

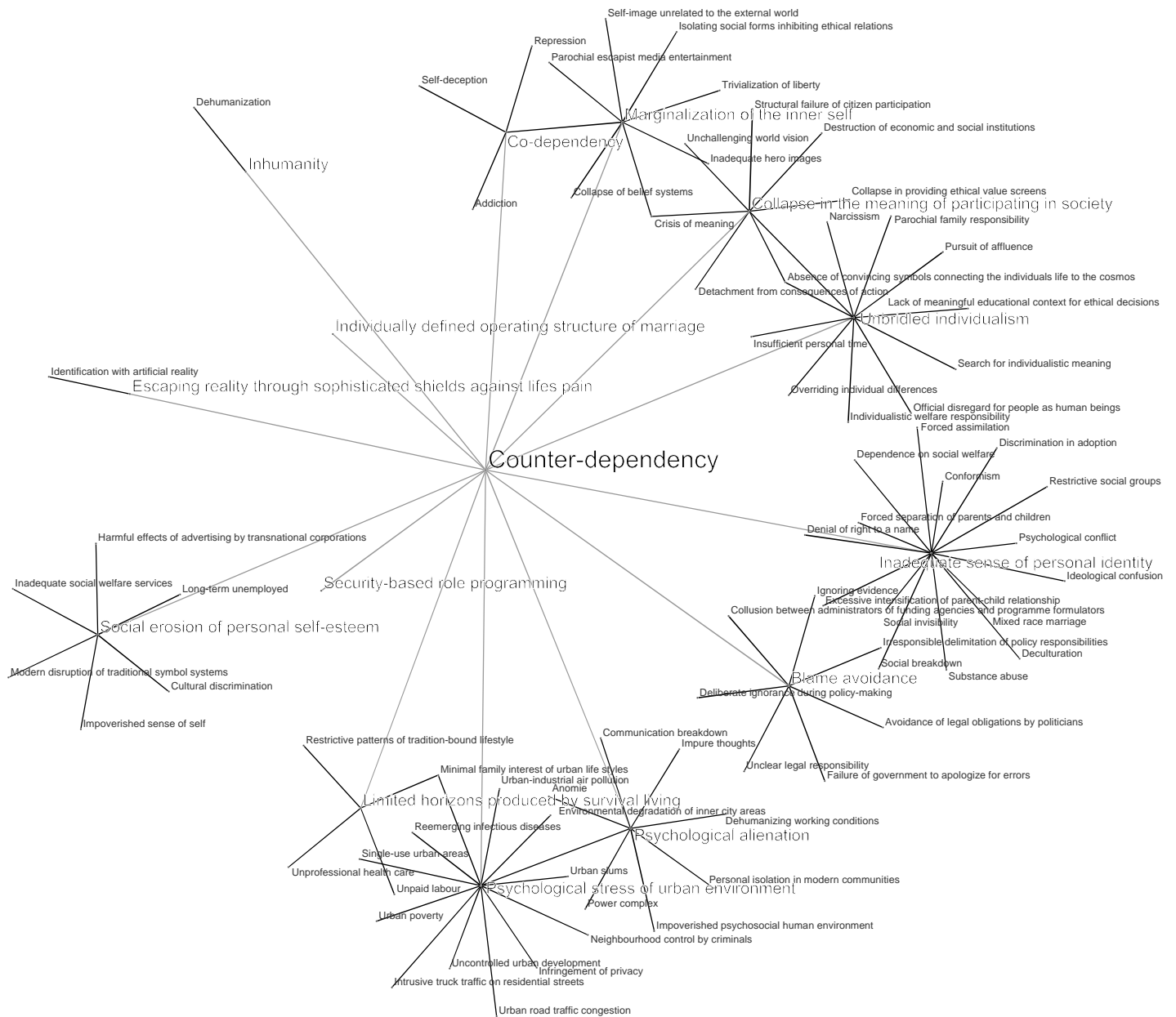
Figure 10.2.21. Counter-dependency

Database: World Problems and Issues

Link type: aggravated by problems

Network nodes: 92

UIA database: <http://db.uia.org/scripts/sweb.dll/uiaf?DD=PR&CL=2&DR=D1106>



Counter-dependency has been described in psychological circles as a reaction against extreme dependency. Counter-dependent people feel so dependent on others that they must convince them (and themselves) that they do not need anyone at all and, hence, act so as to say, "I don't need anybody". It is a tendency for people to attempt to maintain their individual stability, order and peace, by retreating into a private universe and avoiding all encounters which would wake them up. They attempt to personally control their intellectual contexts and social structures, preferring to be bound by habits and institutions, reduced images of security and well being. Social controls are used to deny the things which they would prefer not to know. Only life styles which seem to be successful in this attempt to remain asleep are pointed to as significant ways to participate in society: the modern experience of the struggle to be significant in society is often called the "rat race". The result is a feeling that social structures are crumbling, roles are becoming meaningless and impotent, and participation in decision-making processes is ineffective.