

CODEPENDENCY



CELEBRATE RECOVERY
JULY 30TH

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NEW LIFE RESOURCES



People struggling with codependency feel as if someone else's problem is their problem.

When something negative happens to another, they respond as though it happened to them.

Signs Serving or Healthy Helping is becoming Codependent:



- **IT IS A PATTERN**
- **BURN OUT**
- **RESENTMENT**
- **“I AM DOING EVERYTHING FOR EVERYONE ELSE AND NO ONE GETS ME”**
- **VALUES ARE BEING COMPROMISED**

**LOVING
IS NOT
PLEASING**



Boundaries



- I am responsible for:
 - How I treat myself
 - How I treat others

- I am NOT responsible for:
 - How others treat me
 - How others treat themselves
 - How others treat others

- Internally: we need to see ourselves separate from others.
 - I am okay, even if the other person is not.

4 Connection Options



Self	Truth T, t
God	Safe Other

Big T Truths



- It is right and good for me to love myself as I love others.
- It's okay to ask for help.
- It's okay to say no.
- The truth is always my friend, even when it is painful.
- If someone seems untrustworthy or hurts me it's okay to back off.
- God also gets angry when people hurt other people.
- I don't have to try to make everyone happy.
- It's okay to rock the boat.
- Just because someone is angry with me doesn't mean I'm bad.
- It's okay to be angry when something is wrong.
- Being angry at someone doesn't mean I don't love them.
- The more I share the closer people feel to me.