

Relationship Rescue

Exploring the Dynamics Behind Being a Rescuer

Part 3: Going Beyond Rescue to Support

In Parts 1 & 2, we looked at why and how we become rescuers. We identified how the existence of pride, the need for power & unresolved emotional sentiment within us have steered us towards engaging in rescuing behavior, often to our own detriment. We looked behind such behavior and recognized a universal need for unconditional love, acceptance, respect & validation which sought gratification by mistakenly using rescue as its means. And we realized, in completing the Rescuer's checklist, how very few of us can escape getting caught in the rescue syndrome. In this final part, let's explore how we go beyond rescue to the healthier place authentic support.

Rescue or Support

We have mistaken rescue with support. This is because **we** have put **ourselves** in charge of coming up with solutions when a problem occurs in our relationships. Fueled by feelings of powerlessness & insecurity or conversely, superiority & dominance, we have used rescue when what we truly needed was support. Support is a gift whereas rescue is a burden which offers only temporary solutions. And it is only after countless rescue attempts that, having hit rock bottom, we awaken to the realization that something is wrong & unhealthy with this picture.

When we choose Support over Rescue we are released from having to have the answers and coming up with solutions. Instead we realize, much to the Ego's chagrin, that our Higher Power is the one in charge & that all we need to do is invite it in for Support to come through. And by staying open and present to the countless ways in which our Higher Power will offer supportive solutions **through** us, we can remain detached from the outcome of our giving & never lose our equilibrium. Our integrity, our value & our self-respect remain intact as we simply take on the role of a messenger delivering support, as opposed to being its author.

Here are some further considerations to assist you in getting beyond rescuing to genuine support:

1. **Decide to become an 'observer'** – this essentially creates an awareness of how and ultimately why, you choose to behave the way you do. By identifying the beliefs behind your actions, you can let go of unhealthy beliefs and replace them healthy ones. Becoming an observer is a powerful & essential tool which enables you to **consciously** assess your own behavior & actions, and to change that which is counter-productive or outright damaging to your relationships.
2. **Open up a dialogue with your Higher Power** – By taking time each day in reflection & meditation, you expand your awareness to include that which is unseen, yet very real! Over time, your Higher Power reveals a treasure chest filled

with Gifts which support you as well as others through you. All you do is ask and witness how Ease replaces Effort in all that you undertake.

3. **Practice letting go of Judgment** – this is where the saying ‘Live & let Live’ is most appropriate, as it is your judgment which puts you in charge of fixing that which may not particularly be broken. By letting go of the need to be right, or to ‘do’ right, recognize that all is as it should be and that it is not your job to determine otherwise. Therefore, martyring yourself by projecting your hurts, fears & insecurities is no longer an option. Instead, when you recognize the need for support, and ask for it to come through you in the most appropriate manner, you respect another’s journey as you are not invested in how that support needs to look. Essentially, you are not in charge & therefore, carry no charge. And, you don’t run the risk of becoming frustrated, angry, bitter, resentful or apathetic, as you have divested yourself of any personal investment in the outcome.

Rescue in Relationships creates an unhealthy co-dependency dynamic which is rife with conflict, blame & self-pity. It unendingly seeks support & fulfillment from human beings & human situations which, due to their ‘humanness’, are incapable of delivering such support. Through awareness of, and connection to our Higher Power, rather than resorting to rescue we can invite in the Gift of Support to see us through our relationship problems, challenges and obstacles. By so doing, our relationships become healthier, more loving, & joyful to be in.