

# 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

**Smart Reads**



## **Understanding Codependency:**

*Understanding Codependency, Updated and Expanded* Joseph Cruse, Sharon Wegscheider-Cruse, 2012-06-05 The groundbreaking book *Understanding Co Dependency* ushered in a new way of thinking about codependency and helped millions of people discover if they were co dependent if they were living with a co dependent and how to break the cycle Now in this revised edition Joseph Cruse founding medical director of The Betty Ford Center provides findings and insights into codependency Thirty years ago clinicians viewed alcoholism as a liver disease today research has revealed that addiction and many codependent behaviors are related to brain functioning Cruse explores this brain connection and expands on the all important issues of traumas it relates to codependency denial low self esteem and self worth With updated case studies and exercises *Understanding Codependency* dispels the notion that the cycle of codependency can t be broken offering readers a lifeline to the fulfilling relationships and lives they deserve

### **Understanding Codependency, Updated and Expanded**

Joseph Cruse, Sharon Wegscheider-Cruse, 2012-06-05 The groundbreaking book *Understanding Co Dependency* ushered in a new way of thinking about codependency and helped millions of people discover if they were co dependent if they were living with a co dependent and how to break the cycle Now in this revised edition Joseph Cruse founding medical director of The Betty Ford Center provides findings and insights into codependency Thirty years ago clinicians viewed alcoholism as a liver disease today research has revealed that addiction and many codependent behaviors are related to brain functioning Cruse explores this brain connection and expands on the all important issues of traumas it relates to codependency denial low self esteem and self worth With updated case studies and exercises *Understanding Codependency* dispels the notion that the cycle of codependency can t be broken offering readers a lifeline to the fulfilling relationships and lives they deserve

**Codependency Explained** Ava Wilson, AI, 2025-02-27 *Codependency Explained* offers a clear path to understanding and overcoming unhealthy relationship patterns The book explores how codependency often rooted in childhood experiences and dysfunctional family relationships leads to sacrificing personal needs for others Did you know codependency was initially studied in families dealing with addiction but now applies to various relationship dynamics This book uniquely guides readers in identifying codependent behaviors understanding their origins and implementing recovery strategies The book progresses from defining codependency and differentiating it from healthy helping to exploring its roots in family systems It then provides practical tools for recovery such as setting boundaries and practicing self care A key focus is on building healthy interdependent relationships where mutual support doesn t sacrifice individual well being By using psychological research case studies and exercises *Codependency Explained* empowers readers to break free from negative relationship patterns cultivate healthier communication and enhance self worth

### **Codependency For Dummies**

Darlene Lancer, 2012-04-06 *Codependency* is much more widespread than originally thought You don t even have to be in a relationship Codependents have trouble accepting themselves so they hide who they are to be accepted by someone else *Codependency for Dummies* is

the most comprehensive book on the topic to date It describes the history symptoms causes and relationship dynamics of codependency and provides self assessment questionnaires The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises practical advice and helpful daily reminders to help you know honor protect and express yourself It clarifies deep psychological dynamics that underlie codependency yet is written in a conversational style that is easily understandable by everyone You will learn How to raise your self esteem The difference between care giving and codependent care taking The difference between healthy and dysfunctional families How to set boundaries How to separate responsibility for yourself and for others How to overcome guilt and resentment

The Codependency Workbook: How Anyone Can Recover from Toxic Relationships and Reclaim Their Self-Worth in 30 Days or Less ALBAN COLE, 2025-05-06

Rewrite your story and break free from the painful cycle of codependency Open a new chapter where you can live as the complete and authentic version of yourself embracing self discovery empowerment and independence Are you constantly seeking approval bending over backward to meet the needs of others even at the expense of your own well being Do you often neglect your own desires and boundaries in the process If your answer is yes then you may be exhibiting codependent behavior in one or more types of relationships in your life The main sign of codependency is consistently elevating the needs of others above your own In reality it presents a spectrum of pains and scars that run deep beneath the surface It can manifest in various relationships whether with a partner family member friend or coworker It thrives in environments where there is an imbalance of power emotional instability or a history of dysfunctional relationship dynamics Codependency is a challenging cycle of give and take and the only way out is through profound emotional healing personal growth and transformative change This book serves as your guiding light through the shadows of codependency offering insights practical strategies for coping and emotional intelligence and empathetic support so you can break free from its grip By exploring the roots of codependent behavior and providing actionable steps toward building healthier relationships this book will help you reclaim your autonomy and foster genuine connections based on mutual respect and trust Here is just a fraction of what you will discover within A step by step guided journey to the complete you rediscovering the love you have for yourself The spectrum of codependency understanding the different ways it manifests in life and relationships Exercises for self reflection how to rediscover your needs and desires and foster a deeper connection with yourself How to master the art of unconditional self love so you can bring your complete self to relationships The paradox of people pleasing and why external validation is a honey trap here is a secret people pleasing pleases no one How to set and maintain wise and healthy boundaries in all areas of your life at home at work and in various social scenarios The key to healthy relationships how to write a new language of love for yourself and the people in your life And much more This book understands that change isn't easy especially when you've given too much for too long It addresses breaking unhealthy habits building trust healing from trauma and enhancing mental health It's easy to say Just assert your wants and needs but taking action is an entirely

