Maggie's Legacy Tentacles of Obligation

Two forms of Obligation of the Unwritten Rules

Have to unwritten rules

Sense of obligation is about YOU need to meet my needs

Relational Language consists of

Respect

Understanding and Empathy

Appreciation

Big Picture or Team Focus

Future Focus

Makes sacrifices to be of service

Aims to fulfill Purpose

Aims to maximise efforts

Responsible

Psychological Cage

Want to unwritten rules

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Sense of obligation is usually considering someone else's needs ahead of their own

This "torment of trying to operate by both languages" can erode self-respect, confidence, and self-esteem. It often leads individuals to second-guess themselves and feel compelled to comply or say "yes" when they genuinely want to say "no."

When in doubt refer to Bunker

The Bunker

The Bunker is a neutral space where conflicts are managed through mutual adherence to agreed-upon written rules, fostering fairness and collaboration.

Transactional Language consists of

Selfish, judgemental fault finding

Entitled

Expectancy

It's all about ME

It's all about me NOW

Expectation to be served

Expectation that you must PROVE yourself

Will minimise

Rights

Love of Power and Control or the Love of ME

Power of Love or Power of We