

- 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 **Caregiver Role**
 - Developed a caregiver role to balance a relationship or family system
 - Overly focus on others caused a misunderstanding of the purpose of relationship
 - Learned to become a compensator and sometimes even a "rescuer."
 - In the process, own needs were neglected or malnourished, resulting in spiritual, mental, and emotional growth being stunted.
- 5 **Externally Referenced**
 - Became accustomed to meeting and accommodating other people's needs
 - Began to use people or outside circumstances as a reference point for everything
 - Attempted to "read" people through unspoken expressions or by "analyzing" their irrational behavior.
- 6 **Externally Referenced**
 - Believed something "on the outside" had the answer to what was needed "on the inside."
 - Became enmeshed with other people and unable to separate our own feelings, thinking, and acting.
 - Disconnected with true self, authentic identity, and true needs.
 - Became a catalyst to the needs of others, resulting in a loss of self.
- 7 **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
- 8 **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.
- 9 **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

10  **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

11  **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

12  **Cycle of Enablement**

- This cycle can appear wherever one party attempts to “balance” an “imbalanced” relationship
- Addict doesn’t need to be using substance – may just have the attributes

13  **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.