



Where is the Line Between Morbid Dependency (MD) and Resignation (R)?

How do I stop escaping myself and actually become myself?



GOAL

Become Myself
Authentic,
Alive & Free to
Choose.



NOT ABOUT ZERO

Not zero MD or
zero R.
It's about
Balanced
Autonomy.



THE TEST

Who is in
charge?
Me (choice)
or the defense
(escape)?



KEY IDEA

Connect without
merging.
Separate without
isolating.
Engage without
losing myself.

CHAPTER 10 – MORBID DEPENDENCY (MD)

Move Toward Another • “I need you to be me.”



CORE DRIVES



SIGNS OF MD



THE PROBLEM

Outsource self to another person. “I can’t be okay alone.”

CHAPTER 11 – RESIGNATION (R)

Move Away / Withdraw • “I don’t need anything.”



CORE DRIVES



SIGNS OF R



THE PROBLEM

Withdraw from life. “I don’t want anything.”

HEALTHY CENTER CONNECTED AUTONOMY

I can need & love
without losing myself.
I can be alone without
withdrawing from life.

TWO DEFENSES – SAME INNER CONFLICT

Different directions, same goal: escape the inner conflict instead of resolving it.

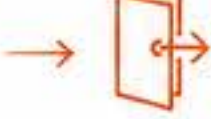
MD ANSWER

Solve myself
THROUGH
another person.



INNER CONFLICT

Between self-effacing
needs (love, safety)
and expansive needs
(power, achievement).



R ANSWER

Solve myself by
WITHDRAWING
from involvement.

THE LINE IS NOT...



Not a single
straight line.
Not MD ← → R
on one scale.



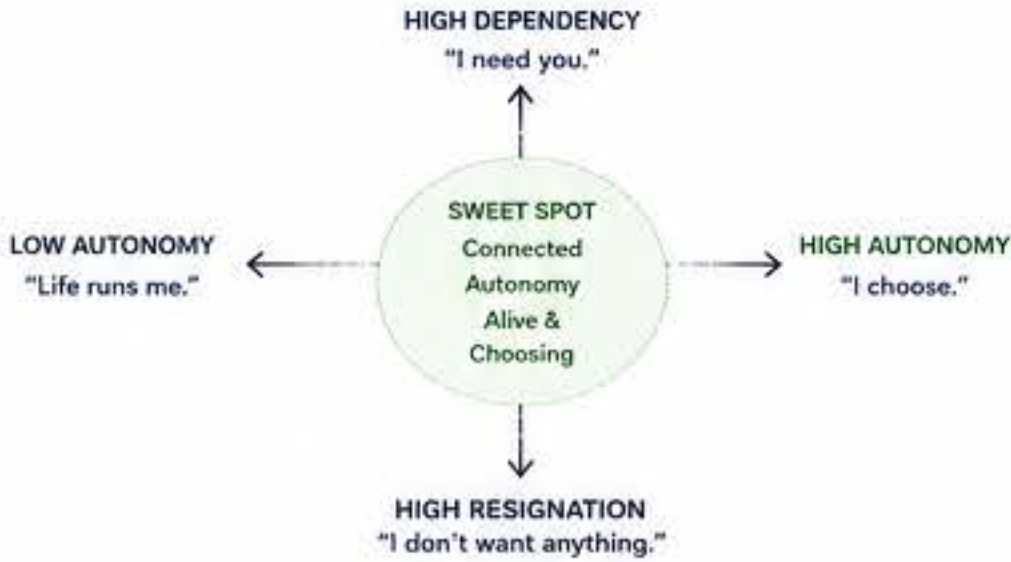
Not about
measuring
how much
MD or R.



It's about
Autonomy,
Choice &
Aliveness.

THE SPECTRUM – TWO DIMENSIONS

A better way to understand where you are.



MD vs R vs HEALTHY

DIMENSION	MORBID DEPENDENCY (MD)	HEALTHY BALANCE	RESIGNATION (R)
Need others?	Can't be okay without them.	Can need & love.	I don't need anyone.
Want something?	Want to be completed.	Genuine wants & values.	Wanting isn't worth it.
Handle conflict?	Surrender or appease.	Engage honestly.	Withdraw / avoid.
Effort & growth?	Do anything for approval.	Work for what matters.	Why bother?
Love / relate?	Merge & lose self.	Connect without losing self.	Keep distance.
Freedom?	Don't abandon me.	I choose.	Don't interfere.
Who's in charge?	Others + fear.	Me, with awareness.	Inertia / nothing matters.

HOW MUCH MD OR R IS “RIGHT”?

Not zero. The right amount is the healthy amount.

HEALTHY MD (Interdependence)

- I can ask for help.
- I can rely on others sometimes.
- I can be close without losing myself.
- I love without trying to be saved.

HEALTHY R (Autonomy)

- I set boundaries.
- I enjoy solitude.
- I say no without guilt.
- I'm not controlled by others.

WARNING SIGNS – CROSSING THE LINE

Toward MD

- Fear of being alone.
- Cling or overfunction.
- Lose interests.
- Need to be needed.
- Self-blame & self-hate.

Toward R

- Nothing matters.
- No strong wishes.
- Avoid effort.
- Withdraw from life.
- Increasing emptiness.

THE ULTIMATE TEST



- Am I more alive or less alive?
- Is this making me more myself or less myself?
- Do I choose this, or am I escaping something?
- Am I free FROM control, and also free FOR what matters?

REMEMBER

Same external behavior can look identical but come from different inner engines.

THE JOURNEY TO BECOMING MYSELF



1. Awareness
See the pattern.



2. Ownership
Take responsibility.



3. Choice
Choose consciously.



4. Engagement
Act & participate.



5. Aliveness
Live fully.



6. Authentic Self
Becoming myself.



THE ESSENCE

Don't escape yourself.
Become yourself by
living, choosing and
staying connected
to life.