different mountain to climb This book will help you find the inner strength and will you need to take action and combat codependency This is your sign to end the cycle Step out of the shadows of codependency and live your best most authentic life Scroll up and click the Add to Cart button right now *Understanding and Treating Codependence* James A. Kitchens,1991 **Codependency Recovery:** Abigail Turner,2025-08-14 Codependency Recovery Break free from the patterns that keep you stuck and start living with confidence clarity and self worth Codependency Recovery is a transformative guide for anyone ready to heal the emotional wounds of the past and build a new empowered life grounded in self respect and balance If you ve spent years sacrificing your needs for others struggling to set boundaries or defining your worth by what you give this book will speak directly to your heart Through a series of powerful reflective chapters you ll learn how to unlearn old habits replace guilt with confidence and begin a journey of genuine personal growth Whether you re just becoming aware of your codependent patterns or you ve been in recovery for some time this book provides both clarity and direction Each chapter is crafted to guide you through deeper self awareness practical change and emotional freedom Inside This Book You ll Discover What codependency really is and how to identify it in your own life The key symptoms that often go unnoticed but keep you emotionally stuck How your family history and childhood shaped your beliefs and behaviors What it takes to break the cycle and shift to a new mindset The essential first steps for setting and enforcing healthy boundaries How to stop people pleasing and start honoring your own needs Practical ways to build emotional independence and self worth You don t have to keep repeating the same patterns You don t have to stay in relationships that drain you This book is your map to emotional freedom a life where your needs matter your voice is heard and your relationships are rooted in mutual respect Scroll Up and Grab Your Copy Today [100 Questions & Answers About Codependency For Dummies](#) Cynthia Schiebel,2026-02-10 Everything You Want to Know About Codependency A Q A Guide If you believe you may be in a codependent relationship or want to better recognize codependent patterns 100 Questions Answers About Codependency For Dummies is your go to resource This user friendly guide helps you uncover the unhealthy pathways to codependency and teaches you how to break free from the cycle Designed to be straightforward this book features short easy to absorb sections that allow you to quickly find the information you need to support your health and well being Whether you prefer to read all the Q As or jump to specific topics this guide is structured to expand your knowledge efficiently Find answers to questions like What is the difference between codependency and dependency What are the signs of a codependent friendship How do codependent behaviors enable addiction What resources are available for those struggling with codependency For anyone dealing with codependency or supporting someone through it 100 Questions Answers About Codependency For Dummies offers a dependable and stress free starting point *Rewriting Life Scripts* Liliane Desjardins,Nancy Oelklaus,Irene Watson,2010-01-01 *Rewriting Life Scripts* contains information explanation and processes for change that embrace an entire family not just the alcoholic or drug addict The steps outlined can bring peace of mind forgiveness and reconciliation

