

1 **Christian Codependence Recovery Workshop**

Chapter 1: Facing Codependence

2 **Facing Codependence**

- Our window of life
- What have we believed up until now?
- What is God's perspective of life, love and relationships?

3 **Defining Codependence**

- Set of learned coping skills used to function in an environment that is imbalanced and dysfunctional.
- Counterfeit method of expressing love
- Occurs when we look for something from the outside to fill the "inner void" on the inside.

4 **Attributes**

- Externally Referenced
- Caregiver
- Enmeshment

5 **Where is Codependence Developed?**

- Unhealthy family system where compensation was a means of survival
- Lack of love leading to false methods to earn or make up for missing "love needs"
- Shame and chronic sense of not being able to measure up

6 **Attributes of Codependence**

- Refer to Workbook
- These are symptomatic, which means they are at the behavioral level. They do not represent what is actually taking place on the inside
- Most of the symptoms are difficult to recognize, are widely accepted as "Christianity" and show up in all forms of relationships.

7 **Codependent Personality**

- Has a sense of "disconnect" and chronic need to fill that emptiness
- Looks to help, resolve and fix the problems of others in order to feel validated
- Has belief systems that "good" efforts can change or undo negative situations
- Feels responsible and therefore able to change the problems of other people

8 **Addict (BCAP) Personality**

- Need someone to fill in the gaps
- Needs room to be irresponsible
- May have grown accustomed to parents who overly "loved" and overly "managed" that child, causing that child to learn to manipulate the parent's emotional needs
- May have grown up in chaotic environment where drugs/alcohol became coping mechanism
- Often feels entitled to other people to be "more giving" more in then relationship
- Addict personality is usually very sensitive – and can be very charming, but is emotionally unavailable

9 **Cycle of Enablement**

- The addict doesn't have to face consequences for bad behavior and irresponsible choices
- The codependent grows accustomed and adapts to "being needed" by the addict, finding

validation in that role

- Both become mutually dependent, thus the relationship takes on a form of bondage

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The Process of Recovery

- Recovery is a journey with multiple layers
- Greatest need is to learn who we are, what has been happening in our own heart and how we connect to the process of authentic healing
- We will want to make it a “them” issues – but right now, God wants us to make it a “me” issue – this is a time for you to know Him, yourself and ultimately others better.