

SUPINE IN CONTROL

Control is our willingness to make decisions and to accept responsibility for self and/or others.

Strengths

- Dependability.
- Ability to enforce rules and policies set by others.
- Serve with absolute loyalty.

Weakness

- Aggressive disorders.
- Open dependents.
- Defensive against loss of position.
- Weak will power.
- Difficulty and say no to self or others.
- Tendency to feel powerless and at the mercy of others victim.
- Become angry if they are choices

Needs For Supine

1. Learn to deal with anger - admitting that they are angry, not "hurt"
2. Love, affection, approval, to feel appreciated, and recognition for services.
3. Learn how to look to the Lord for assistance in making decisions and taking on responsibility.
4. To be assertive.
5. To increase self-perception.

Special Things That Significant Others Can Do For The Supine

- Tell them every day in words and actions that they are loved, needed, and appreciated.
- Try to understand their needs to socialize and provide them with the emotional support to do so. Supines are not initiators; therefore, significant others need to initiate socialization.
- Work very diligently to raise their self-image by reinforcing the positive and downplaying the negative.
- Help them make decisions, take on responsibilities, and share responsibility for the decisions they do make.
- Do not force Supines to act independently very often or for long periods of time. • Never force Supines to be the disciplinarian of the family.
- Encourage them to give their input and state their preferences.
- Encourage them to be more assertive in sharing the things that make them angry. • Accept their dependency without dominating them.
- Give Supines recognition for the service they perform.

What The Supine Can Do To Help Themselves

- Try to develop a deep, personal friendship with someone (preferably the Lord) with whom they can share decisions and responsibilities.
- Find employment or an environment where they can undertake tasks while interacting with people.
- Try to discover life situations where they are not forced to take on too much responsibility or perform as leaders but rather function in supportive roles.
- Learn to recognize their anger as anger and to deal with it constructively.
- Learn how to be more assertive and to confront when confrontation becomes necessary. Supines need to voice their needs and desires.
- Provide themselves with situations where they can supplement their needs for love and affection by seeking more friends, social interaction, and a deeper relationship with the Lord.
- In order to diminish their anxiety and stress, learn to initiate telephone calls and read books or watch television program about people.

Behavior Changes To Bring A Supine Closer To God

- Learn to deal with anger constructively and in ways pleasing to God.
- Raise their self-perception by learning to see themselves as a wonderful, loved creation of God. This will make the fear of rejection from man less intense.
- Learn to lessen anxiety by interacting with God and Christ as they would any other surface relationship.
- Learn that God is always with them and will take care of them in order to lessen their fear.
- Learn that manipulation through emotional blackmail supersedes the will of God.
- Accept love and affection from God and Christ to supplement what they do not receive from human means. This will help prevent sexual sins.
- Learn to seek direction in making decisions from God and Christ. This will strengthen their will power.