

## MARCH 8

*We cannot defend freedom abroad  
while deserting it at home.*  
—Edward R. Murrow

### ***Interdependence vs. Dependence/Independence***

Interdependence, in a Nonviolent Communication process, assumes that each person is autonomous. It refers to a consciousness that values everyone's needs equally, recognizes that all people have choices and are responsible for their actions, and focuses on abundance rather than scarcity. Autonomous people come together because they recognize that by doing so, they have more abundance and strength. This applies to intimate relationships, businesses, church groups—any people who come together to achieve a greater goal.

The dependence/independence paradigm assumes that either we have to be with someone else to be whole, or that we don't need other people at all. This fosters the beliefs that we are dependent on others to achieve happiness, that everyone is responsible for others' actions and feelings, and that we must focus on scarcity rather than abundance.

When we maintain an interdependent consciousness, we expand the possibilities in all our relationships.

Make a commitment to live autonomously today.

Notice where it is a challenge for you to  
maintain this consciousness.

