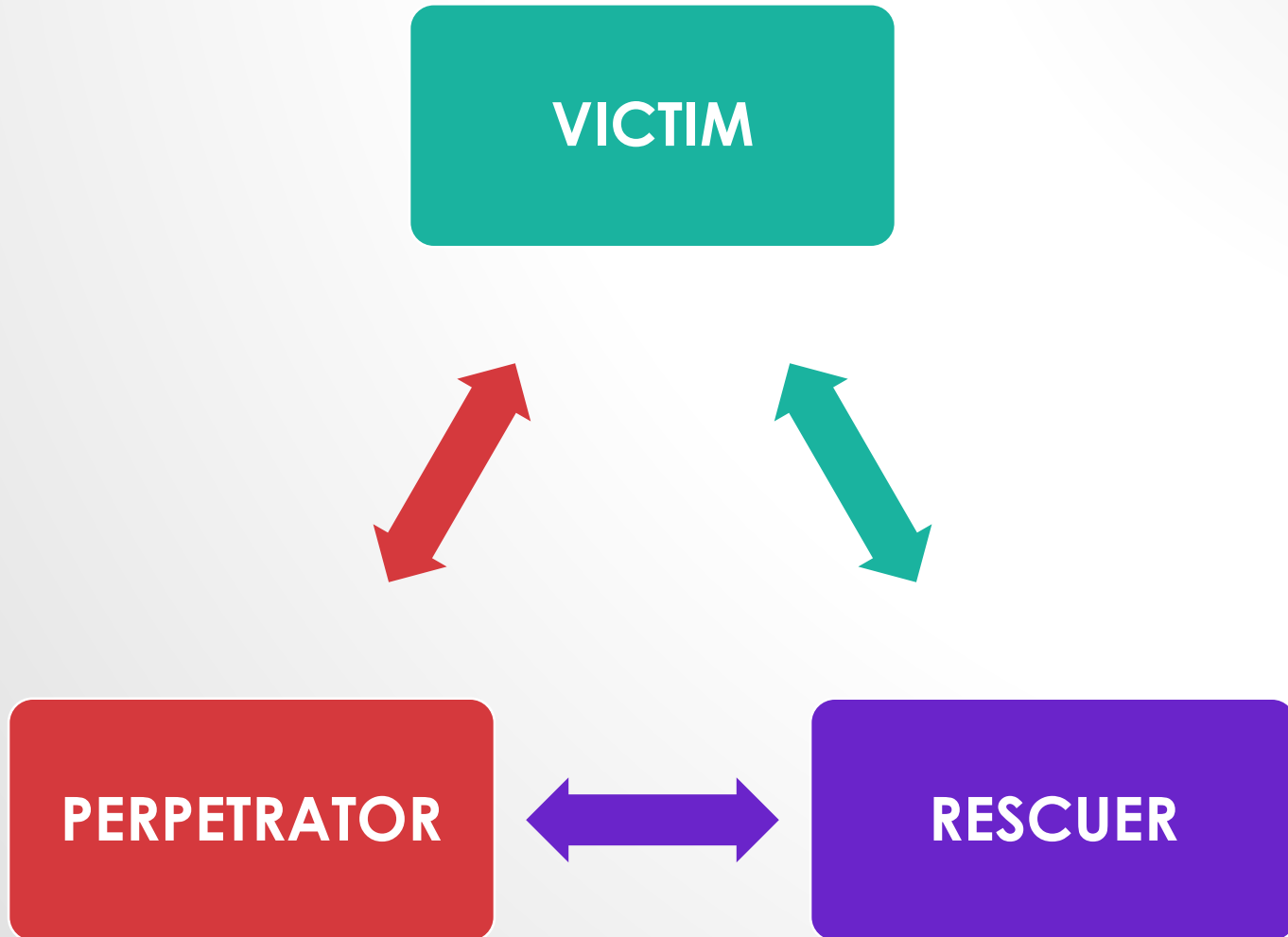
POWER

- Control through agreement.
- Control through dominance.
- Control by convincing you that you need to be dominated.
- Control through explicit threat.