**Understanding Codependency** Smart Reads,2017-05-02 Do you struggle with valuing yourself Are you constantly plagued by feelings of guilt shame and low self esteem Did your childhood involve abuse and trauma leaving you filled with bitterness pain fear and self hate In this book you will learn all there is to know about codependency its origins and how it can damage the lives of individuals and families You ll learn What a codependent lifestyle looks like The traits that define codependency The true emotional and physical costs of codependency The lies that codependents are told during childhood How to heal your mind body and soul And much more More importantly you will learn how to heal from codependent habits and stop controlling other people If you have been trapped in a cycle of codependency now is the time to break free reclaim your life and be codependent no more *Understanding Codependency* ,2017 Do you struggle with valuing yourself Are you constantly plagued by feelings of guilt shame and low self esteem Did your childhood involve abuse and trauma leaving you filled with bitterness pain fear and self hate In this book you will learn all there is to know about codependency its origins and how it can damage the lives of individuals and families You ll learn What a codependent lifestyle looks like The traits that define codependency The true emotional and physical costs of codependency The lies that codependents are told during childhood How to heal your mind body and soul And much more More importantly you will learn how to heal from codependent habits and stop controlling other people If you have been trapped in a cycle of codependency now is the time to break free reclaim your life and be codependent no more ABOUT SMART READS Smart Reads exists to provide you with the highest quality information in the least amount of time Our team of professional writers work with experts on given topics to give you the content that matters quickly Our books are short easy to read and highly informative so you get important information right away We also pay it forward by donating 5% of our profit to Pencils of Promise to help build schools train teachers and support child education Choose Smart Reads and get smart in less time **Understanding Human Behavior and the Social Environment** Charles Zastrow,Karen Kay Kirst-Ashman,1997 Using systems theoretical framework this text incorporates human development and behavior theories and knowledge within the context of family organizational and community systems and examines the impact of social and economic forces on individuals and social systems Consistent with the curriculum policy statements of the CSWE content on social work values and ethics diversity social and economic justice and populations at risk is also included Relating theory and knowledge to practice skills examples and applications the material is relevant interesting and provides students with a sound base on which to build assessment skills New material covers Hispanic women and community development religion and spirituality cultural biases and IQ tests ethnic and cultural differences in families and schools sexual harassment cases plaguing high places i e Packwood Clinton and Greene the Africentric perspective and homosexuality statistics *Feminist Perspectives on Addictions* Nan Van Den Bergh,1991 Your 30-day Journey to Power Over Codependency Connie W. Neal,1992 This simple day by day program enables codependents to understand and overcome destructive behaviors Offering a vision of what life can be when codependency is

overcome this book shows how to encourage positive habits and discourage negative behavior find mentors and supportive friends and more

**The Codependency Recovery Roadmap** Estrella Bernhard,2019-05-09 Free Kindle Version With Paperback Purchase Included Codependency is extremely hard to deal with and if you are codependent then attempting to have functional and happy relationships can be one of the biggest challenges of all It certainly doesn't mean you can't but understanding codependency on a deeper level and learning strategies in how to heal is key to having the relationships in your life that you both want and deserve Codependency is also linked to low self esteem you can tend to attract a certain type of person which can make things more difficult Perhaps somebody with a narcissistic personality can enter your life and it is then quite typical to see a toxic dance play out Codependency distorts what love is supposed to be about it inverts it into attachment fear and anxiety Situations can arise whereby the relationship really needs to end but it is the fear of being alone that is the glue that keeps the toxic partnership together If you're codependent the chances are that even though you feel like you try so hard you may feel guilt tripped put down or resented The person in your life maybe echoing a distorted view you may have about yourself You can feel very lonely even though you might technically be in a relationship It maybe a cliché but the truth is the best relationship you will ever have is the relationship you have with yourself Once you can generate your own self love and self esteem you will blossom into the person you were always meant to be and with that you will attract into your life the people and relationships that reflect your inner World This may seem easier said than done but it's not You CAN transform as many others have who are in a position just like you Life doesn't have to be a constant stream of people pleasing and feeling guilty indeed if you recognize any of these traits in your self then you should take immediate ACTION This book will help you with the following strategies Why people become codependent in the first place Different types of codependents and their behaviors How to set strong boundaries Dealing with narcissistic abuse How to develop self love Thought training and exercises Recognizing unhealthy behavior patterns Changing codependent relationships Daily habits for a mindful relationship So if you think you're codependent then you don't have to keep walking down the same path life CAN be different and you can THRIVE in your relationships You owe it to yourself to have the very best relationships in life and indeed this is the first step in developing the self love that you may have been lacking If this sounds like you or somebody you know and you're looking for a strategies in how to deal with codependency then take action now by clicking the add to cart button above

**Understanding ADHD** William N. Bender,1997 Employs a unique approach that combines the most current research on ADHD with proven practical insights and applied coping strategies This book provides parents and other caregivers responsible for children with ADHD specific strategies to handle a variety of problems they will face Useful for any adult caregiver responsible for children with ADHD

Codependency Dorothy May,1994 Understanding Codependency Sharon Wegscheider-Cruse,2012

**The Resource Guide for Christian Counselors** Douglas R. Flather,1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically

under 46 general topics that encompass counseling issues professional issues and educational issues      **Understanding**  
**Co-Dependency** Sharon Wegscheider-Cruse, Joseph Cruse, 1990-06-01 What is co dependency How does co dependency  
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dependency answers these questions and develops a scientifically based framework for separating the person and their past  
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