

What the Supine Can Do for 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 programs about people.

An Excerpt from:

Creation Therapy

A Biblically Based Model for Christian Counseling

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