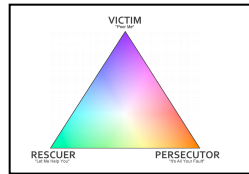


What is Codependency

By Drs. Bev and Tom Rodgers



Codependency is a concept that attempts to characterize imbalanced relationships in which one person gets their self-esteem needs met through over-caring for another. It is when you over-sacrifice your own needs to an unhealthy degree to meet another's, especially when they can meet their own. This involves enabling a person to be immature, not make decisions, or stay in an unhealthy pattern or addiction by controlling or fixing situations. It is rooted in soul wounds that cause you to feel overly responsible for others to your detriment.

Characteristics:

1. Over-caring or taking care of others often doing things for them that they are capable of doing for themselves. This means you are not taking care of yourself.
2. Controlling other people or situations.
3. Worry and obsession about others.
4. Denial of a problem with others.
5. Unhealthy dependence on others financially or emotionally. Others become Idols in your life instead of the Lord.
6. Lack of trust in God, thinking you have to do things yourself.
7. Repression of thoughts and feelings/freezing feelings.
8. Trying to fix a person or situation which often leads to "magical thinking": they are going to be better with your help in the face of no attempt to change.
9. Unrealistic expectations of self or others.
10. Poor communication skills.
11. Inability to say no especially to the object of your codependency.
12. Repressed anger and resentment for the fact that you do so much for others and ignore your own needs.
13. Martyrdom, deprivation, difficulty having fun and enjoying life if others are not happy.
14. High tolerance for unhealthy behavior, pain and suffering.
15. Fear of abandonment, fear of intimacy, fear of commitment.
16. Attraction to "birds with broken wings," sick, needy, dysfunctional, addicted people.
17. Hero complex wanting to get your self-esteem needs met trying to fix people.
18. Low self-esteem.

Above is a picture of the Perverse Triangle, a Family Systems Concept that depicts a scenario where one person is the victim at the top. They are often the object of one's codependency. The other is the persecutor who is the real or perceived "bad guy" who is harming the victim and the codependent person plays the rescuer and gets their unhealthy needs met as a savior or hero.