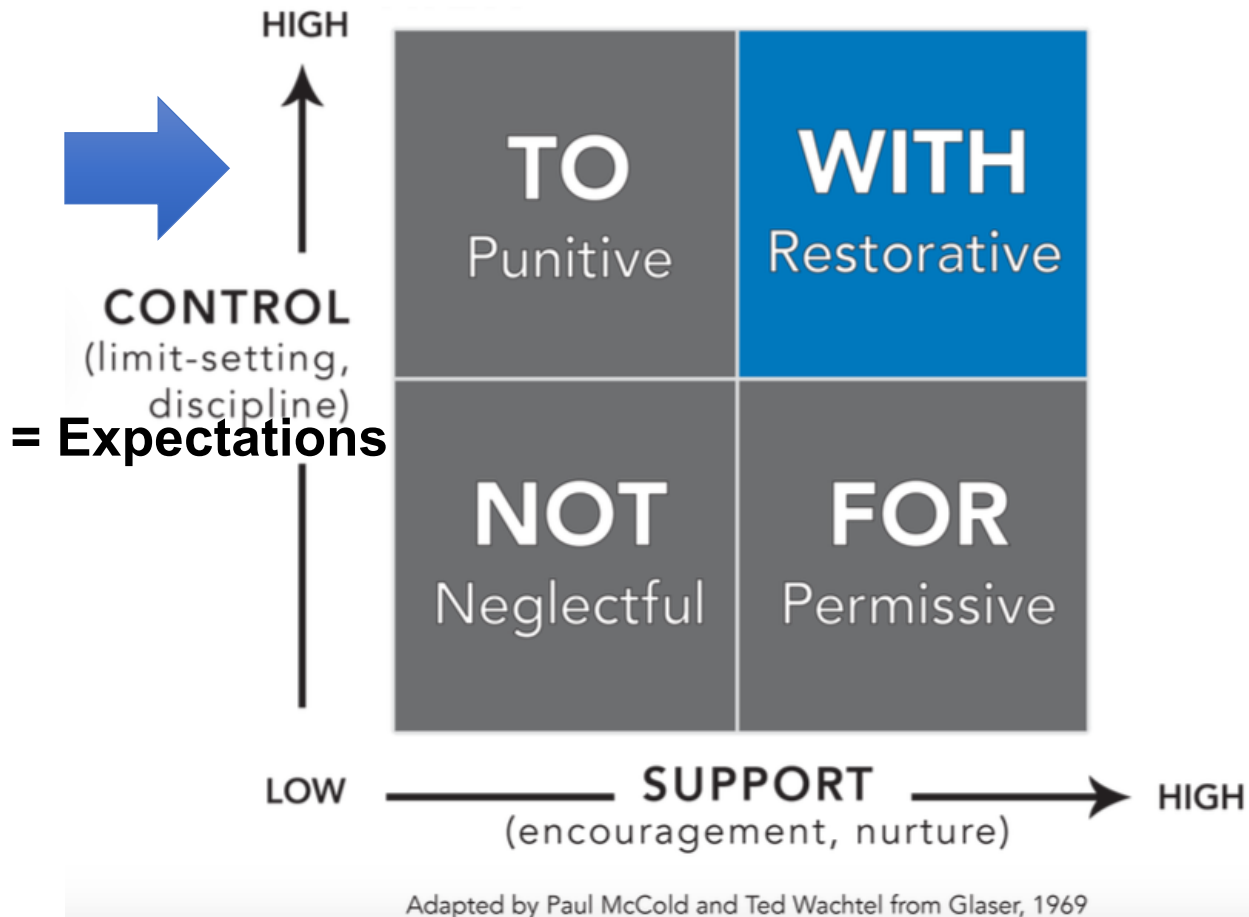


SUPPORT (Material & Emotional): Love, nurturance, encouragement, caring, food, shelter, clothing, trips to the Dr., transportation to commitments, shoulders to cry on, help with homework, allowance, etc.

