

# Codependency Made Easy

Betsy Stanfield

MEd, LPC, CSAT, MBA

Austin, Texas

512-743-7080: [BetsyStanfieldLPC@gmail.com](mailto:BetsyStanfieldLPC@gmail.com)




# Welcome & Introductions

## ▶ Agenda

- Codependency
  - Defined
  - Core Symptoms\*
- Suggestions for treatment and recovery

\*Pia Melody: Facing Codependence

# What is codependency?

- ▶ Adult state of “dis-ease”
  - ▶ Areas of Life Balance in dysfunction
  - ▶ Survival skills developed during childhood within the context of abuse, trauma abandonment – no longer work in our adult world
  - ▶ Managing our relationship with self & others through a damaged and shame based core self
  - ▶ Six areas identified as “out of balance” –common core symptoms
- 

# Codependence: “Adult state of dis-ease” \*

**Self-Esteem  
Boundaries  
Reality  
Dependence  
Moderation  
Spirituality**

\*Pia Mellody: Facing Codependence



# SELF-ESTEEM

- ▶ Difficulty experiencing appropriate levels of self-esteem
- ▶ Less than  $\longleftrightarrow$  Better than
- ▶ Healthy self esteem

# SELF-ESTEEM

- ▶ Low or non-existent
  - Worth less than others
  - Value not reflected back as children
- ▶ Arrogance & grandiosity
  - Set apart and superior
  - Taught to find fault in others – superior – false sense of power
- ▶ Other Esteem

# BOUNDARIES

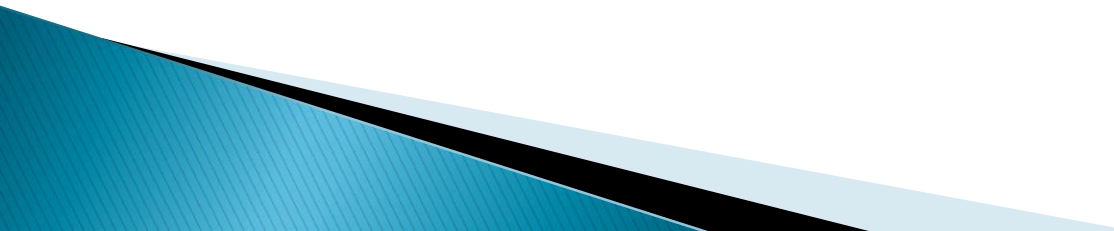
- ▶ Difficulty setting functional boundaries
- ▶ Too vulnerable ↔ Invulnerable
- ▶ Invisible & symbolic “force fields”
  - Keep people from coming into our space and abusing us
  - Keep us from going into the space of others and abusing them
  - Give each of us a way to embody our sense of “who we are”

# Boundaries

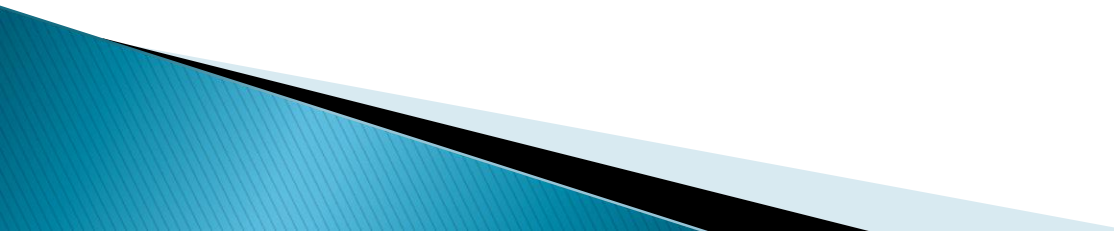
- ▶ **External:** – protects physical space – belongings & environment
  - Physical
  - Sexual
- ▶ **Internal:** – protects feeling, thinking and behavior – keeps separate from others
- ▶ Intact, flexible, boundaries allow for intimacy when chosen but provide protection against physical, sexual, emotional intellectual or spiritual abuse.



