

CODEPENDENCY: A VICIOUS CYCLE FOR TUTORS

Rosa Hall
Antelope Valley College
Lancaster, California

Caretaker: The Tutor As Rescuer

1. Feels needed at first.
2. Believes the tutee cannot do without his/her tutoring.
3. Feels a great deal of responsibility for the tutee and feels discomfort for the tutee's problems.
4. Occasionally feels resentment at being put in a "learned helpless" situation.
5. Feels anxiety because he/she might fail tutee.

This may lead to:

Persecuted: To The Tutor As Martyr

1. Resents being asked to do work that is not the tutor's responsibility; resents the tutee.
2. Gets angry at the tutee for not taking his/her "good" advice.
3. Feels the tutee does not truly appreciate the sacrifices made by the tutor; the tutor ignores his/her own needs.
4. Resents being thought of as incompetent and becomes angry at the tutee.

This may lead to:

Victim: The Tutor As Victim

1. Often feels helpless, depressed, abused, and neglected because he/she gives more than he/she receives from the tutee.

2. Attracts perpetrators by continually attempting to save new tutees, taking part in his/her own victimization.
3. Continues the vicious cycle by returning to the caretaker role time and time again to regain battered self-esteem and satisfy codependent desires to be needed.

Appropriate Tutor Responses:

1. Encourage tutee independence.
2. Practice assertiveness.
3. Trust personal perceptions.
4. Refuse to accept responsibility OR credit for the tutee's behaviors.