

# The Bridge

How often have you relaxed and fallen asleep when things are going well for you in your life?

How much responsibility does the man on the bridge have for the man at the end of the rope?

Have you accepted responsibility for another's life? When? Why?

Have you failed to take responsibility for your own life because of guilt, duty and obligation?

Were you ever told you were "selfish" if you did not take care of your parents needs and feelings?

How did you learn to not pay attention to your own feelings and needs?

Where you ever told you were "over-sensitive," when others hurt your feelings?

Why is it so difficult to let go once you are experiencing rope burn?

What is the higher value - self sacrifice or achieving your own salvation?

What has been your "traditional way of thinking" regarding the needs and feelings of others?

Why do the needy often get most needy when others around them are functioning best?

Why are the dependent so often calling the shots?

Is there power in being dependent?

If the man of the man on the bridge never got away, could the man hanging on to the rope be accused of murder?

If the man holding the rope lets go can he be accused of murder?

When have you felt the double bind of feeling "damned if you do" and "damned if you don't"?

How does one get out of a double bind?

How would you feel if you let go of the rope?

What is the double bind in which the man of the bridge finds himself?

Where did your mind go to try to find a solution?

How does this dynamic get played out in families, schools, religious institutions, health-care delivery centers, business organizations, welfare programs?

Could both men be the same person? How do you relate to yourself? How do you sabotage your own progress on the path. Have you played both roles in your life with other people?

If someone came up to you and asked you to hold the end of a rope and you didn't know why, what would you do?

Adapted questions from Friedman's Fables, by Edwin H. Friedman