Survival for Clingers

Problem: My partner can produce about 50 Love Units per day, maximum!
That's how she came out of childhood.

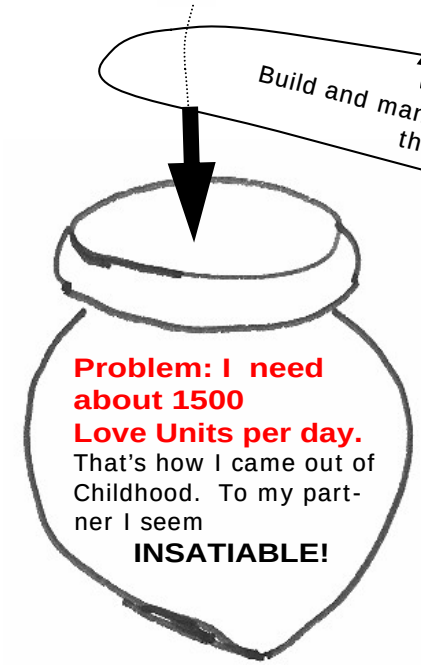
Discovery #1
I can live alone, but in a degraded condition. I don't like it.

Discover #2
There are lots of sources of Love Units out there: friends, classes, church, etc.

Solution Step #1
Improve my ability to live alone. Work toward "thriving" when alone.

Solution Step #2
Improve my ability to get Love Units from other sources. Use no source that threatens my partner.

Solution Step # 3
Build and manage a super-fast switch between these three sources of Love Units.



Problem: I need about 1500 Love Units per day.
That's how I came out of Childhood. To my partner I seem
INSATIABLE!

Summary: "As I learned <u>to be content</u> with my partner's maximum, but very small, production of Love Units, she began to learn to produce more. Her low level was related to having to defend herself against a long history of demands. When I learned to remove those demands, to assist her building skills to push those demands away, she had more and more and more to give. Wow! This worked, but took time."

Part of my Essay on Reliable Membership

Al Turtle
Http://al.turtlecounseling.com/blog
9/24/11