**Life Lessons on LOVE and CARING:**

**Concern, Love, Devotion, Loyalty, Helping**

**Who do you rely on, to give you these soul foods? Who can rely *on you,* to share yours with them?**

**Are the people you allow to help you living healthy lives, leaving the world a better place for all?**

**Do they care about what’s best for everybody in the long run, or just for people who care about them?**

**Are *those you help* healthy, and leaving the world a better place? If they are or not, it’s contagious.**

 The key to healthy caring is ***discernment*** – we need to see both the sick and the healthy sides of everyone’s nature, especially our own, and give preference to what’s healthy, to whatever works out best for all in the long run. The sickening sides of ourselves are concerned with image management, the parts of our nature we can fix ourselves. That part helps those who will mostly help us, such as dependent loved ones who won’t much help themselves or others. The key toxic belief is that *there is only so much love to go around, so we have to keep it close at hand, where we can reel it back in.* The healthy belief is that *the more we love expecting nothing in return, the more we find we have to give,* with new love coming from within, and from other healthy people.

 ***Toxic, Unhealthy Beliefs*** ***Healthy Beliefs for Wellbeing***

• When others get loved, that’s love I could have had. 🡪 • If I rejoice in that love they get, my love grows.

• When I celebrate what others lose, that’s free joy for me. 🡪 • Feeling up when you’re down will make me sick.

• I see many people who are dependent on me to rescue them. 🡪 • All can seek and find the help and healing they need.

• I admire people who take really good care of themselves. 🡪 • I admire balanced concern for God, others, and self.

• I love who I see you to be, more than I love the real you. 🡪 • I love the real you and me, not the folks you see us as.

• I don’t care much for people I don’t know or understand. 🡪 • I let myself take care of hurting, helpless strangers.

• I quickly get depleted helping people who are helpless. 🡪 • As my circle of concern grows, I heal and grow.

• On social media, I compare how others look to how I look. 🡪 • On social media, I see what others feel and need.

 ***Toxic, Unhealthy Habits*** ***Healthy Habits of Wellbeing***

• I may get mad or envious about the good fortunes of others. 🡪 • I rejoice when others rejoice, weep when they weep.

• I over-indulge and over-protect my loved ones. 🡪 • I lovingly respect others so I can let go joyfully.

• I help only needy people already helping themselves. 🡪 • I help needy people build and enjoy a better life.

• I care about others’ feelings and needs, and neglect my own. 🡪 • I take care of others, *and* of their caretaker (me).

• I help others who let me do it my way, and thank me. 🡪 • I help others when no one will know I’ve done it.

• I will scratch your back if you scratch mine. 🡪 • I enjoy helping those who can’t do anything for me.

• I have trouble accepting and returning genuine love. 🡪 • I receive unconditional love because I give it.

• I enjoy criticizing and correcting people on social media. 🡪 • I’m sociable with my media, and my posts are kind.