# Boundaries Impairment

- ▶ Nonexistent Boundaries – no protection
  - ▶ Damaged Boundaries – has holes in it
  - ▶ Walls instead of boundaries – (anger – fear – silence – words)
  - ▶ Moving back and forth from walls to nonexistent
- 

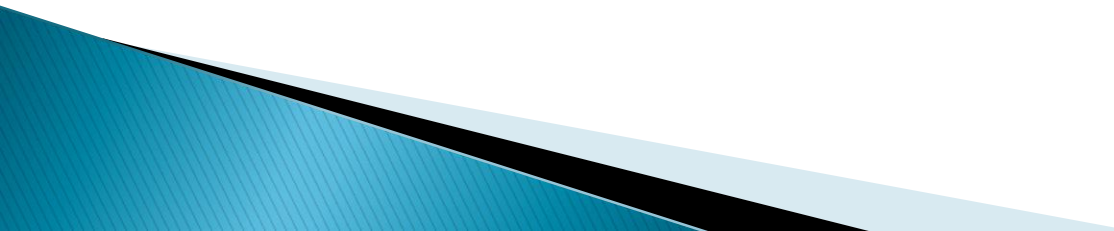
# REALITY

- ▶ Difficulty owning their own reality
  - ▶ “I don’t know who I am” –
  - ▶ Bad ↔ Good/perfect
  - ▶ Owning who we really are and being accountable for impact of that in world
- 

# Disowning Reality

- ▶ Not being able to own reality is experienced at II Levels.....
  - I know – but will not tell –
    - Fear of being unacceptable
    - Wanting to be in control
  - I do not know my reality – living in delusion
- ▶ Recovery is **BEING IN REALITY**

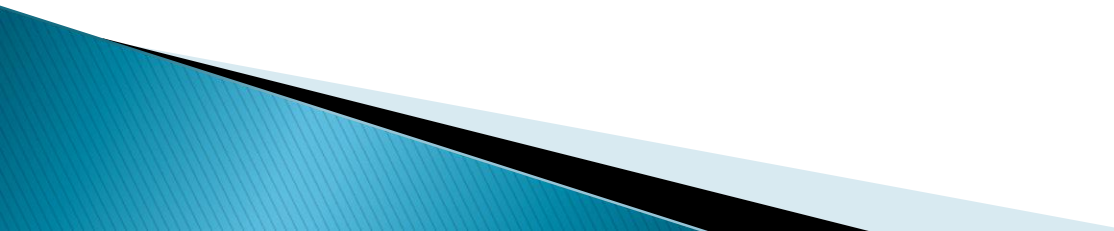
# Reality has four Components

- ▶ The Body
  - ▶ Thinking
  - ▶ Feelings
  - ▶ Behavior
- 

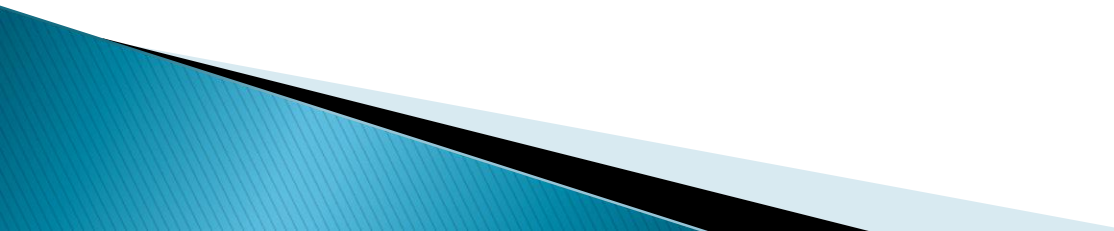
# DEPENDENCE

- ▶ Difficulty acknowledging & meeting own needs and wants
- ▶ Every human being has needs
- ▶ Too dependent ↔ Anti-dependent
- ▶ Responsible for own issues of self-care and willing to be interdependent
  - Some needs can only be met through another person

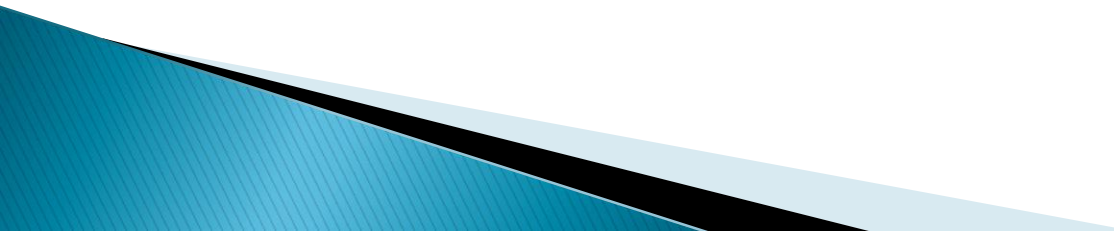
# Dysfunction in addressing needs

- ▶ Too dependent
  - ▶ Anti-dependent
  - ▶ Needless
  - ▶ Wants & needs confused
- 

