

# Healthy & Unhealthy Giving & Receiving



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# Why This Topic Matters

Growing up in dysfunction shapes how we relate to others.

Giving and receiving become survival strategies (ways to manipulate outcomes) rather than healthy choices.

When we become aware of our own dysfunctional reactions, we learn to:

- stop ourselves
- challenge our reactions
- change our behavior



# Common Traits That Affect Giving & Receiving

Hyper-responsibility: feeling responsible for others' emotions

Difficulty trusting: makes receiving uncomfortable

Fear of conflict: leads to over-giving to keep peace

Low self-worth: believing our needs are a burden





# What Unhealthy Giving Looks Like

Giving to earn love or approval

Over-functioning: doing for others what they can do themselves

People-pleasing at personal cost

Rescuing or fixing instead of supporting

Giving with resentment because boundaries weren't set

Feeling guilty when setting limits



# Why These Patterns Develop

Child Becomes the Parent: becoming the caretaker early

Unpredictability in the home: learning to anticipate others' needs

Emotional neglect: not learning how to receive

Survival mode: giving becomes a way to stay safe



# What Healthy Giving Looks Like

Giving by choice, not obligation

Offering support without self-sacrifice

Respecting others' autonomy

Giving without expecting a return

Checking to ensure not over-doing-it





# What Healthy Receiving Looks Like

Accepting help without guilt

Letting others show care

Recognizing your needs as valid

Allowing reciprocity in relationships

Practicing vulnerability in safe contexts





# Tools for Change

Boundary-setting: “What’s okay for me and what’s not”

Pausing before saying yes

Checking motives: “Am I giving from fear or love?”

Practicing receiving in small ways

Therapeutic support for deeper patterns



# Recovery Practices

Inner child work to heal early roles

Reframing worthiness: needs are not burdens

Learning interdependence instead of over-independence

Building safe relationships that are reciprocal



# Closing Reflection

Healthy giving and receiving are learned skills

Awareness creates choice

Small shifts lead to big relational changes





# Open Sharing Topics on Giving and Receiving

Unhealthy giving I have done

How I learned to give in healthy ways

Unhealthy receiving I have done

How I learned to receive in healthy ways