

## How to Avoid Co-dependency

- starts in family dynamic, playing a role
- do I expect someone else to fix me? Or Higher Power?
- am I acceptable? Am I ok? I need other people
- covert emotional abuse from mom (TMI)
- accepting unacceptable behaviour
- co-dependency underneath all other addictions -- at the core
- facing this core later in life
- what does healthy interaction with friends look like?
- all I care about in people is liking me, approval
- using anger as a drug, and other addictions can hide the co-dependency
- co-dependency is painful: in that state, mood is dictated by others
- putting a timer on to support another, then move on and take care of oneself
- hard to have a “complainer” in one’s environment, how to express unconditional love to them
- music helps to soothe the soul
- delineate boundaries in life; I would prefer another to join me at a social event, yet learning to go alone, being with oneself is healthier than staying home to please another
- willing to put their needs ahead of mine
- being able to survive on my own, nurture myself and make good choices
- what's my first morning thought: "How is my spouse?" or, is it a spiritual option, like prayer, meditation
- growing up in a volatile home, transfer this “expected volatility” to mate and they need to be ok within our home together, or I’m not happy
- put recovery before relationship to be prepared to let go of the unhealthy options
- do self-care so that I'm available to you
- stems from abuse ("nothing is right"); fast-forward to "as long as you're happy, I don't need to be"
- in a room of 50 people, I’m the loneliest person there
- personal growth must come before couple's growth
- A lack of boundaries, combined with being vague about who I am/ what I actually need does not help the co-dependant
- what are my healthy boundaries in this relationship?
- inside job that starts with me
- when I speak my mind, you will leave me or reject me
- rather be alone, than with people who don't respect
- humour (as a diffuser) is on auto-pilot: it requires energy to make others happy
- truly intimate relationship; love smacks of boundaries (Pia Melody quote)
- how do I lovingly detach? dotted lines as boundary
- sometimes we have to physically remove ourselves
- co-dependency directly related to addiction (TedTalk: “The Power of Vulnerability” by Brene Brown)
- “step in the ‘poo’” on a 24-hour basis, deal with it as it comes along

- when we don't have boundaries, each of you is reaching out for the other, and can't find one another. when the boundary is in place, we say “Oh there you are!” We are clear
- praying together prior to an activity is helpful (when partner is open to spiritual solutions)
- recognition feeds pleasing / pleasing feeds co-dependency CYCLE
- stating my needs "I need to be alone" -- meditate
- a good thing may mean painful feeling
- watch animals -- so simple at setting boundaries- a dog growls to a cat “go away”. The next minute, he’s happy and barking. He LETS GO!!