# MODERATION

- ▶ Difficulty with moderation
  - ▶ Not knowing how to be moderate – the most **VISIBLE** symptom of codependence
  - ▶ **Super immature/no control ↔ super mature/in control**
  - ▶ Able to contain the self as well as maintaining a sense of spontaneity
- 

# Moderation – in 4 types of reality

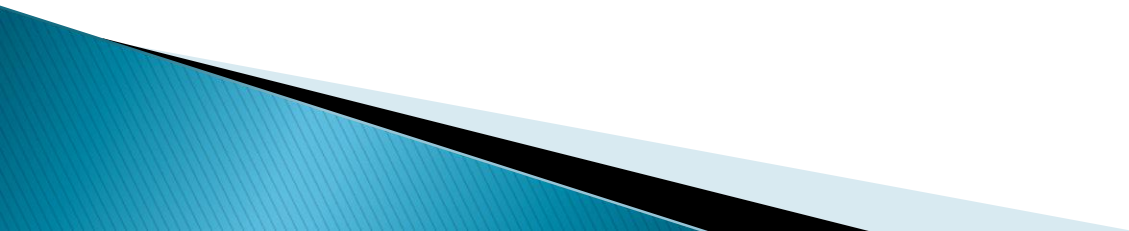
- ▶ The Body
  - ▶ Thinking
  - ▶ Feelings
  - ▶ Behavior
- 



# Spirituality

- ▶ Difficulty nurturing a spiritual relationship with a Higher Power
- ▶ Not worthy ↔ Our own higher power
- ▶ Codependency/Addiction blocks ability to truly connect with a Higher Power
- ▶ Perfectly Imperfect
- ▶ Inner peace about self and connection to higher power

# FACING CODEPENDENCE



# Facing Codependence

- ▶ Begins with Pain – sorry !!!!!!! 😊
  - Powerful resistance
  - Irrational feelings
  - Unexpected fears and uncertainties
  - Balance will swing!
- ▶ Codependence will NOT go away on its own
- ▶ Need community of support – cannot fix dysfunction though the very brain that has it! 😊

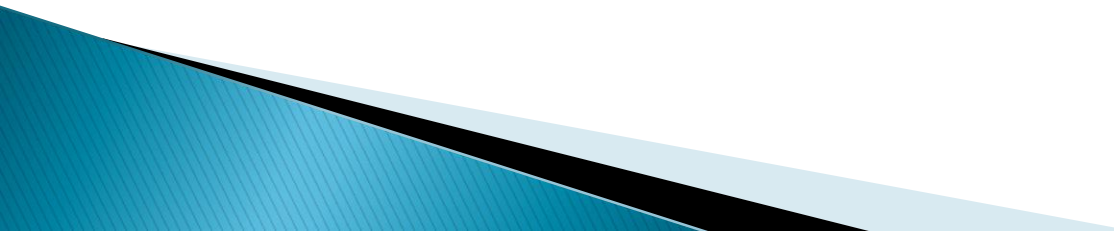
# Facing Codependence

- ▶ 1<sup>st</sup> Step – See & acknowledge symptoms in our own lives

**Self-Esteem  
Boundaries  
Reality  
Dependence  
Moderation  
Spirituality**

- ▶ Recovery is about BEING IN REALITY!
- 

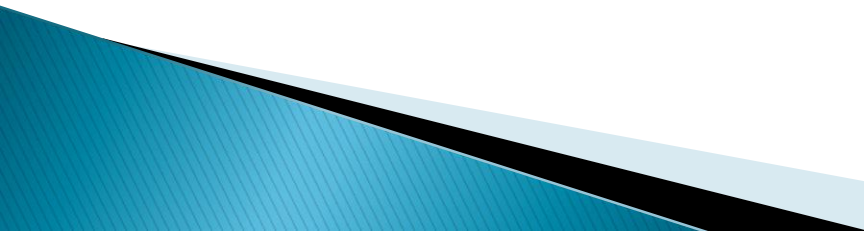
# Next Steps

- ▶ One key tool is to do a written first step – your testimony – about seeing REALITY
  - ▶ 12 Step Meetings – Recovery Group
    - Celebrate Recovery!!!
    - Lots of great ones to explore....
    - SOOOO important for shame reduction
  - ▶ CODA sponsor – accountability –
- 

