

THE CRIPPLING WORLD OF CODEPENDENCY : HOW YOUR HELP CAN ACTUALLY HURT pdf

1: Taking on The Codependency Treatment Field: A Time For Change | Self-Love Recovery

Codependency refers to a psychological construct involving a type of unhealthy relationship that people can share with those close to them. It was originally thought to involve families of substance abuse but has since grown to include other types of dysfunctional relationships. Read on to learn.

Her voice was filled with pain-staking fear. She was sitting in jail. My blurry, tired eyes adjusted to the harsh glow of my cell phone as I looked at the time. She stood there looking down at the ground with a defeated look on her face, perhaps still hungover. Her arms were crossed over her torso, clinched tight around her frame. My door locks clicked. She got in my car, never lifting her head. Her disheveled hair draped over her eyes as if to hide her embarrassment. Bethany let out deep sobs with diaphragmatic breaths. I offered a napkin from my center console. But there are better things you can do for that individual that will improve their quality of life and spare you from the toxicity of a codependent relationship. I was all too familiar with hurt, and I understood what it meant to feel shame. She knew, and if I spent time telling her what I think she should have done, it would have closed the door to trust. Set and maintain boundaries Bethany was in need of emotional support, and the circle of people she trusted was small. She called frequently, all hours of the night, and while I was at work. She was facing more jail time, and it was becoming increasingly difficult to watch her struggle. I knew that what was happening in her life was part of her journey, and if I disrupted the course, I would be denying her the lesson she was meant to learn. If Bethany was going to change, she would have to endure the consequences of her actions. It had to be her decision. Your feelings matter, too Helping someone in need can leave you feeling exhausted, resentful, angry, hurt, sad or frustrated. There are myriad reasons why you may find yourself in such situations, but by having an awareness of your own habits and behaviors, you can avoid a potentially dysfunctional relationship.

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2: The Codependent's Constant Urge to Apologize – Addicted to Love and Drama

The cycle of codependency can only be overcome by establishing and nurturing a super-loving relationship with yourself. Otherwise, you will continually find yourself in unhealthy, codependent relationships.

From *The Human Magnet Syndrome: The Codependency Narcissist Trap. Your Life Begins Now!* You, as a husband or wife, sister or brother, friend, or, for that matter, simply as a concerned member of mankind, should consider joining my crusade of stamping out this crippling disorder and becoming a part of the worldwide self-loving fraternity. Please trust me on this. It will be strewn with obstacles over which you will likely trip. You will probably fall, get hurt, and not want to get up again. It is neither a short nor an easy road to travel, but as I am sure you have heard many times before, it is not the journey, but the destination. As noted, expect to make a one-to-two-year commitment to complete the journey. This might seem like a long time. However, if you consider the combination of the dysfunctional forces responsible for your SLDD, and the percentage of your life you have already been encumbered by it, you will see how patience and perseverance will get you where you need to be – sooner than you can imagine. And the payoff will be more than you could conceive. Something as good as SLA is going to ruffle some feathers. The bird that learns to fly again, after having its wings clipped, will compel its captor to want to return it to its cage. If you resist their efforts to force you back inside the cage, they will likely double down on methods that originally worked to bring you into compliance. And try they will. The math is simple: This will be the fight of a lifetime; it will not be easy, and there will be painful, but surmountable, consequences. As each component of your gaslit self is dismantled, you will reacquaint yourself with your real self and others-narrative. Despite not always being happy or positive, they will no longer point downward to the shameful abyss where SLDD resides, but rather in the direction of the sky, where your self-loving future can be found. What would you say if I told you that you always held all the winning cards in your hand, but never knew it? Now that narcissists are no longer choreographing your reality, you can finally be what you were always meant to be. Often, the toughest journeys are the ones that have the biggest payoffs. Although my dad taught me little about self-love, every so often he accidentally passed on tidbits of wisdom. Knowledge is power, and power is paramount for the uphill battle to get the monkey off your back and join the community of self-loving people. Journal on the emotions that are triggered by the family tree exercise. Journal on your LRC statistics, which includes why you think it happens. Journal on your thoughts and feelings regarding the lack of mutuality and reciprocity of LRC in your life. His trainings, which feature his original work, have been presented in 30 states and twice in Europe. Drop the Codependency Baton! Retrieved on November 15, , from <https://>

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3: Overcoming Codependency: Breaking the Cycle of Unhealthy Relationships - Tiny Buddha

The point is that codependent relationships are not only painful, but can be unsupportive and destructive. Codependents have problems receiving the good stuff that relationships can potentially offer.

