

Emotional Codependence



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Course Objectives:

1. Understand the behavior of codependence
2. Understand the difference between interdependent and codependent relationships
3. Damage of codependence in relationships and person

Course Objectives:

4. Reordering the Codependents perspective to trust God.
5. How to help others or ourselves recover from codependence



Portraits of men and women struggling with codependence

Portrait #1 – Man codependent on other men

- ◆ Same sex attraction, single, 25 yrs.
- ◆ Expects masculine men to care for him in a nurturing way
- ◆ Frustration with lack of compliance others have to his standards
- ◆ Complains of inconsideration of others
- ◆ Believes he is not likable
- ◆ Feels powerless and victimized



Portraits of men and women struggling with codependence

Cultural Codependence Portraits

Portrait #2


Men codependent on women for sex

Portrait #3

Mothers codependent on their children to feel
meaning and purpose

Portrait #4


Minister codependent on congregation to be
holy



Characteristics and Symptoms of Codependence vs. Interdependent

Codependent Patterns

1. Difficult Identifying Feelings
2. Difficult Expressing Feelings
3. Difficult Forming and and Maintaining close relationships



Characteristics and Symptoms of Codependence vs. Interdependent

Codependent Patterns

4. Perfectionism-expectations of others
5. Rigid and Stuck in attitudes and behavior
6. Difficulty adjusting to change

Characteristics and Symptoms of Codependence vs. Interdependent

Codependent Patterns

7. Overly Responsible for other's behavior and feelings
8. Need approval
9. Difficult making decisions
10. Feel powerless
11. Shame and low self worth/perceived failures in life

Personal Boundaries



A codependent person might say:

An interdependent person might say:

I am overwhelmed by and preoccupied with a person.

I am able to keep my relationships in perspective and function in other areas of my life.

I let others define me.

I know who I am in Christ, and I am wary of people who want to remake me.

Source: Counseling Adult Children of Alcoholics by Sandra D. Wilson, Ph. D



A codependent person might say:

An interdependent person might say:

I let others determine what I feel.

I refuse to allow someone else to tell me, "You don't feel that way."

I let others direct my life.

I listen to opinions, but I make decisions for myself, based on God's leading of my choices.

I violate personal values to please others.

I am not willing to "do anything" to maintain a relationship. I have values that are not negotiable.

Patterns of Codependence

By Robert Burney

- ◆ The Aggressive-Aggressive defense or "militant bulldozer"
- ◆ The Aggressive-Passive person, or "self-sacrificing bulldozer"
- ◆ The Passive-Aggressive, or "militant martyr,"
- ◆ The Passive-Passive, or "self-sacrificing martyr"

Codependence Definition



Codependent No More, by Melody Beattie,
New York, Hazeldon Foundation, 1987

Defining the Codependent Person

One who has let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior.

One whose "Self" was underdeveloped that s/he becomes dependent: addicted to the esteem & acceptance of others for survival to the point that it hurts: Gullibility, Deception: Manipulations, Self-Defeat, Tragic-outcomes, Win-Lose, Dehumanization, (© 1998 M Wong, PhD)

Codependence Definition

This is a relationship where another person's behavior is

affecting the codependent's sense of well-being, and they become obsessed

with controlling that person's behavior.



The Word Codependence

◆ **Alcoholics Anonymous (AA)**

– Founding of treatment centers in the late 1950s and early 1960s.

◆ **Mid-to-late 1970”s**

– Behavior patterns of families affected by addiction.

- Family Systems Dynamics.
- Adults who had grown up in Alcoholic families



DSM Criteria for Codependence

- (1) Consensual investment of self-esteem in the ability to influence/control feelings and behavior in self and others in the face of obvious adverse consequences
- (2) Assumption of responsibility for meeting other's needs to the exclusion of acknowledging one's own needs



DSM Criteria for Codependence

(3) Anxiety and boundary distortions in situations of intimacy and separation

(4) enmeshment in relationships with personality disordered, drug dependent and impulse disordered individuals; and

