

# Ida's Notebook

Ida Risser



Last week I lead a group discussion on women's place in life. In doing this I reviewed the book "Finding Inner Security" by Janet Congo.

The emphasis was on three different types of women that we could choose to be. I feel that most of us can relate to these three areas as we move through our life span.

The first one, which the author felt was not too desirable, was to be a dependent woman. It seems to me that in the early stages in our life we are naturally dependent as a youngster and then as a student.

Even as a young woman with children (one who stays home with them), we are dependent on someone else to support us.

Another choice that was pointed out was to be independent. It does seem that society gives more status to this type of woman. Many people consider this woman to be more successful than her sister the homemaker. Her accomplishments, possessions and acquaintances are often envied by others. But will she end up frustrated, fearful and alone?

The last choice mentioned was to

be an interdependent woman. This was explained as a person who feels equal to others and also gives them and herself freedom to grow and change. As we mature, we begin to realize our own value and the value of others.

So our life has its various seasons. At one time we are definitely dependent. Then later we strive to be independent through a job or simply by pursuing our own interests. But eventually, most of us become the best of both or interdependent. We become more sure of ourselves and we allow others to be themselves.



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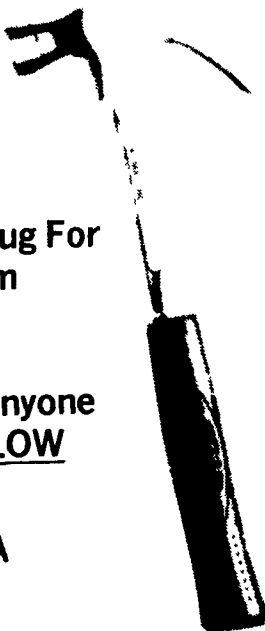
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