

Removing Dependencies

Removing dependencies on your ex-partner.

Within a relationship, it is common to share tasks with each person taking on different responsibilities.

When relationships break up, partners must learn to take on their own tasks.

In this worksheet, we identify these relationships and how to take ownership of them:

Complete the following table to identify how to take control over your life without relying on your ex:

- In the left-hand column, list those activities that your ex-partner was performing for you or you both.
- In the next two columns, think about what help or support you could get from others in your support network to take responsibility for that activity.
- In the last column, write down what you are going to do next to own the task.

What is the task?	What help do you need?	Who could you get that help from? Or where could you get that help from?	What step will you take to begin taking ownership?

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What would it feel like to have full control over your life?