I was a highly sensitive child and, subsequently, struggled with low self-worth for most of my life. Although I had many friends and a good family, I consistently looked for approval outside of myself. I grew up believing that the opinions of others were the only accurate representations of my core worth. During these years, I felt a lot like an island. I was often plagued with a dark, mysterious unhappiness. The standard teenage growing pains conglomerated with the trauma of losing my familial identity. In a desperate attempt to counter these negative feelings, I sought the approval of others; when it was not provided, I felt like a failure. I was caught up in vicious cycle of seeking outside confirmation that I was good enough. At school, I adopted the role of boy-crazy-funny-girl. I wanted to be adored and nurtured and cherished. I kept a list of all the cute boys at my school and spent hours daydreaming about a blissful, fairy tale love. I consistently focused on seeking happiness outside of myself. This habitual practice, over time, led to an inability to be content unless something or someone was providing validation. Most of the time, I felt like I was not good enough. This falsely instilled belief led me into a decade-long struggle with codependency. The first codependent relationship I was involved in began when I was nineteen. He was ten years older than I was, and, unbeknownst to me at the time, a cocaine addict. Our routine was unhealthy and unproductive. We would spend our weekends drinking and gambling at a local pool hall. More often than not, I spent my entire weekly paycheck by the end of Saturday night. He belittled me, called me names, and consistently criticized my appearance and weight. He compared me to his previous girlfriends. I began to see myself as an incomplete person, one who was in need of major repairs and upgrades. In a frantic effort to self-preserve, I adopted several fear-based behaviors. I became obsessed with him. I was controlling and jealous. I needed to know everything about his past. I wanted desperately for him to accept me. Over the ten months we spent together, I neglected my body and mind. My weight dropped a staggering thirty pounds. I was completely disconnected from my family and friends. I developed severe anxiety and suffered crippling panic attacks. I knew something had to change, so I gathered the courage and left him behind. I thought that I was rid of this unhealthy and unsatisfying lifestyle, but the bad habits carried into my next two relationships. I spent four years with a person that I loved very much; however, his alcohol dependency brought all of my insecurities and controlling behavior back into play. We spent four years flip-flopping between wonderful loving moments and horrific physical fights that left us both numb and depressed. When this relationship ended, I sought comfort in yet another unavailable partner, one that could not provide me with the stability that I so badly needed. Such is the nature of the codependent person. We seek out what is familiar to us, but not necessarily what is good for us. After logging close to a decade-worth of codependent hours, I finally faced myself. I got myself a small apartment and started my recovery. The first few days spent alone were absolutely torturous. I cried and cried. I had trouble doing basic tasks, like walking my dog or getting groceries. I had completely turned inward, nurturing my turmoil like an old friend. Anxiety-ridden and lonely, I did the only thing I could think of: I asked for help. This is probably the most significant self-improvement book I have ever read. I felt a weight being lifted as I read, page by page. Finally, I was able to understand all of the behaviors, feelings, and emotions I had struggled with for so long. Do you feel responsible for other people's— their feelings, thoughts, actions, choices, wants, needs, well-being, and destiny? Do you feel compelled to help people solve their problems or by trying to take care of their feelings? Do you find it easier to feel and express anger about injustices done to others than about injustices done to you? Do you feel safest and most comfortable when you are giving to others? Do you feel insecure and guilty when someone gives to you? Are you often unable to stop talking, thinking, and worrying about other people and their problems? Do you lose interest in your own life when you are in love? You can read more about the habits and patterns of codependent people here. This