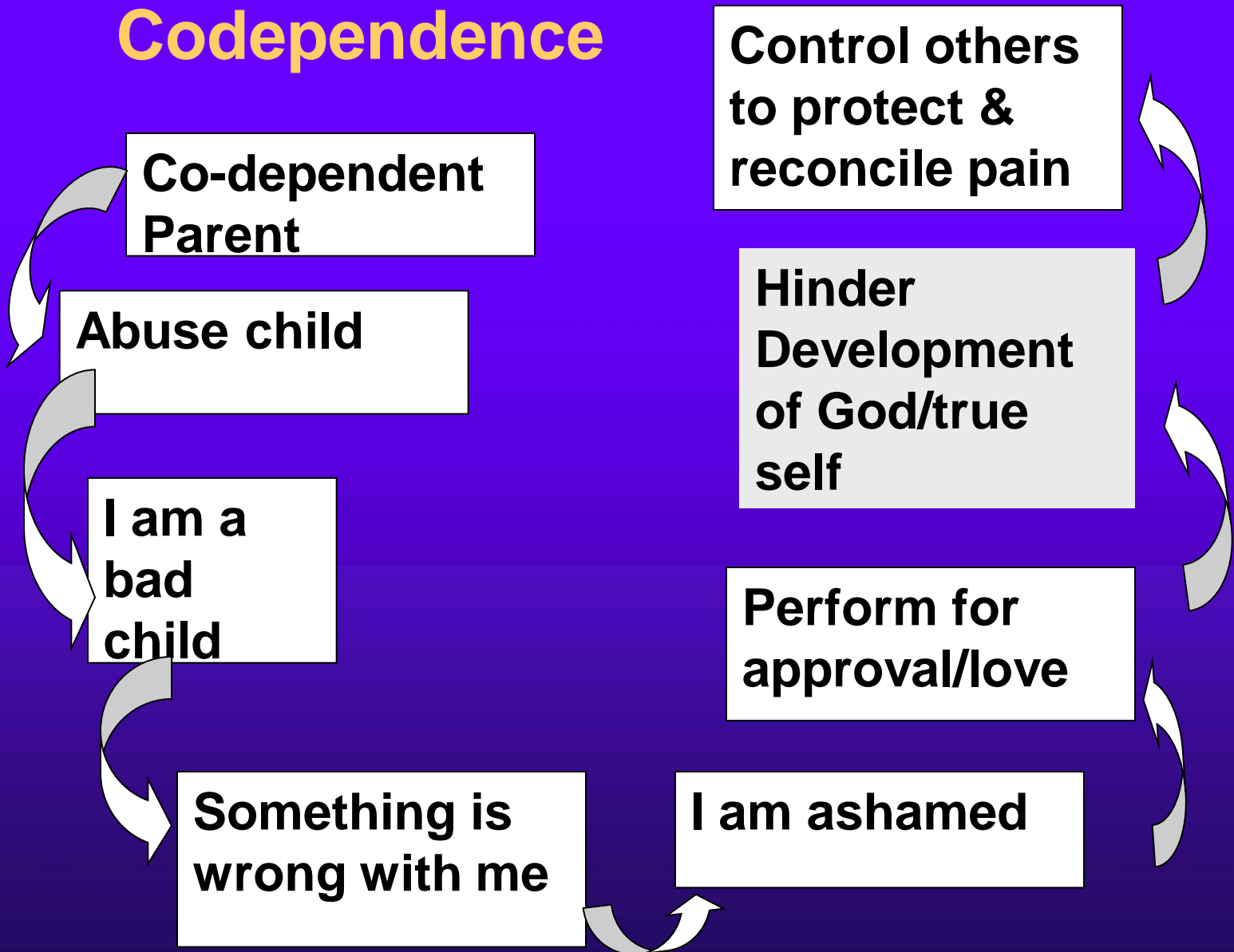


DSM Criteria for Codependence

(5) exhibits (in any combinations of three or more)

- ◆ Constriction or emotions with or without dramatic outbursts, depression, hyper vigilance, compulsions, anxiety,
- ◆ Excessive reliance on denial, substance abuse,
- ◆ Recurrent physical or sexual abuse,
- ◆ Stress-related medical illness
- ◆ A primary relationship with an active addict for at least two years without seeking outside support.

