



Unique Interdependence

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. We have been taught to believe in the myth of independence. In truth, we live in a state of **Unique Interdependence**—each of us is a unique being, yet none of us is independent from one another. Use this exercise to explore your own Unique Interdependence.

What is unique about me? (*Who I am, not what I do*)

What can I give to others that they cannot give to themselves?

What do I need from others that I cannot give to myself?

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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