

# 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



| <b>A codependent person might say:</b>             | <b>An interdependent person might say:</b>  |
|--|---|
| <b>I let others determine what I feel.</b>         | <b>I refuse to allow someone else to tell me, "You don't feel that way."</b>                                |
| <b>I let others direct my life.</b>                | <b>I listen to opinions, but I make decisions for myself, based on God's leading of my choices.</b>         |
| <b>I violate personal values to please others.</b> | <b>I am not willing to "do anything" to maintain a relationship. I have values that are not negotiable.</b> |

# 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

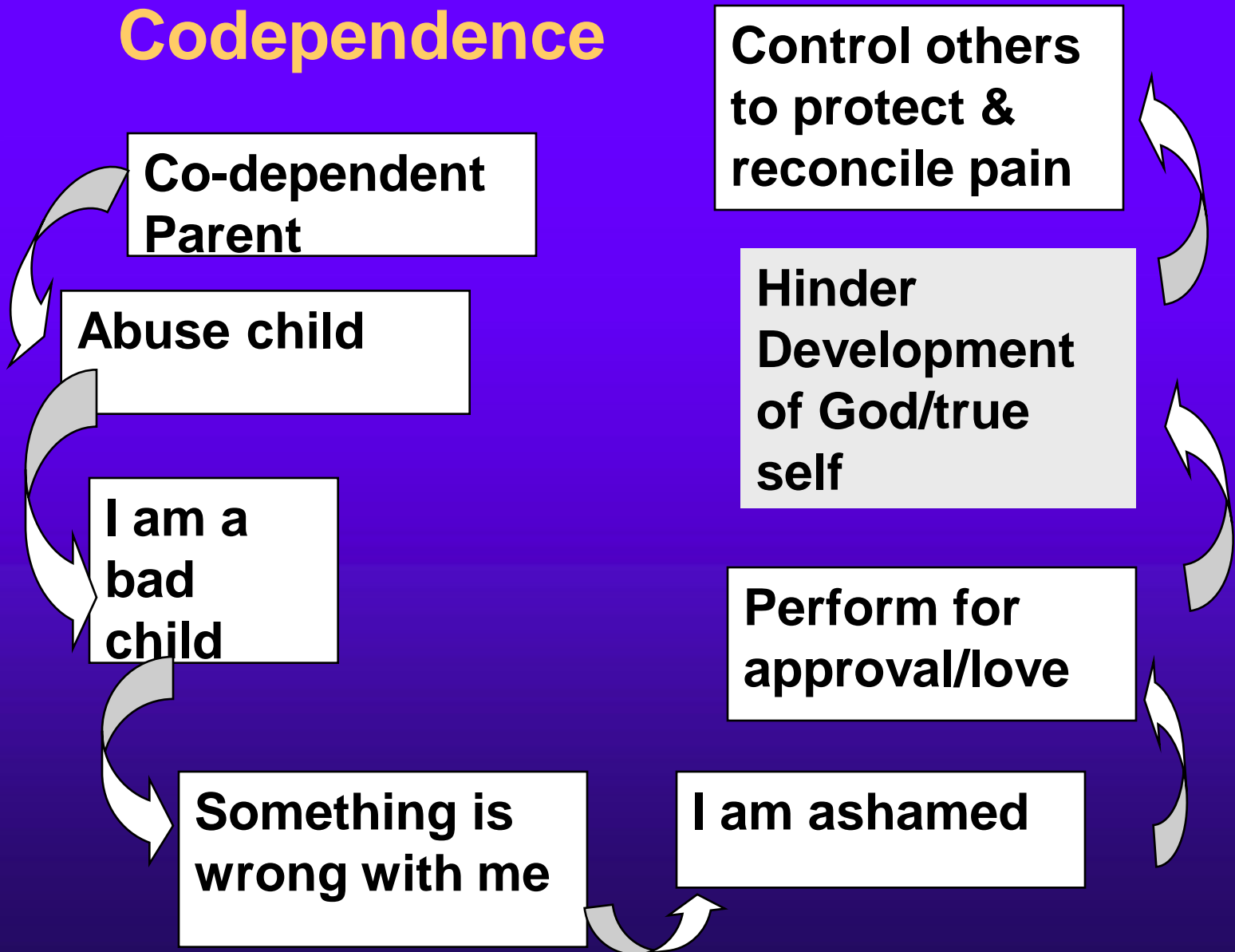


# DSM Criteria for Codependence

**(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



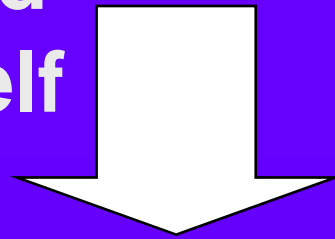
# Progression of Codependence

By Robert Subby

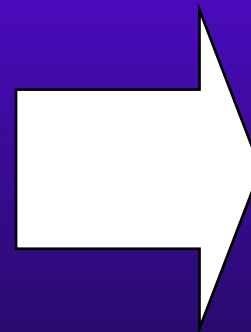




**Begin with  
Public and  
private self  
unified**

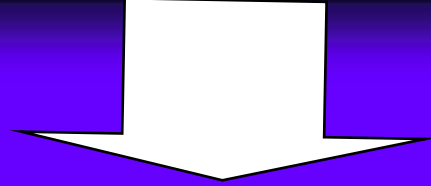


**Regression of  
normal  
thoughts and  
feelings**

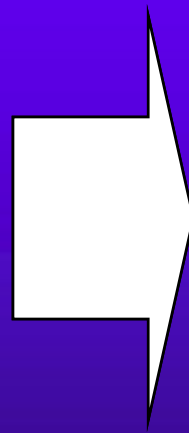


**Increased  
tolerance  
toward painful  
interaction**

## **Phase 1- First Phase**



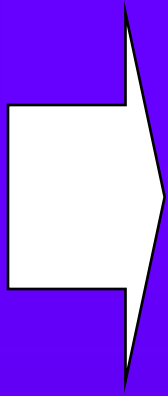
**Compulsive  
behavior to  
medicate  
inner pain**



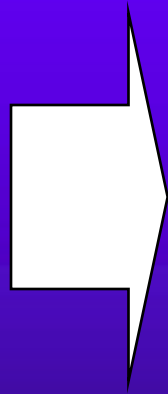
**Delusion and  
projection of  
pain onto  
relationships  
and situations**

## **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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