THE DEPENDENCY CYCLE



DEPENDENCY ROLES



HEALTHY PERSONAL RELATIONSHIPS

- Overt control
 - Joint determination of the rules for operation.
 - Moral obligation for adherence to the rules.
 - Just and universal application of established principles.
- Coercive control
 - Recognition of and respect for the roles in the dependency relationship.
 - Arbitration of disputes and willing acceptance of outcomes.
 - Mutual respect for the sanctity and sovereignty of each individual.

UNHEALTHY PERSONAL RELATIONSHIPS

- Overt control
 - Rules for operation are established externally, without input.
 - Non-compliance results in punishment and/or the imposition of additional constraints.
 - Rules may often be unclear, uncertain, or variable.
- Coercive control
 - Guilt, blame, and/or shame.
 - Rejection, isolation, or humiliation.
 - Negative characterizations of outsiders; stereotyping and belittling of others.
 - Parasitic resonance: “Your feeling must be my feelings.”

HEALTHY CIVIL RELATIONSHIPS

- Public power is earned through discipline, virtue, and achievement.
- Morality is founded upon eternal values.
- Overt control
 - Self-sovereignty is voluntarily and willingly sacrificed for the common good.
 - Principles of the civil relationship are clearly established, and difficult or slow to change.
 - Just and universal application of established principles.
 - Moral obligation for adherence to the rules.

HEALTHY CIVIL RELATIONSHIPS

- Leadership is representative of the best characteristics of individuals.
- Egalitarianism is prevalent; all people are seen as possessing natural equality.
- Coercive control
 - Pressure for compliance based upon positive imaging, social examples, or hero-figures.
 - Positive media portrayals outweigh negative portrayals.
 - Non-compliance is stigmatized by the populace.
 - Civic engagement is coherent and constructive.

UNHEALTHY CIVIL RELATIONSHIPS

- Public power is assigned, not earned.
- Morality is founded upon temporal or circumstantial values.
- Overt control
 - The civil authority is seen as superior to the individual.
 - Beneficence is dispensed with arrogant magnanimity, and according to perceived return value.
 - Equality for all is a fallacious justification that requires rigorous control of resources.
 - Elitism is prevalent; social value is determined by artificial classifications and stratification.

UNHEALTHY CIVIL RELATIONSHIPS

- Coercive control
 - Everybody else will take advantage of you, so I will take care of you to protect you.
 - Do you want to get out of the hole, or do you just want me to make the hole more comfortable?
 - Pressure for compliance is based upon stereotyping, blaming, shaming, and fear-mongering.
 - Divisiveness is used to generate tension and prevent resistance to authority.
 - Negative media portrayals outweigh positive portrayals.
 - Non-compliance is stigmatized by the leadership.
 - Civic engagement is fragmented and divisive.

IMPLICATIONS

- All relationships are about power; how much there is, and how it is used.
- Individual entities must ensure that they retain enough power to assure their autonomy. Conversely, they must ensure that their exercise of power is appropriate.
- The government is co-dependent upon its citizens; when the behavior of citizens shifts, the government must make adjustments to regain control.

IMPLICATIONS

- Autonomy, power, and relationship are characteristics of created natural man. These characteristics must be;
 - Acknowledged as being universal and God-given.
 - Developed to increase their strength.
 - Exercised to guarantee their efficacy.
 - Protected to prevent their usurpation.
 - Shared to encourage universal recognition, acceptance, and application.

ACTIONS

- Independence requires a foundation upon lasting truth and principle. That foundation must be robust and slow to change.
- Healthy dependence requires self-awareness and an understanding and willingness to participate.
- Healthy dependence requires manageable sacrifice in exchange for equitable and reasonable treatment.
- Healthy dependence must recognize and retain the supremacy and sovereignty of the individual.

ACTIONS

- Recognize and develop your self-worth.
- Know what you can control and/or change, and act on those things.
- Identify sources of power in relationships and test their validity, legitimacy, and suitability.
- Understand the role of interdependence and recognize signs of imbalance.
- Strive for appropriate autonomy and self-sovereignty.
- Hold those who have been selected to represent you to reasonable and appropriate standards.



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