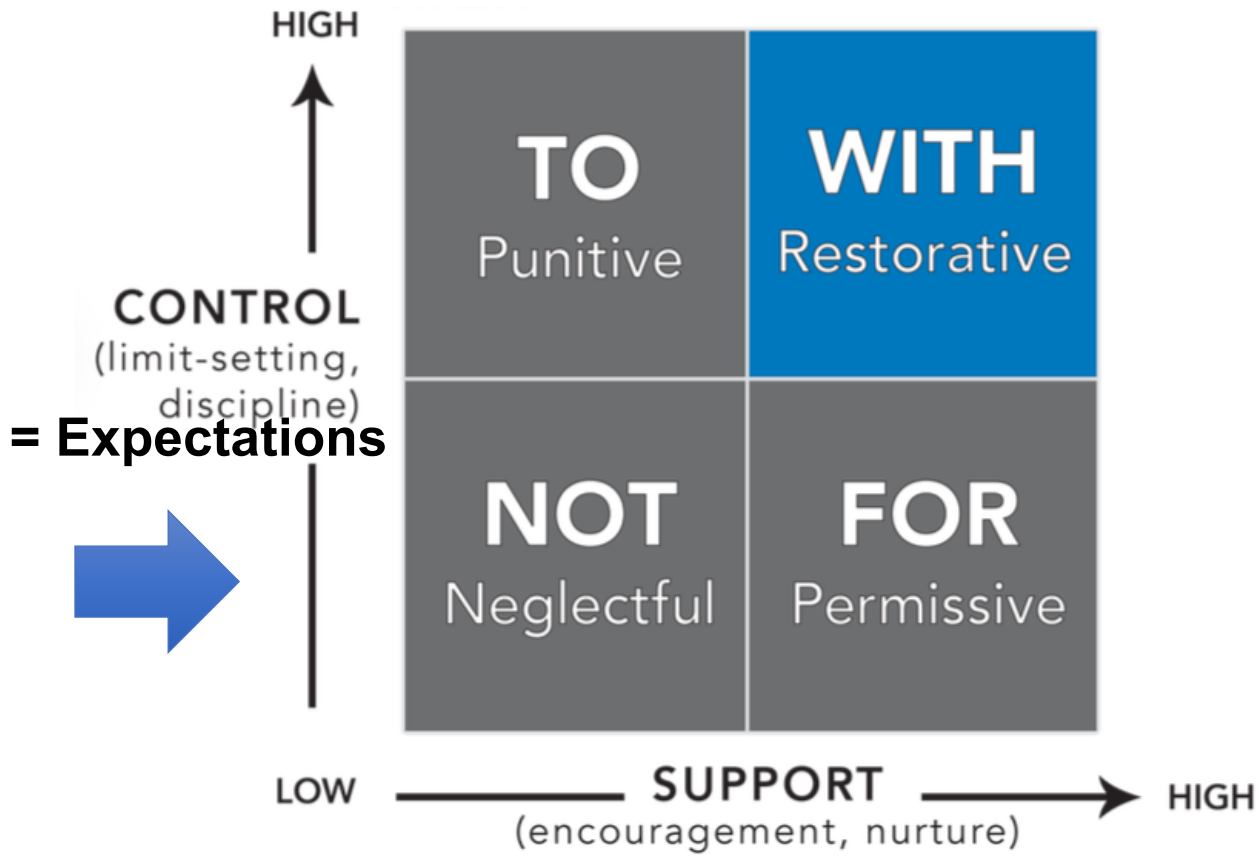
CONTROL/EXPECTATIONS: Rules, boundaries, chores, how you treat others, bed times, curfews, bedtimes, limits on technology, when you have to check in, etc.



HIGH on Control/Expectations, but LOW on Support, we call 'PUNITIVE' or '*doing things TO people*'

TO: Often, internally feeling ignored or not listened to; externally feeling pressure to perform.

