

HOPE FOR TODAY CONFERENCE 2023 ON CODEPENDENCY MICHELLE SEGISMUNDO REEVES M.A. LMHC

DEFINITION:

ACCORDING TO PSYCHOLOGY TODAY: A dysfunctional relationship dynamic where one person assumes the role of "the giver," sacrificing their own needs and well-being for the sake of the other, "the taker." The bond does not need to be romantic; it can occur just as easily between parent and child, friends, and family members.

Psychology today staff, "Codependency," *Psychologytoday.com*. 2023. N.P.
<https://www.psychologytoday.com/us/basics/codependency>

YOUR DESIGN

- You are made to be social, to relate
- Issues arise when too much dependency occurs until even identity sometimes to another person.
- Relationship becomes thwarted
- Unhealthy dynamics

CODEPENDENCY VS DEPENDENCY

We all need people in our lives, some level of dependency is healthy.

- We are created to be with people.
- Interdependency is healthy- people- friends, couples depend on each other, it is mutual.
- A person does not just focus on another person's need while self-sacrificing and obtaining value by dismissing their own needs.
- -you can depend on someone while maintaining your own value, self-esteem and worth. Not drawing value by self-sacrificing consistently to get needs met.

HEALTHY DEPENDENCY

Able to state your needs

Able to ask for support

-Feel safe expressing

- Being able to set boundaries to let others know when they are overstepping without being concerned about rejection.
- Examples are the Disciples in the New Testament- They are able to depend on each other well- mutual.

CLUES OF CODEPENDENCY

- Having the fear of rejection
- The need for approval
- Doing things for others, that you really don't want to do but you do them anyway to not be rejected.
- Focusing on another person's need entirely
- A loss of sense of self-enmeshed
- Always apologizing and taking responsibility to not have any conflict
- Controlling and making decisions for others and trying to manage others (a loved one, friend, family member).

WHAT DOES IT LOOK LIKE? IT CAN LOOK LIKE:

- Between a parent and child- A parent having difficulty and feeling responsible for an Adult child's physical and emotional well-being.
- -or child to parent- in situations of alcohol and mental illness. Child exposed and is taught to care in this way due to childhood experiences

HOW TO HEAL FROM CODEPENDENCY

- Identify your relational style-
- Get to know yourself and your needs- what do you need?
- Identify dynamics in relationships that may keep you in a cycle of codependency:
le- feelings of guilt or manipulation for example: "if you don't help that means you don't care. You need to help even if you don't feel like it." (context is key)

-Realize your value and worth

-Have self compassion in the process of healing

Boundaries are key

Myth-selfishness

Boundaries establish self respect and respect of others

Consistent boundary setting is key to a turn around

God and Codependency

-God loves you enough to fill the void of the need to be needed.

God design for relationship is interdependence

-John 10:10 The enemy comes to steal, kill, and destroy.

-Helping may look like supporting, however when helping does not lead a person to becoming health it is not helping.

Love has boundaries.