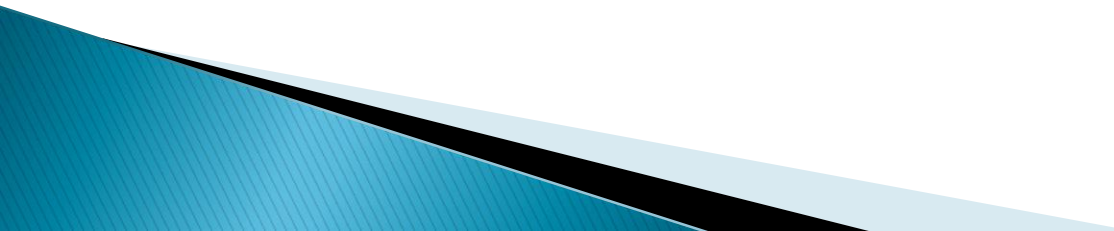
# Next Steps

- ▶ Therapy with trained specialist—another tool that can help ..... – you must confront each symptom
  - Trauma identification
  - Shame reduction
  - Separating lies from truth
  - Guiding clients back to center – Truth
- ▶ Going back to Truth (Capital T truth) is ALL about Spiritual Healing

# Helpful Hints...

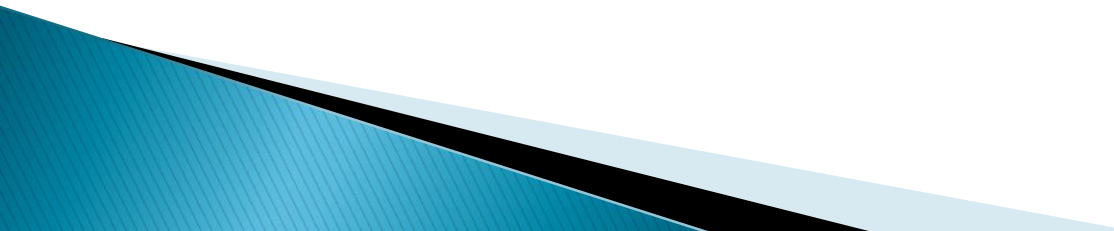
- ▶ Do not expect consistency
  - ▶ Do a regular inventory on what is going “right”
  - ▶ Celebrate the “no”
  - ▶ Delay sexual intimacy when entering new relationship – could trigger relapse
  - ▶ Practice esteeming yourself & your partner as you witness your & their humanity
  - ▶ Don’t deal with partner when either of you are in a “child shame state”
- 

# Recovery = Balance

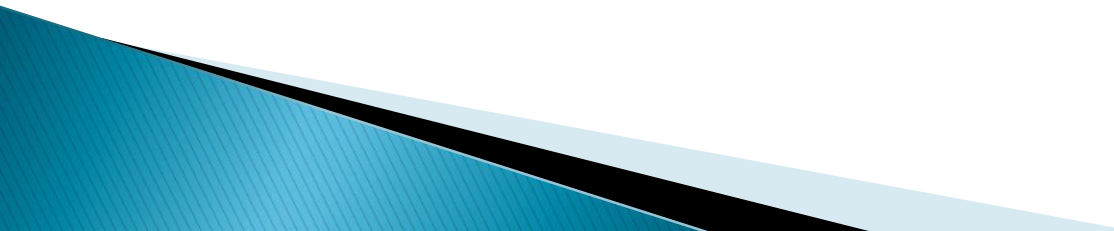
- ▶ What does progress look like?
    - Able to esteem oneself from within the presence of one's humanity
    - Able to be intimate , vulnerable with protection
    - Able to be real, accountable for one's imperfections, and SPIRITUAL - looking to a higher power for help with imperfections
    - Able to be responsible for one's self care and to be interdependent
    - Able to experience reality moderately as well as maintain a sense of spontaneity.
- 



# Recovery = Balance

- ▶ Balance is the concept of being at the “Center”
  - ▶ Centeredness – forms as we address core issues – symptoms of codependency
  - ▶ Being at the “Center” – our “Truth” – is intimately guided by our spiritual well being – our connection to our “Higher Power”
  - ▶ Spiritual connection is the only way out....
- 

# Lies Back to Inherent Truth

- ▶ The work is about erasing the lies we have taken on as a result of our abuse
  - ▶ Learn to love ourselves.... through Truth
  - ▶ All work you do that confronts the lies is spiritual in nature - brings you closer to God
- 

*Start by doing what's necessary, then what's possible and suddenly you are doing the impossible. ~ Saint Francis*

