For example:

GIVERS AND RECEIVERS

For the Giver, it's "help."
For the Receiver, it's often "interference."

Help is not helping, unless it's requested.

The eager Giver, seeing an assumed need, jumps in —un-requested—to help,
And gets called a *bossy*, *meddling*, *know-it-all*.

The reluctant Needy, not requesting help, receives none, Then calls all possible Givers *un-caring*, *stingy*, *selfish*, and *thoughtless*.

Caught between a rock and a hard place,

What's a compulsive Giver-person to do?

- 1. Watch the suffering progress until "help!" is spoken.
- 2. Consider the needy one as an ungrateful wretch.
- 3. Accept the wrath and continue interfering.
- 4. Stop the bleeding under protest and save a life.

What's a compulsive, independent, "don't-touch-me-l-can-do-it," person to do?

- 1. Stay away from Givers.
- 2. Avoid having "needy" behaviors.
- 3. Scream "stop that!"
- 4. Suffer silently through the good intentions.

Baby Love, it's good to know

How your peeps will respond

To what you consider *compassionate, caring, loving,*And *voluntary* assistance.

Even better,
Know yourself well enough
To avoid "giving"
Because you think you
"Know what's best"

For someone else.