The extreme of Punitive is Abusive

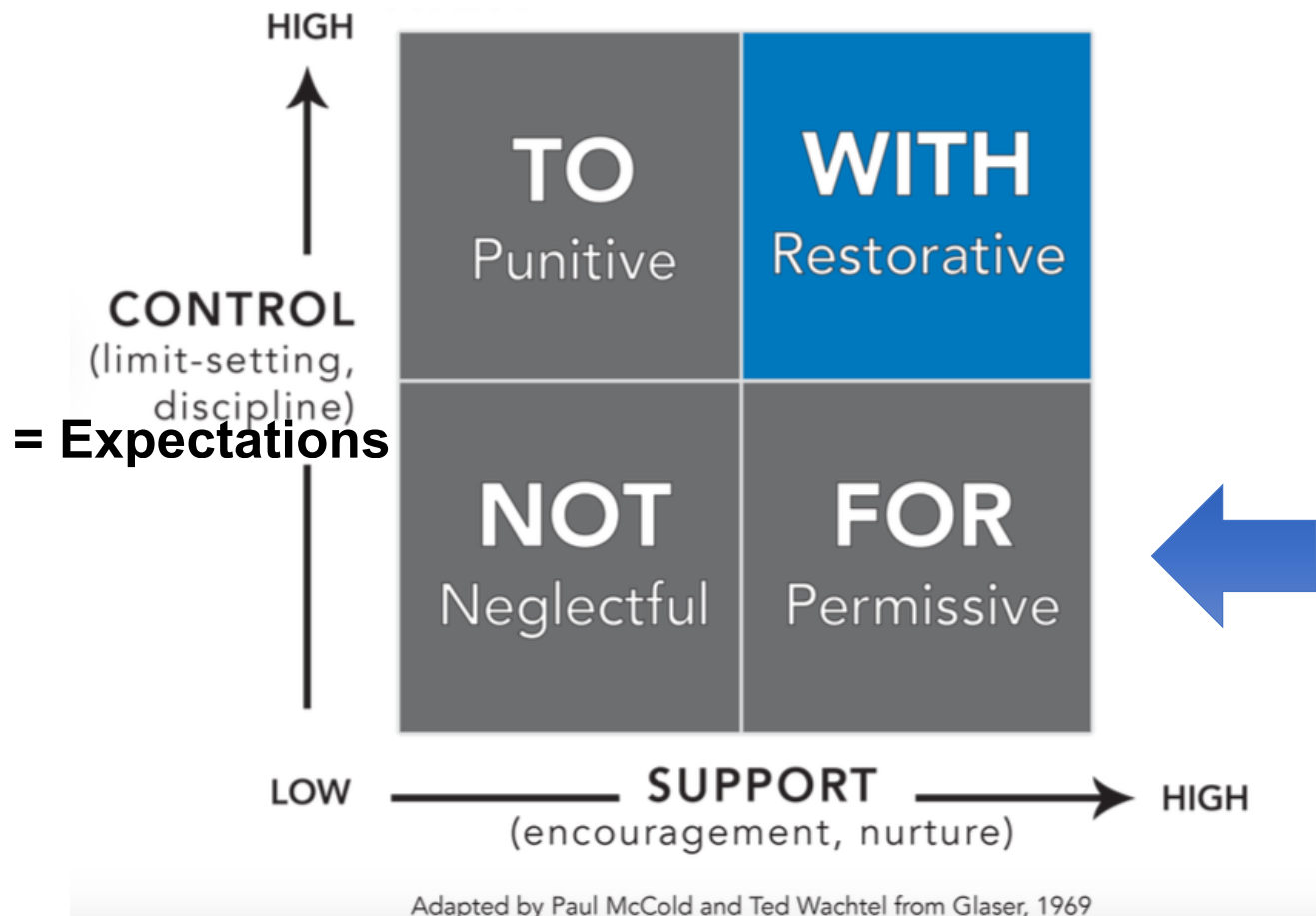


Adapted by Paul McCold and Ted Wachtel from Glaser, 1969

LOW on both Control/Expectations and Support, we call 'Neglectful' or '*NOT doing anything*'

NOT: Often, internally feeling overwhelmed, uncertain, scared; externally feeling intimidated, tired or detached.

