

# Understanding Codependency (Part 1)

Codependency refers to a type of dependence. People who are codependent cannot function from their own innate, distinctive self. Instead, codependents organise their thinking and behaviour around another person(s), process (e.g., sex addiction, gambling), or substance (e.g., alcohol, food, drugs). Codependency usually develops in childhood and is often intergenerational (codependency may even develop with well-meaning parents). The image below offers an example.

## Parents:

- Poor Boundaries.
- Low self-worth.
- Relies on child to meet their emotional needs.
- Does not see child as unique, separate human being.



*"I will ignore my feelings and care for you, so you don't abandon me."*



*"You are not available to me. It must be my fault. What can I do?"*

## Child:

- Learns to believe their own needs, wants and feelings are unimportant.
- Learns to suppress own true needs and feelings to care for parent, maintaining safety, connection, and attention.

## Codependency and the Underdeveloped Self

### Real Self:

Authentic needs, wants and feelings.



When a parent (or important adult figure) respects, empathises with, and validates the individuality of a child, they promote the development of a 'real' or authentic self. Allowing a child to fully express their own desires, needs, feelings and thoughts, encourages a child to **feel accepted for who they are**. The child will learn to trust their own innate senses and perceptions, forging a healthy individualistic self-identity.

### No Room for Individual Existence

### Ideal or Codependent Self:

A 'False' Self or who we think we should be.

A child raised in an environment where there is no room for the discovery and development of an individual self, may **completely repress all unique feelings, needs and thoughts**. They learn to behave in a manner that ensures connection, approval, or safety.



Perhaps a **parent was unavailable** due to alcoholism, depression, or an unhappy marriage. To avoid abandonment, a child may seek to comfort their parent. Or maybe the child was neglected and put in a situation where they were over responsible (e.g., for adult responsibilities at a very young age).



Children raised by codependent parents may be relied on to fulfill their parents' self-esteem or needs. The child may be **seen as an extension of the parent**. To maintain connection, the child learns to please them by gratifying the parents' dreams and repressing their own.

# Understanding Codependency

**C Cleary**



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## **Table of Contents Understanding Codependency**

1. Understanding the eBook Understanding Codependency
  - The Rise of Digital Reading Understanding Codependency
  - Advantages of eBooks Over Traditional Books
2. Identifying Understanding Codependency
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Understanding Codependency
  - User-Friendly Interface
4. Exploring eBook Recommendations from Understanding Codependency
  - Personalized Recommendations
  - Understanding Codependency User Reviews and Ratings
  - Understanding Codependency and Bestseller Lists
5. Accessing Understanding Codependency Free and Paid eBooks
  - Understanding Codependency Public Domain eBooks
  - Understanding Codependency eBook Subscription Services
  - Understanding Codependency Budget-Friendly Options

6. Navigating Understanding Codependency eBook Formats
  - ePub, PDF, MOBI, and More
  - Understanding Codependency Compatibility with Devices
  - Understanding Codependency Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Understanding Codependency
  - Highlighting and Note-Taking Understanding Codependency
  - Interactive Elements Understanding Codependency
8. Staying Engaged with Understanding Codependency
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Understanding Codependency
9. Balancing eBooks and Physical Books Understanding Codependency
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Understanding Codependency
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Understanding Codependency
  - Setting Reading Goals Understanding Codependency
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Understanding Codependency
  - Fact-Checking eBook Content of Understanding Codependency
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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