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gave me a platform to share my story, without judgment, and little by little, I healed my aching heart. The most significant things I learned on this journey are: Without change, nothing changes. This is such a simple yet profound truth. The cycle of codependency can only be overcome by establishing and nurturing a super-loving relationship with yourself. Otherwise, you will continually find yourself in unhealthy, codependent relationships. I chose partners with alcohol and drug dependencies. Often, I chose angry and avoidant men. By focusing on what was wrong with them, I could ignore what was empty and unfulfilled in me. I thought, naively, that this would give me a feeling of stability. In fact, it did the opposite. Surrendering the need to control other people provides us the necessary space to connect with ourselves. Love and obsessions are not the same. I falsely believed for many years that love and obsession were one and the same. I gave so much of myself to my partners, naively thinking that this was the road to happiness. Time alone, time with friends, and time to work on personal projects allows you to really connect when you are together, without feeling suffocated. We build trust when we afford ourselves, and our partners, some breathing room. For many years I neglected my own needs. I now prioritize personal time to do individual activities: I started to heal once I learned to incorporate self-love rituals into my life. One of my favorite things to do is spend the evening in a warm bubble bath, light some candles and listen to Alan Watts lectures. Life is not an emergency. This is a biggie! I consistently lived in a high-stress vortexâ€”terrified of people, abandonment, and life itself. I worried so much about all of the things that were outside of my controlâ€”often, other people. I realize now that life is meant to be enjoyed and savored. Good and bad things will happen, but with a centered and balanced heart, we can get over any obstacles. The key to balance, for me, is to live fully in every moment, accepting life for what it is. I have loving support and encouragement from so many sources. I hope I have done that with this post. About Ariane Michaud When not devouring every foreign film she can get her hands on, Ariane loves snuggling with her pug and running tirelessly down the road towards self-fulfillment. Though she is excessively organized, she is spontaneous when it comes to love. See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy: Get wisdom in your inbox Join the Tiny Buddha list for daily or weekly blog posts, exclusive content, and promotions.

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4: Escaping Codependency - Be in Health

Support for loved ones of those with Borderline Personality Disorder. This is a place for friends, family members, loved ones, spouses, boyfriends/girlfriends, former SO's, parents, children of someone with BPD.

It also describes a relationship that enables another person to maintain their irresponsible, addictive, or underachieving behavior. Do you feel trapped in your relationship? Are you the one that is constantly making sacrifices in your relationship? Then you may be in a codependent relationship. The term codependency has been around for decades. Although it originally applied to spouses of alcoholics first called co-alcoholics, researchers revealed that the characteristics of codependents were much more prevalent in the general population than had previously imagined. In fact, they found that if you were raised in a dysfunctional family or had an ill parent, you could also be codependent. Researchers also found that codependent symptoms got worse if left untreated. Symptoms of Codependency The following is a list of symptoms of codependency and being in a codependent relationship. Underneath, usually hidden from consciousness, are feelings of shame. Guilt and perfectionism often go along with low self-esteem. They go out of their way and sacrifice their own needs to accommodate other people. Boundaries are sort of an imaginary line between you and others. They have blurry or weak boundaries. Some codependents have rigid boundaries. They are closed off and withdrawn, making it hard for other people to get close to them. Sometimes, people flip back and forth between having weak boundaries and having rigid ones. If someone says something you disagree with, you either believe it or become defensive. Another effect of poor boundaries is that if someone else has a problem, you want to help them to the point that you give up yourself. Control helps codependents feel safe and secure. Everyone needs some control over events in their life. Codependents also need to control those close to them, because they need other people to behave in a certain way to feel okay. In fact, people-pleasing and care-taking can be used to control and manipulate people. Codependents have trouble when it comes to communicating their thoughts, feelings and needs. Communication becomes dishonest and confusing when you try to manipulate the other person out of fear. Codependents have a tendency to spend their time thinking about other people or relationships. This is caused by their dependency and anxieties and fears. This is one way to stay in denial, discussed below, but it keeps you from living your life. Codependents need other people to like them to feel okay about themselves. This trait makes it hard for them to end a relationship, even when the relationship is painful or abusive. They end up feeling trapped. Usually they think the problem is someone else or the situation. They either keep complaining or trying to fix the other person, or go from one relationship or job to another and never own up the fact that they have a problem. Codependents also deny their feelings and needs. The same thing goes for their needs. They might be in denial of their need for space and autonomy. They are in denial of their vulnerability and need for love and intimacy. On the other hand, you may fear being smothered in a relationship and losing your autonomy. Codependency creates stress and leads to painful emotions. Shame and low self-esteem create anxiety and fear about being judged, rejected or abandoned; making mistakes; being a failure; feeling trapped by being close or being alone. The other symptoms lead to feelings of anger and resentment, depression, hopelessness, and despair. When the feelings are too much, you can feel numb. There is help for recovery and change for people who are codependent. The first step is getting guidance and support. These symptoms are deeply ingrained habits and difficult to identify and change on your own. Join a Step program, such as Codependents Anonymous or seek counseling. Work on becoming more assertive and building your self-esteem. Find out more about: Lancer has counseled individuals and couples for 28 years and coaches internationally. Retrieved on November 14, , from <https://>

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5: Symptoms of Codependency

Find help or get online counseling now I beseech you to let go of your codependency baton, hang up your running cleats, and confidently and gracefully walk away from your family's long line.

