

# Topics

- 1        **Setting boundaries.**
- 2        **Accepting others as they are.**
- 3        **Not responsible for others.**
- 4        **Self-caring**
- 5        **Expressing anger.**
- 6        **Letting go the need to control.**
- 7        **Letting go while caring and loving another.**
- 8        **Dependency.**
- 9        **Being loving but not responsible for others.**
- 10       **Trust.**
- 11       **Being Independent.**
- 12       **Letting go of guilt.**
- 13       **Obsessions and learning to detach.**
- 14       **Courage to change.**
- 15       **Detaching with love.**
- 16       **Recognizing my choices**
- 17       **I can be open without being vulnerable.**
- 18       **Allowing ourselves to be vulnerable.**
- 19       **Appreciating and accepting others**
- 20       **Powerless over others; owning our power.**
- 21       **I am responsible.**
- 22       **Allowing others to be themselves.**
- 23       **Healing from a dependent relationship.**
- 24       **Making amends and changing my actions.**
- 25       **Responsibility for and to myself.**
- 26       **Acceptance, not approval.**
- 27       **What's my part?**
- 28       **Giving up responsibility for others.**
- 29       **Owning our power.**