

Those Who Rely On You: Dependent VIPs.

Dependent VIPs are the loved ones who rely on you for care, guidance, and support.

These relationships may include children, elderly parents, pets, grandchildren, a partner, siblings, friends, or neighbors. Their needs—and your role—can shift based on their current circumstances, requiring flexibility, patience, and compassion.

- **Children:** You guide and nurture them, playing a crucial role in their growth and well-being.
- **Elderly Parents:** You assist with daily tasks and healthcare, providing companionship and support.
- **Pets:** You fulfill their basic needs while they offer emotional comfort in return.
- **Grandchildren:** You help raise and support them, leaving a lasting impact on their lives.
- **Partner or Spouse:** You provide physical and emotional support, especially during health challenges.
- **Siblings:** You offer help and guidance during difficult times, strengthening your bond.
- **Close Friends:** You support them through personal crises, providing both practical and emotional assistance.
- **Neighbors:** You help them maintain independence by assisting with daily tasks and offering companionship.

These relationships, though sometimes demanding, add structure, meaning, and deep connection to your life, enriching your daily experiences and strengthening the bonds with those who depend on you.

VIP Mapping Dependent VIPS

1. Who relies on you?
2. Who else?
3. Who depends on you for help and support?
4. Who else?
5. Whose well-being do you feel responsible for? Who else?
6. Suppose we asked them what they most appreciate about you; what would they say?
7. What else would they say?
8. What would their best hopes be for you?
9. Consider the following questions and scale how well you have been doing from 1-10 (10 being the best and one the opposite):
 - a. How satisfied would they say they are with your help and support?
 - b. What would they say keeps their number from being lower? What else?
 - c. Consider asking your loved ones these questions and see what comes up in the conversation. Was it helpful for you to have this conversation?