A comprehensive online course to help you heal from the confusion of narcissistic and codependent relationships Listen to our Intro Call: I know my problems, but no one has offered skills like you have “ to change us from wounded children into normal adults in a healthy relationship. Have you been called codependent? Have you been in a difficult relationship with a narcissist or a codependent? Is it possible to heal your own narcissistic or codependent traits? Can you help someone else who has these tendencies? It appears as a wide spectrum of behaviors, from doing whatever you want, regardless of the impact on others, to the extreme behavior of using other people as objects for your own benefit. It appears as a wide spectrum of behaviors, from putting up with their annoying quirks to sacrificing yourself completely to please the other person, often for the sake of the relationship or family. This kind of judgment may create feelings of shame or guilt, which only serves to further inflame the relationship. These patterns are most often rooted in our subconscious defense strategies developed in early childhood. When you approach them with understanding and compassion, you can begin the process of healing and recovery. It requires a commitment to curiosity and learning, confronting the past, and making the necessary behavioral changes. Almost everyone can be self-absorbed or self-sacrificing at times. We get so focused on ourselves, or our work, that we ignore the people around us. Or we get so absorbed by another person that we forget about our own needs. We may stay too long in an unhealthy relationship. These complex dynamics are part of our human nature. If the patterns are interfering with your happiness or productivity, you can learn to change them. Healing Narcissism and Codependency is not a psychological diagnostic assessment. All references to narcissism and codependency are intended to educate the general public about normal tendencies, traits, and patterns that influence our relationship dynamics. This material is not designed to analyze personality, nor provide professional diagnoses of medical or psychological disorders or diseases. See complete Disclaimer below. Unfortunately, most of us missed that important lesson. You did the best you could at the time, and this became the foundation of your life-long relationship patterns. As a child, you figured out what to do to get the attention and love you needed from your parents and caregivers. These new behaviors will bring you into secure, mature relationships with your spouse, children, friends, and co-workers. In this part program, we offer you a chance to get re-educated about love “ a new view based on the Neuroscience of Relationship. We help you see into the root causes of your old, unworkable patterns. We show you how to re-program and update your old Relational Operating System. We provide specific practices you can use to create more security and passion in your primary relationship. Both NPD and DPD are serious psychological conditions that require help from a professional clinician trained to work with these disorders. We use these words differently “ to refer to behaviors and relational strategies that can appear in any relationship. On the mild-to-moderate side of the spectrum, both narcissistic and codependent behaviors can interfere with personal and professional relationships. If a person consistently shows up on the extreme side of either tendency, they should see a licensed clinician trained in this field. Many of us struggle with these tendencies. On the other side, they may take care of others so well that they forget to care for their own needs. These are two sides of the same coin “ an imbalance of care. Many couples exhibit these two tendencies as a matched set. One partner tends toward selfish, self-absorbed behavior, and the other exhibits selfless traits, wearing themselves out in the process of over-caretaking. And many of us are hybrids “ a mixture of both strategies which we employ at different times. Some people swing wildly from one extreme to the other. In a healthy relationship, there is a sense of balance and mutuality. If your relationship has: Your negative reactions CAN be re-programmed. Rewiring your old neural pathways requires two simultaneous actions: Listen to each class at your own convenience, and your own pace. Share them with your partner! Bonus materials include helpful handouts and deepening exercises,

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showing you how to apply the principles in your daily life. Download the entire package onto your computer to review anytime, and keep forever. Module 1 What is narcissism, and how does it appear? What is codependency, and how does it appear? How these traits negatively impact relationships. Determine where you or your partner fall on the spectrum, from mild to moderate to severe. Module 2 How your early childhood experiences influenced your own narcissistic or codependent behavior patterns.

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6: Codependent No More Quotes by Melody Beattie(page 2 of 6)

It can be argued that all relationships have an element of codependency, it is the extreme of the tendency that can lead to a bad relationship. Tell your story! Pick up tips and tricks to help with relationship tips and enhance your life free of addictions.