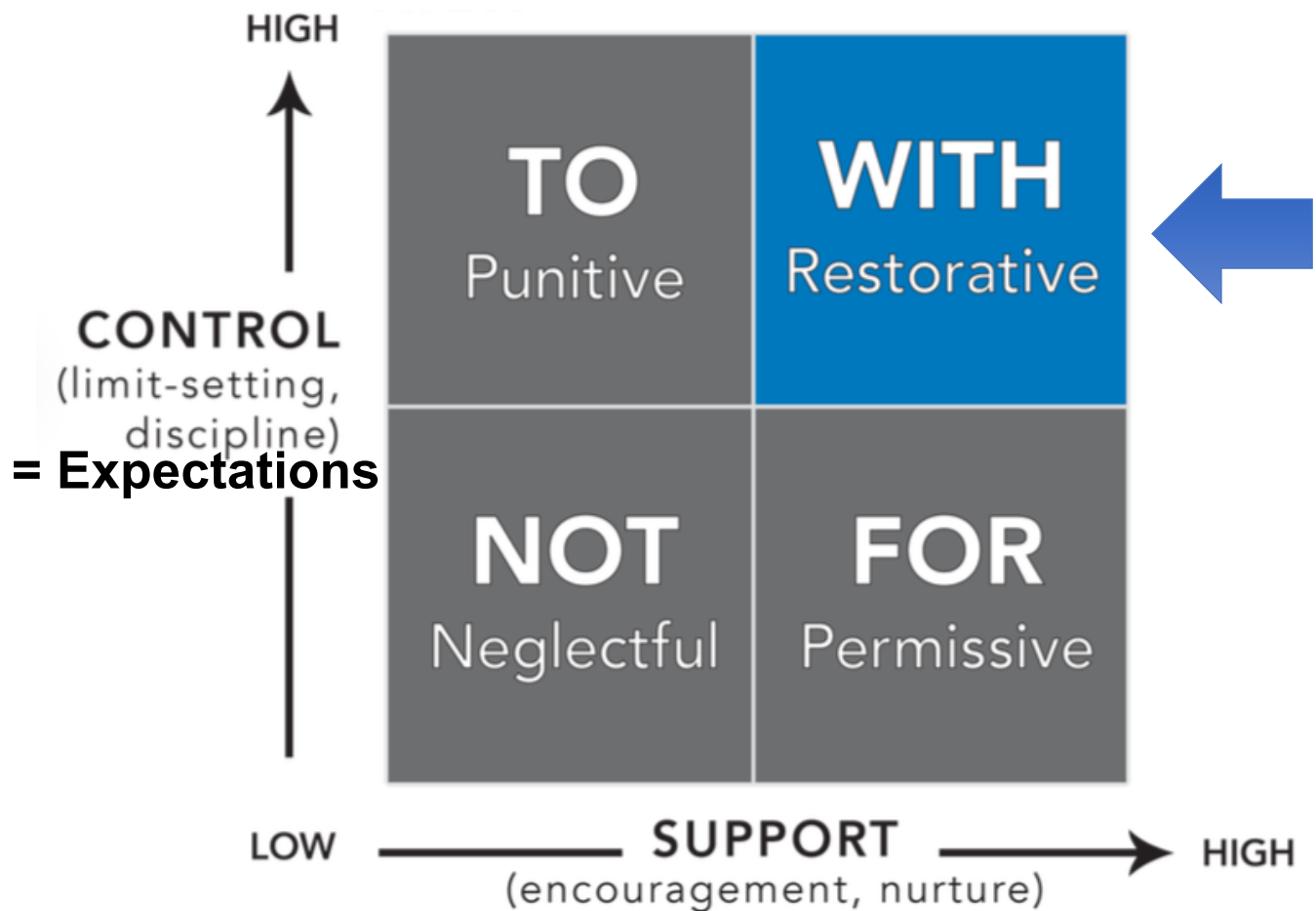
Often, internally feeling overwhelmed, uncertain, scared; externally feeling intimidated, tired or d



HIGH on Support, but LOW on Control/Expectations, we call 'PERMISSIVE' or '*doing things FOR people*'

FOR: Often, internally feeling sympathy for people (wanting the struggle to go away) OR, not wanting them to struggle at all!!

Often, internally feeling sympathy for people (wanting the struggle to go away) OR, not wanting them to



Adapted by Paul McCold and Ted Wachtel from Glaser, 1969

HIGH on Support, and HIGH on Control/Expectations, we call 'RESTORATIVE' or '*doing things FOR people*'

WITH: The people you respected most were probably in this box...parents, teachers, coaches, siblings, mentors, friends, etc.

Sounds like: "*You are aware of the expectations... how can I support you in meeting them?*"