

www.Pastoral-Counseling-Center.org suggests...

Special Things 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 A 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 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 Temperament 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.