I grew up codependent. From the influence of an alcoholic, narcissistic father to the string of narcissistic relationships formed afterward, my identity evolved through who I was to others and what I had given to them. A relationship with a narcissist defines your existence as not your own, but as a part of theirs. I wanted others to be their authentic selves, truthful and free, but I could not do that for myself, so I continued giving up and giving in. So I have learned something different. Create a relationship with yourself. This simple act is where it can all begin. Being intuitive, I have the ability to feel what others really want. One of the most important things in learning to stop people pleasing is to establish personal boundaries. Basic ideas of personal boundaries include when to say no and where to draw the red line. Enforcing boundaries like this will improve our relationships. Listen to and trust your own feelings and intuition. Growing up I learned to frequently feel guilt and shame. I learned to say sorry and explain myself even when I felt that I did not have to. Coming out of that restricted world, I began to take ownership of my own feelings. Observe what you are feeling and thinking, and remind yourself that you are allowed to have opinions and judgments. Honor your own needs and intentions. Growing up I made decisions based on what other people wanted, not for the betterment of myself. I would feel a sense of fear before I would utter a word. In order to bring awareness to what I was feeling, I began questioning the intention behind my words and actions. This allowed me to understand my own ideas and motives instead of letting other people define them for me. It helps develop a sense of confidence and self-respect, making it easier to communicate our needs to other people. Create a positive space. This has a lot to do with boundaries, where someone else ends and where you begin. It is possible to accept the way others are and arrange the pieces that are given, not try to make up for them. Commit to lifting your self-esteem and confidence. I spent a year falling over my own feet and making mistakes. I spent the next year learning and discovering from them. I spent the third dedicated to a practice of loving myself, and now I will spend this year in a state of acceptance, to be aware and solidify that loving-kindness inside. And you know what? Thank you, Bill Murray. In the end, we are responsible for ourselves and our own happiness. What we create in ourselves we can later skillfully give to others. In this dynamic and vibrant world, loving ourselves not only makes us stronger, but also the people around us. About Anna Puchalski Anna enjoys spending her time in nature from engaging in outdoor sports to various forms of recreation and works in the landscaping field. She desires to live from a place of her true self, striving for happiness and harmony with everyone and everything every day. See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy: Get wisdom in your inbox Join the Tiny Buddha list for daily or weekly blog posts, exclusive content, and promotions.

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7: Home - HEALING NARCISSISM & CODEPENDENCY

Of all the codependent people you know who have sought professional help, what percentage have been able to terminate relationships with the harmful, narcissistic people who claim to love, respect.

But codependency is no laughing matter. It causes serious pain and affects the majority of Americans “ and not just women or loved ones of addicts, as many people believe. So what is it? My definition is someone who has lost the connection to his or her core self, so that his or her thinking and behavior revolves around someone or something external, including a person, a substance, or an activity, such as sex or gambling. Instead of self-esteem, they have other esteem, based upon what others think and feel. Instead of meeting their own needs, they meet the needs of others, and instead of responding to their own thoughts and feelings, they react to those of others. It also makes emotional intimacy difficult. The point is that codependent relationships are not only painful, but can be unsupportive and destructive. Codependents have problems receiving the good stuff that relationships can potentially offer. Codependency for Dummies goes into great detail about the difference between codependent and healthy, interdependent relationships, between healthy caregiving and codependent care-taking, and understanding the boundaries between responsibility for yourself and responsibility to others, something that eludes codependents. Sometimes you even feel responsible and guilty for their feelings. This creates high reactivity for couples who constantly are blaming each other for their own feelings and defending themselves when their partner shares his or her feelings. Boundaries simply mean that your thoughts and feelings belong to you. For real intimacy to happen, you need to have a sense of separate identity and feel safe enough to express your feelings without being afraid of criticism or rejection. This is where the codependent core issue of low self-esteem comes in. With a fragile self, codependents are afraid of rejection and abandonment, but on the flip side, they fear losing themselves when they get attached in a relationship. Many codependents have to dance a tightrope of pursuing partners, but never really catching them, or distancing themselves, but never really leaving. Fleeting moments of closeness are just enough to keep the dance going, unless the partners give up on intimacy entirely. Communication is another area where dependents have a dilemma. This is because they avoid taking positions at all costs, due to their fear of rejection. The book goes into detail about how to improve your communication. You can practice saying no on your own. Codependents are always explaining and justifying themselves. Codependents spend far too much of their precious lives worrying about things and people over which they have no control. Healing from codependency starts with getting to know yourself better, honoring yourself, and expressing yourself. Start doing things that make you happy, rather than deferring to others or waiting for someone else to make you happy. Building a relationship with yourself leaves you no time to worry about someone over whom you have no control, anyway. It overflows onto everyone you interact with. Lancer has counseled individuals and couples for 28 years and coaches internationally. Retrieved on November 14, , from <https://>

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8: PDF Codependent No More Download Full " Dallp PDF Site

The above definition and list of characteristics, while just a snapshot of an extensive, complicated list of traits, can serve as a jumping off point to discovering your own or your loved one's codependency.

