

I Am Doing This All for You

What it Really Means

Have you ever heard a parent, friend or lover say to you or heard it said to someone else that - *I am doing all this for you?* What does it mean?

"I am doing all this for you" is a potent statement designed to make the recipient feel guilty and obligated to the speaker. The energy of that statement is that *I have suffered and sacrificed myself just for you, to show you that I care.* The underline emotional statement left unsaid is that - *you owe your life and everything you have to me, and your life would be nothing without me so you should be grateful.* Most people may feel warm inside when they hear that statement said to them because someone cares about them, but they will flee or rebel shortly thereafter under the weight of the emotional and mental burden.

Why would a person say - *I am doing all this for you?* What was their motivation for saying such a thing? Parents give legacies and inheritance to their children in the hopes that their children will love them and care for them after they are gone. People give gifts to charities and universities with the expectation that they will be remembered in some way, like a building or chair named after them. Lovers give gifts to show that they care. In everyone of these situations, the gifts come with strings attached. Some of the strings are physical, others are mental or emotional.

The truth is that the person making the statement expects something in return. The return can come in many forms, but they want something. They may not say it directly, but the energy of the expectation is there.

So when you hear someone say to you that - *I am doing all this just for you,* know the truth of the statement that it really means - *I am doing this for myself,* and I expect/hope that you will comply with my expectations in exchange for some benefit you got out of the bargain.