

1 **Codependence Workshop**

CHAPTER 3:
EMOTIONAL STRONGHOLDS

2 **Negative Emotions**

- ▶ What are negative emotions?
- ▶ Sensors that send off a signal indicating something
- ▶ Emotions can be driven by the flesh or the Spirit
- ▶ Not all emotions are bad
- ▶ Bad emotions can always be traced back to a root

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4 **Lies Versus truth**

1 Satan's Kingdom- Lie-based

- ▶ Driven by guilt, fear and shame
- ▶ The principles of death/destruction
- ▶ Thoughts, feelings and behaviors are the result of those lies
- ▶ Held in bondage/captivity

2 God's Kingdom Truth-based

- ▶ Driven by love, grace and redemption
- ▶ The principles of life/restoration
- ▶ As truth prevails, God takes ownership of thoughts, feelings and behaviors.
- ▶ The Spirit can by-pass emotions and work directly in the will

5 **LIES VERSUS TRUTH**

1 In Bondage

We are bound to lies to the point they have become our truths (strongholds)

- ▶ Believe the words of others or Satan as truth, or live through another person (feed off their emotions)
- ▶ Think unhealthy thoughts based on lies
- ▶ Feel negative emotions which become "facts"
- ▶ Become emotionally dishonest with ourselves and others
- ▶ Live in negative behavioral patterns
- ▶ Toxic identity – we are what we "do" (shame-based)

2 In Recovery

Bring our spirit to a place of surrender and submission where the truth and light allows us to:

- ▶ Believe God's word is truth- no matter how we feel
- ▶ Think as the mind of Christ – based on His truth
- ▶ Feel authentically and not irrationally allowing feelings to dominate us
- ▶ Become emotionally honest with ourselves and others
- ▶ Live out the will of God by choosing to believe and follow God's truth
- ▶ Core identity – we are precious at a core level – despite what we do

6 Anger: Defensive Emotion

- ▶ Anger is a defensive emotion that arises when we feel our personal boundaries have been somehow violated.
- ▶ Anger is an attempt to preserve our sense of personal worth, essential needs and basic convictions.
- ▶ Anger is normally a secondary emotion - it is driven by a deeper emotion that masks the initial emotion.
- ▶ Most people who suffer from codependence experience a lot of anger. Because they are attempting to balance imbalanced relationships, a sense of violation and “being used” is likely to result, even if they don't express it outwardly.
- ▶

7 Rejection

- ▶ Root of rejection can happen early in life.
- ▶ Sense of rejection can lead to anger: focus more on the person that rejected us rather than accept that a person found us “unworthy”
- ▶ Sense of rejection can lead to people pleasing: focus on how to overcome the rejection by “reading” the person and attempting to accommodate (the “insanity of codependence”)

8 Rejection

- ▶ Coping with rejection:
 - ▶ Identify – what's real, what is projection, do I have facts?
 - ▶ Process – facing it for what it is, whether my failure or someone else's own dislike/rejection of me
 - ▶ Let go – focus on better friendships, work on behaviors only if they were real, not the result of someone else's dysfunction. In letting

go, it doesn't define us. We sometimes forgive in this phase.

- ▶ Replace with truth – resolve to make a firm stance in our identity in Jesus. Remember that He was rejected and identifies with our pain.
- ▶ Find acceptance in Jesus, even if the entire world were to hate us, it would be enough. (that is one acceptance that covers all other rejection)

9 **Fear**

- ▶ Often not founded on facts and not even real
- ▶ Fear problem is a love problem: “perfect love casts out fear”
- ▶ Emotion that paralyzes and stifles any personal growth or aspirations. Prevents a person from trying (or sometimes leaving bad situations)
- ▶ Fear can drive other emotions such as rejection or anger
- ▶ Fear can only be overcome through faith in a loving God.

10 **Loneliness**

- ▶ Loneliness is lack of connection – that is the direct nature of codependence
- ▶ Loneliness can be experienced in the presence of others when we have the inability to feel authentically known and understood at a heart level
- ▶ Children that experienced neglect or lack of love will go through life with loneliness
- ▶ Life is filled with loneliness, part of it is acceptance
- ▶ Finding like-minded people in recovery is critical
- ▶ Converting loneliness into “alone-time” with God is completely transforming. We can spend our lifetime alone in God's presence and never be “lonely”.

11 **Powerlessness**

- ▶ Present when we feel violated or unable to change our circumstances
- ▶ Powerlessness is recognition of the inability to control the outcome
- ▶ Most codependent struggle with powerlessness by overly attempting to fix, manage and control in more indirect ways – also the insanity of codependence
- ▶ This is why a “Step 1”, an admission of powerlessness is so critical, it's simply saying “I can't”

- ▶ Step 3 puts God on the throne, and gives us power through Him. This is the key of the journey of any form of authentic recovery. “God is in control!”
- ▶ Codependents are obsessively control-oriented. Recognition of those tendencies is a major breakthrough, but the controlling tendencies themselves will often not change right away.

12 **Shame & Guilt**

- ▶ Shame says “something is wrong with me”
- ▶ Most codependents have a shame-based personality
- ▶ Guilt says “I’ve done something wrong (or didn’t do something I should have done)”
- ▶ Most codependents are driven by guilt in decision making and efforts to accommodate and please the artificial needs of others
- ▶ When we experience guilt and shame, we can:
 1. They try to overcome it by “being good” (example: codependence)
 2. Rebel against it altogether and “check out of life” (example: addiction)
 3. Hide from it and ignore it (denial)

ONE CURE: BLOOD OF JESUS

13 **Removing Emotional Strongholds**

1. Remember that emotions are indicators not facts.
2. Identify belief system that drove the emotions
3. Identify when we transfer responsibility
4. Recognize Satan’s part
5. Claim God’s promises