Now before you answer this too quickly, really think about it. Scripture can sometimes be used to hold us to something out of fear, guilt or shame? The enemy is the master of deception. He knows the scripture better than we do and He knows exactly what to pull out to accuse us with or to keep us in bondage. We need to be smarter than him. We need to establish that in our hearts. If it is being used to bring anything else we need to be diligent to search out that scripture, and other scriptures, to find a harmony and a well-rounded understanding of how our Father in heaven actually thinks. If the Word of God is used as a weapon to bring fear, guilt or shame it is the enemy driving that agenda and not your loving Father in Heaven. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. None of us were designed to be victimized. If we had been, we would enjoy it. But the reality is, it brings deep layers of hurt and fear and can be a door point to torment in our lives. For where envying and strife [is], there [is] confusion and every evil work. Jesus died so that you would be free from the bondage of sin and death. Hatred stirreth up strifes: They remain stuck in an endless limbo of torment, fear and guilt. Codependency is calling evil good in the name of love. That is absolutely not how God thinks. If evil is present it needs to be recognized, not as a weapon to destroy but in discernment for our own freedom and recovery. We know how to recognize where the enemy has a person in bondage; be it anger and rage , fear or rejection. We recognize that the sin in them is the enemy and we can hate that sin but the Word does not give us the right to hate the person. Can you see the difference there? It is not dishonoring a person to recognize the sin within them. Neither is it dishonoring to find someone who is a safe place that can give us wisdom and the encouragement we need to overcome the torment that victimization has caused. In fact, if we were to call it for what it is and, through discernment, draw proper, healthy boundaries, God might actually have something to work with to heal and deliver that person as well! How can they deal with their stuff that is hurting us if no one sets a standard of proper spiritual behavior and boundaries? A person is allowed to remain comfortable in their sins if everyone just tiptoes around and does everything they can to not set that person off or make them feel bad. They will never experience the discomfort of the consequences of their own actions. They need to take responsibility for their own life, their own peace, their own happiness, their own recovery. If they are not willing to do that, perhaps they need a time out to discover where their treasure truly lies. If they truly cared about you more than their sin, they would recover themselves. But if they care more about sin than you, you need to find a safe place where you can live in peace. Or He may not. Just because we recognize evil in a person does not mean we need to become bitter or broadcast to the world their failures. Neither should we use it as a weapon to cast down that person. The Word says that we should not repay evil for evil. A broken heart comes in when someone who was supposed to love us caused hurt or damage instead. With that comes fear. The Word says that there is no fear in love. There is no fear in love; but perfect love casteth out fear: He that feareth is not made perfect in love. Therefore we will not be able to even come to that place of healing where we can love the person and hate the sin. As long as we remain wrapped up in fear and bitterness , we will continue to be a victim. But we have not been called to be a victim but an overcomer. What does that mean? Part two, the enemy is trying to make you be a victim and cause you to be wounded. If you have a broken heart, that means that you have been wounded, not just pierced. So what happens is this, when someone else fails of the grace of God, they have just pierced you. If you take that into yourself and hang onto it within your spirit and come into agreement with whatever they said or did or come into agreement with bitterness against them for what they did, then comes the wounding. Along with that wounding will come torment; the enemy will bring in recall and replay to be sure that that offense becomes a permanent pathway of thought. From there, all he needs to do is trigger that memory and all of those negative feelings and emotions come broiling

