

1 **CODEPENDENCE WORKSHOP**

CHAPTER 6

2 **BREAKING FREE FROM DENIAL**

- Our codependence is a filter by which we have viewed the world, ourselves, others and God in a toxic and harmful manner.
- This filter has told us things that aren't true.
- This filter has made us see things that aren't there, while at the same time being blinded to things that really do exist.

3 **RECOVERY**

- Recovery from codependence is about seeing things as they are.
- That means pulling off the filter, peeling back the masks and getting to the raw layers of what our experience up to this point has actually been.
- While it sounds scary, it can be summed up in one word - truth.

4 **TRUTH FACING**

- Above all, the codependent has been wrapped up layers of deceit and denial
- Some of us come into recovery truly ready to deal with our issues, others are looking for a way to blame or defend
- Denial affects and influences everyone differently, but everyone (ourselves including) come into recovery with some form of denial

5 **LIGHT & DARKNESS**

- Darkness is not necessarily a condition where we are involved in evil works – it can be a condition where we are covering
- The light of Jesus is first and foremost a revealer – we have to see before we can begin to resolve the remedy

6 **BREAKING FREE FROM DENIAL**

- Forms of denial:
 - Denial of the way others have hurt us
 - Denial of who we really are - we feel unworthy and scared to face ourselves .
 - Denial of the behaviors of others
 - Denial of our own behaviors
 - Denial of our feelings
 - Denial of the imbalance of our relationships

7 **WHY WE DENY**

- Denial is a coping mechanism to deal with the horrific reality of sin
- Denial is a blinder used by the Enemy to keep us away from God's truth
- Denial can be a gift when we are exposed to extremely traumatizing things as children (Emotional shock like physical shock)

8 **HEALING**

- When we are ready, we must go back and deal with the things that we couldn't cope with
- Bring things into truth allows us to properly deal with it and stop recycling the issues of the past

- We must be ready for this healing to occur
- We must know when to ask for help if at any point we get overwhelmed

9 **FORMS OF DENIAL**

- Denial by substitution – creating a fantasy version of our life to cope
- Repression and minimizing– Stuffing feelings, emotionally disconnecting, and pretending
- Disassociation – locking memories or events into the unconscious state – this takes a working of the Holy Spirit to resolve.

10 **DEALING WITH TRAUMA**

- Some people have years of recovery/counseling before major trauma is revealed
- God will allow us to see those issues when He knows we can handle them
- We must not pressure ourselves or each other – God must direct this process

11 **UNMET NEEDS**

Our issues don't just stem from what happened wrongly, but what we needed that we didn't get.

- Genuine experience of love
- Nurturing, guidance and direction to learn life
- Nurturing of identity and gender role
- Acceptance as valuable and precious children
- The loss of carefree and fun childhood
- The instilling of self esteem
- Encouragement

12 **PREPARING TO GRIEVE**

- What do we often do when our needs aren't appropriately met? Find ways to replace them
- Our choice of spouse/mate is often a direct reflection of our deficiencies in past relationships. We try to “make up” for what was lost.
- Instead we attract the same dysfunction and in essence re-cycle the same patterns
- The generational nature of our sin/bondage must be broken
- Grieving is also a gift and a coping mechanism

13 **INVENTORIES**

- The inventories in Chapter 6 are examples – can be modified as needed
- Similar to 12-step inventories, but more specific and looking at “cause,” not just “effect”
- Inventories help us to see both the before and after of pain, trauma or dysfunction
- Can be drawn up as a timeline and use relationships to separate.
- Writing down inventories is very, very effective

14 **BREAKING FREE FROM DENIAL**

- Why do we need to “go back” and see the past?
 - To see truth
 - To reveal lies
 - To heal
 - To remove shame