

## Dependency as a Prison

We hear or read about this again and again: opportunities in the crisis. Indeed, many a resourceful person has profited greatly precisely through crises.

During a human lifetime of an average life expectancy of 76 to 82 years, there is enough time for crises, whether in a small, private circle or concerning entire nations. Very often, crises have something to do with typical human characteristics, the description of which, however, depends on a specific image of man, namely on how man is understood, what he is seen as. There are different views on this. One may look for explanations, perhaps also for culprits, and finally realise that crises are mostly created by people. But what good is that if we have slipped into the position of a victim?

The path to victimhood is almost always preceded by a history that extends over a long period of time. It is often determined by decisions that focus more on the moment than on a look ahead, are made more from the gut than from the mind, correspond more to a current feeling than to a sensible life plan. Normally, no one wants to become a victim, and where such a need has arisen in a soul, it is judged to be psychologically pathological, a psychological misguidance, which continuously produces some kind of social crisis for the person concerned and his or her immediate environment.

Where someone interprets himself as a victim, a perpetrator or even several perpetrators are also considered and at best also named. Alleged perpetrators! This is how the standard model of the human-social problem arises, which can lead to a level of frustration so that it eventually results in hostility, quarrelling and violence. But this only spins the frustration spiral further. This is in need of therapy.

Is a certain type of schooling and education system to blame for the fact that those shaped by it prefer to shift responsibility for themselves onto

others rather than take it on themselves? Already we have slipped back into the aforementioned victim-perpetrator scheme when we pursue such questions. This happens faster than we think; and I believe the tendency to ask such questions is part of the genetic make-up of being human. Isn't that what the world gets its face from? It is the intersection of commonality through which each individual participates in shaping the collective; and this commonality is the maw through which the collective swallows the individual. A fundamental change is needed in the individual if he is to escape being swallowed up. He has to get out of the victim-perpetrator model, and that is only possible if he takes responsibility.

The extent to which the individual takes responsibility for himself and, if necessary, also for others, is identical with the extent of his being an adult. Whoever fails to do so remains stuck in the psychological and social status of a child. He remains in "protective custody", but not legally, because legally he is indeed an adult and fully responsible; and this results in an asymmetry: legally responsible, but psychologically and socially outsourcing responsibility to others. This is a contradictory situation that causes tension.

It is clear that adults must take responsibility for children in the sense mentioned. This creates a relative dependency of children and minors. A coherent, i.e. cohesive, maturation of the adolescent into an adult allows him or her to grow out of this dependency. For the child in particular, it is supposed to be a protective space, and it does not normally perceive it as a prison at first. But this changes as the adolescent grows older. However, if he does not mature coherently, and not also to the perception and assumption of personal responsibility, he may leave the walls of his childhood, but only to be transferred to another prison. He remains dependent on the behaviour and decisions of others.

Analyse your circumstances by assuming possible scenarios! This will allow you to discover the walls between which you are stuck. Don't wait until you can't stand being in your hole any longer and want to escape! Prepare yours-

elf to leave your prison, your dependencies, at the right time, sovereignly and calmly, based on your own responsibility and your own decision. You have the key to the door; and when you are out, don't let anyone or anything lock you in again.

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