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to the surface again. Part two of that verse is an opportunity for us to catch bitterness before it takes a stronghold in our life. We can have discernment and choose to separate that person from their sins and not to take it personal. If we take in that root of bitterness then we are both being unspiritual. How can either of us be recovered? Bitterness makes a person one with their sin. So we cannot call evil good in the name of love but we must also use proper discernment and understanding so that we can recognize the evil and hate it but still love that person. If you love the person then you cannot be wounded, because love covers a multitude of sins. Now here is where all hell will rage against us. Because no one can deny that words hurt but we can stand in that moment against our enemy the spiritual one not the person and allow the Holy Spirit to join us and strengthen us. We can ask for His perspective. The Word says that He is our very present help in time of need. It also says that He will not allow us to be tempted beyond what we are able to bear. So when all of those feelings are raging in us, those are just temptation! We can stop the enemy in His tracks and not allow Him to gain access to our spirit, even when the other person has already let him work through them. Jesus was somehow able to cry out to His Father while He was dying on the cross, being brutally murdered by those who stood around Him. He was able to separate them from what they were doing and recognize that it was the devil who had bewitched them into killing Him. He did not take it personal. That is the standard for all of us. You cannot help someone you have just become embittered towards. You can either be a servant of God or a servant of the enemy. But if you fall, know that you can be recovered and repent to God and move forward in forgiveness towards yourself and towards others. If you have picked up an offense, forgive them. You may remember what they said, but it does not have to rear up deep feelings of hurt and pain every time you think about it. It can just be a memory in the past. Leave it in the past and move forward. If recall and replay keep bringing up torment, use each of those instances as an opportunity to talk to Father God about it, renounce and remove those tormenting spirits, and pray for that person. What if resolution is not possible with another person, are you going to live in fear and guilt for the rest of your life? Father God has made a way where you can take it to Him, you can release that person and you can release yourself from that fear, guilt and shame. Make it right before God and He can begin to heal your heart. He can help you forgive your victimizer and He can help you forgive yourself. Take every one of these worries and cares to your Father in Heaven and ask for His perspective. Seek His wisdom and seek His heart. For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. You are so much more valuable than that! You are a child of God! For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

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9: Is Codependency Affecting Your Relationships | Hazelden Betty Ford

The following questions can serve as a guide to determine if your relationship involves codependency: Does your sense of purpose involve making extreme sacrifices to satisfy your partner's needs.

Over the years, a number of authors have offered a variety of definitions for this difficult dynamic that seems to affect more people than we can imagine. My definition is a very simple one: In truth, when we are codependent, we are also people-pleasers who will go to virtually any lengths to avoid unpleasant conflict with others. You are tired of giving and giving to other people, without getting much in return. You feel sorry for yourself, baffled about why this is happening to you but not knowing what to do about it. Nor do you do more than your fair share of tasks because you truly want to be of service over and over without any kind of reciprocal arrangement. When you say yes especially when you really want to say NO , you are actually protecting yourself from having to face the potentially painful consequences that can result when someone is angry or disappointed with you for not agreeing to do what they want you to do. Even though you are really trying to look out for yourself by side-stepping these negative outcomes, which could be seen as a self-caring intention, it is unfortunately not a healthy form of self-care when it is done out of resistance to unpleasantness. Once that dynamic is in place, it is difficult to break the cycle. When you say yes consistently to another person, and when you accept any form of abuse as part of any of your relationships, you are essentially teaching the other people that it is all right for them to treat you that way. Although you might not be aware of it, you actually do have as much power and control as the other person does, because all of us can really only control ourselves. It is only when you choose to give your power and control to another person that you begin to feel the sting of codependency, because the truth is that no one can disrespect you without your permission. But change always has to start with oneself. If you are in relationships that are already entrenched in codependent dynamics, you will need to make some important changes within yourself before you can expect to see any change in the behaviour of those around you. You can begin by deciding that it is time to learn new ways of being in relationship with yourself, such as treating yourself more respectfully and saying yes to yourself more often. You will also need to become willing to learn how to deal with the negative reactions you might encounter when you stop being so accommodating and available to the others in your life. This will prevent you from reacting from a place of fear in your relationships. When you are starting the journey away from people-pleasing and seeking a new level of emotional health, you may find that self-help books about codependency can be a great aid. You may also want to check out some self-help groups such as Codependents Anonymous or 16 Steps for Discovery and Empowerment, to find others who are on the same journey as you are. As well, you might want to reach out to a skilled counsellor for help, as you begin to test out new boundaries and healthier ways of relating to others. As you learn how to deal with potentially unpleasant reactions from others, you can begin to change your people-pleasing patterns. This is the key to unlocking a whole new world of being a self-respecting, authentic and genuine person in your relationships. My office is located in Vancouver, BC, Canada.

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