

How can we distinguish between codependency, which is unhealthy and mature faith, which is healthy?

Codependency Says:

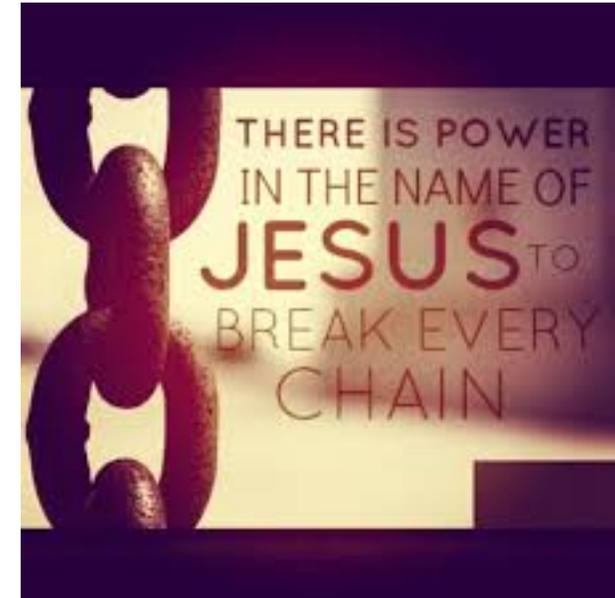
- ◆ I have little or no value.
- ◆ Other persons and situations have all the value.
- ◆ I must please other people regardless of the cost to my person or my values.
- ◆ I am to place myself to be used by others without protest.
- ◆ I must give myself away.
- ◆ If I claim any rights for myself, I am selfish.
- ◆ I continually seek to please people.
- ◆ I am often motivated out of fear and guilt.
- ◆ I need to be needed.
- ◆ I often react to situations instead of making active choices and following through.

Codependency

In its broadest sense, codependency can be defined as an addiction to people, behaviors, or things. Codependency is the fallacy of trying to control interior feelings by controlling people, things and events on the outside. To the codependent, control or lack of it is central to every aspect of life.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm For more information: 774-272-1358 or email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go towards Market Basket/Home Depot lights, take left onto Lovett Rd, follow and bare right onto Sacarrappa Rd. church is on left.

CODEPENDENCY



Faith
Based
Recovery

A Christ Centered
12 Step Recovery Program

Compliance Patterns

- I assume responsibility for other's feelings and behaviors.
- I feel guilty about others feelings and behaviors.
- I have difficulty identifying what I am feeling.
- I have difficulty expressing feelings.
- I am afraid of my anger, yet sometimes erupt in a rage.
- I worry how others may respond to my feelings, opinions and behavior.
- I have difficulty making decisions.
- I am afraid of being hurt or rejected by others.
- I minimize, alter or deny how I truly feel.
- I am very sensitive to how others are feeling and feel the same.
- I am afraid to express differing opinions or feelings.
- I value other's opinions and feelings more than my own.
- I put other people's needs and desires before mine.
- I am embarrassed to receive recognitions, praise or gifts.
- I judge everything I think, say, or do harshly.
- I am a perfectionist.
- I am extremely loyal, remaining in harmful situations too long.
- I compromise my own values and integrity to avoid rejection or other's anger.

10 Traits of Codependency

1.	The codependent is driven by one or more compulsions.
2.	The codependent is bound and often tormented by the way things were in the dysfunctional family of origin.
3.	The codependent's self esteem (and frequently maturity) is very low.
4.	A codependent is certain his or her happiness hinges on others.
5.	Conversely, a codependent feels inordinately responsible for others.
6.	The codependent's relationship with a spouse or significant other is marred by a damaging, unstable lack of balance between dependence and independence.
7.	The codependent is a master of denial and repression.
8.	The codependent worries about things he or she can't change and may well try to change them.
9.	A codependent's life is punctuated by extremes.
10.	A codependent is constantly looking for the something that is missing or lacking in their life.

Enabling

Enabling is defined as reacting to a person in such a way as to shield him or her from experiencing the full impact of the harmful consequences of their behavior. Enabling behavior differs from helping in that it permits or allows the person to be irresponsible.

It includes:

- Protecting from natural consequences of behavior.
- Keeping secrets about behavior from others in order to keep peace.
- Making excuses for the behavior.
- Bailing others out of trouble.
- Blaming others for dependent person's behavior.
- Seeing the problem as the result of something else.
- Avoiding the chemically dependent person in order to keep peace.
- Giving money that is underserved or unearned.
- Attempting to control— planning activities, getting jobs, choosing friends.
- Making threats that have no follow through or consistency.
- Taking care of chemically dependent person (doing what they should be expected to do for themselves).