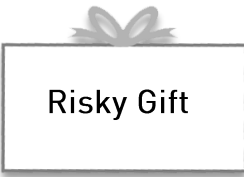
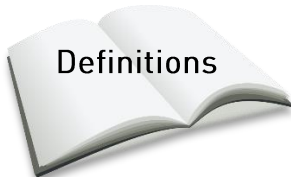


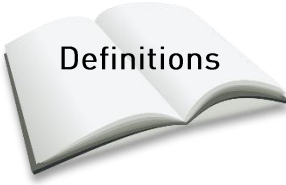



## Flipping the Risky Gifts of Overindulgence

Even though overindulgence comes from a good heart, adults who were overindulged as children have told us about many unproductive and unwanted behaviors and attitudes that cause difficulties in their adult lives. These are called “Risky gifts”.

Example	 Risky Gift	 Definitions	 Flipped to Strength
“I want it “NOW”!”	Immediate Gratification	The desire to experience pleasure or fulfillment without delay.	Can delay Gratification
“It’s all about me.”	Center of the Universe	One who thinks the world revolves around him or her.	Joyful for self and others
“Bug off!”	Disrespectful Attitude	Showing a lack of respect or courtesy.	Respectful
“I want more, More, more.”	Not Knowing What is Enough	The inability to know one’s own limits of what is needed.	Knows what is enough
“I can’t!”	Helplessness	Unable to defend oneself or to act without help.	Self-Sufficient
“But I ‘NEED’ it!”	Confusing Wants and Needs	The inability to define what is needed and what is wanted for oneself.	Separates wants from needs
“I deserve it all.”	Overblown Sense of Entitlement	An exaggerated sense of privilege.	Expects to earn from effort

## Flipping the Risky Gifts of Overindulgence

Example	 Risky Gift	 Definitions	 Flipped to Strength
"I'm taking this!"	Poor Boundaries	Being unaware of where lines between individuals are healthy and safe.	Strong boundaries
"It's not my fault!"	Irresponsible	Not showing a proper sense of responsibility.	Responsible behavior
"I don't know how."	Uneven Competencies (Lacks Skills)	Limited abilities for one's age.	Many skills
"So what?"	Ungrateful	Not feeling or showing gratitude.	Grateful
"I couldn't help it!"	Poor Self-Control	The in-ability to manage your actions, feelings and emotions.	Healthy self-control
"I was dumped again."	Relationship Problems	Difficulties in keeping connected in healthy ways with others.	Problem-solving skills
"What do I get for it?"	Goals: Wealth, Fame & Image	To strive only for wealth, fame and image.	Goals: Personal growth & meaningful relationships