

Cases to Examine: Levels of Independence



Read the following cases carefully. Evaluate each case in terms of the dependence, independence, or interdependence demonstrated, assigning it the appropriate letters:

HD = highly dependent
SD = somewhat dependent
ID = interdependent
SI = somewhat independent
HI = highly independent

Case 1

I don't like to hurt my friends' feelings, and I wouldn't do it on purpose. But sometimes you just have to do what you have to do. Most of the time I like to go along with them, though. It's just that sometimes I get the feeling that I have to break out.

Rating: _____

Case 2

My mom and dad have made me stand on my own two feet ever since I was a little kid. Even though work is a drag, I've been buying my own clothes for a long time now with money I earn myself. I mean, I'm close enough to my parents, but I think you have to be your own person. I've never gotten involved in clubs or group stuff; I don't like the feeling of clinging to people.

Rating: _____

Case 3

You know, whenever I do something, I'm always on the lookout to see if anyone is watching and evaluating what I do. It seems like I pay more attention to others looking at me than to what I'm doing. I don't really like being this way because I make more mistakes than if I could concentrate.

Rating: _____

Case 4

I don't know what I would have done without Randy when my dad died. She always seemed to know what to do or say—listen, or help me laugh again, whatever I needed. Now that she's having a hard time after breaking up with her boyfriend, I'm glad I can be there for her to help her get through the hurt.

Rating: _____

Case 5

I began to dislike Todd because all he did was talk about himself. At first it was nice to meet someone so open and honest, but after a while I wondered if he even knew I was with him. He clung on anyway. I'd try to avoid him, but he would call and say, "Let's go somewhere." I would go for a while, but now I just say that I'm busy. Todd's hooked on to someone else now and is driving him crazy after just a month.

Rating of speaker: _____

Rating of Todd: _____