The Family Environment Of Codependence





Contrasting Families

Functional

Trusting is OK

Feeling is OK

Talking is OK

Each Child is Special

Love is unconditional
(even after a mistake)

Non-toxic Shame-Guilt developed

No need to keep Secrets

Communication is Clear & Direct

Free & Open: Secure

Growth-Optimism Producing

Dysfunctional

Trusting is not OK

Feeling is not OK

Talking is not OK

Each Child is Worthless

Love is Transactional
(No acceptance approval/affirmation)

Blame-Shame-Performance based

Keeper of Family Secret

Double-bind, mixed meanings

Anxious-Restrictive: Fear

Precipitate Self-Defeating Behaviors



Family Rules Sustaining Codependence

1. Don't Talk About Problems
2. Don't Express Feelings Openly
3. Always Communicate Indirectly
4. Expectations Are Unrealistic,
Fantasy-Based



Family Rules Sustaining Codependence

5. Don't Be Selfish
6. Do As I Say ... Not As I Do
7. It's Not OK To Play, Relax
8. Don't Rock The Boat

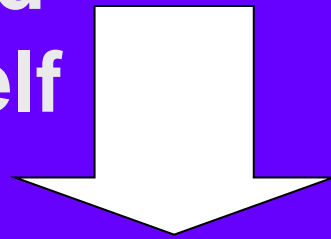


Progression of Codependence

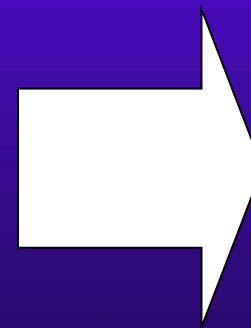
By Robert Subby



**Begin with
Public and
private self
unified**

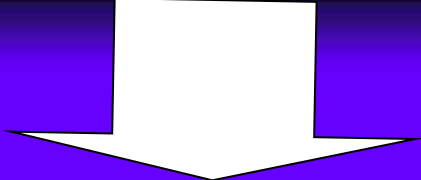


**Regression of
normal
thoughts and
feelings**

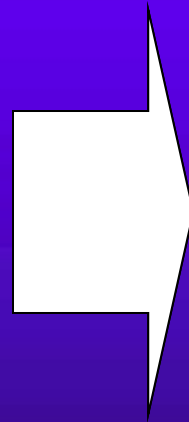


**Increased
tolerance
toward painful
interaction**

Phase 1- First Phase



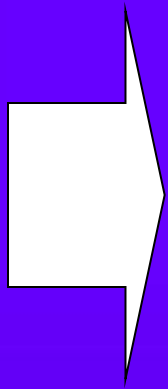
**Compulsive
behavior to
medicate
inner pain**



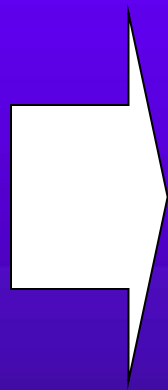
**Delusion and
projection of
pain onto
relationships
and situations**

Phase 2-Acute Phase

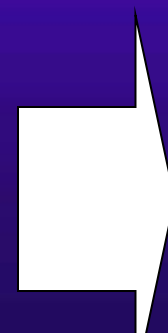
Phase 3 - Chronic Phase



**Psychosomatic
Symptoms begin
(pain, headaches,
insomnia, lower
back pain, chest
pain)**



**Extreme mood
swings, physical
and emotional
breakdown,
severe
depression and
thoughts of
suicide.**



**Full development
of separated
public and
private self**

Treatment from Codependency

The Bible on Codependence

Letting Go of Over-Responsibility

"If I don't do it, it won't get done right. Someone has to do it, I guess it'll have to be me."

–Exodus 18:13-24

Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and laws."

"Moses' father-in-law replied, "What you are doing is not good. You and these people who come to you will only wear yourselves out."


Treatment from Codependency

Letting God Give Us Rest

"It's O.K. It is not that bad. I can manage, thanks. I wouldn't actually say I'm burdened, I just get a little tired sometimes."

–Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."



Treatment from Codependency

Letting Go of Denial

"We dress up when we go to church and we smile a lot. As long as no one comes to the house, no one really knows that things aren't going well."

- Psalm 102:1-11, 17-20

"The Lord looked down from his sanctuary on high, from heaven he viewed the earth, to hear the groans of the prisoners and release those condemned to death"


Treatment from Codependency

Letting God Help Us Tell the Truth

Being nice may feel safe and may even feel "Christian" to many people. The reality is that "nice" is often a lie. It is often a cover for deep hurt and anger.

- Matthew 18:15-17

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over."




Treatment from Codependency

Letting Go of Blame

"I am miserable. It is all your fault. If you would change, I would be happy again."

- Genesis 3:1-13

"Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."



Treatment from Codependency

Letting God Take Care of Those We Love

"I can't just sit here and do nothing. He needs me now more than ever. No one understands him like I do. I'm his only hope."


- Mark 10:17-23

"I can't just sit here and do nothing. He needs me now more than ever. No one understands him like I do. I'm his only hope."

Treatment from Codependency

Psychotherapy Issues


1. Spiritual integration of belief in Unconditionally Loving God
2. Reduce self hate, guilt and self punishment
3. Learn to feel and express anger



Treatment from Codependency

Psychotherapy Issues


4. Identify and nurture “true self” expression
5. Restructure cognitive beliefs about relationship rules and boundaries
6. Develop self worth and self respect



Treatment from Codependency

Psychotherapy Issues

7. Develop healthy relationships with clear boundaries
8. Reconcile boundary violations and confront family rules
9. Develop true self



Treatment from Codependency

12 Step Program

The Twelve Promises
of Co-Dependents Anonymous



The Twelve Promises of Co-Dependents Anonymous

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.



The Twelve Promises of Co-Dependents Anonymous

5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.



The Twelve Promises of Co-Dependents Anonymous

8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.



The Twelve Promises of Co-Dependents Anonymous


11. I trust a guidance I receive from my Lord Jesus and come to believe in my own capabilities.

12. I gradually experience serenity, strength, and spiritual growth in my daily life.


Resources

- Against the Wall, men's reality in a codependent culture, by Marshal Hardy and John Hough
- Back from Betrayal, Recovering from His Affairs, by Jennifer Schneider, M.D.
- Beyond Codependency, and getting better all the time, by Melody Beattie
- Boundaries & Relationships, knowing protecting & enjoying the self, by Charles L. Whitfield, M.D.

Resources

- 
- ❑ Boundaries: Where You End and I Begin, by Anne Katherine, M.A.
 - ❑ Choice-Making, for codependents, adult children and spirituality seekers, by Sharon Wegscheider-Cruse
 - ❑ Codependence: misunderstood-mistreated, by Anne Wilson Schaef
 - ❑ Codependent No More, how to stop controlling others and start caring for yourself, by Melody Beattie


Resources

- 
- Facing Codependence, by Pia Mellody
 - Healing Together: a guide to intimacy and recovery for co-dependent couples, by Wayne Kritsberg
 - I'm Dying To Take Care of You, nurses and codependence, breaking the cycles, by Candace Snow and David Willard

Resources

- ❑ In *Sickness and In Health: The Codependent Marriage*, by Mary S. Stuart
- ❑ *Is It Love or Is It Sex?: Why Relationships Don't Work*, by Carla Wills-Brandon
- ❑ *Leaving the Enchanted Forest: The Path From Relationship Addiction to Intimacy*, by Stephanie Covington and Liana Beckett
- ❑ *Lost In the Shuffle, the codependent reality*, by Robert Subby

Resources

- 
- ❑ Reclaiming your self: the codependent's recovery plan, by Brian DesRoches
 - ❑ Step-By-Step Guide To Recovery, for all adult survivors and codependents, by Mohan Nair
 - ❑ Talk, Trust, And Feel, keeping codependency out of your life, by Melody Beattie
 - ❑ The Truth Will Set You Free, by Fr. Jack McGinnis and Barbara Shlemon

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