

John DuRocher Counseling LLC

Codependency is a dysfunctional relationship dynamic where one person assumes the role of “the giver,” sacrificing their own needs and well-being for the sake of the other, “the taker”¹. It is characterized by a strong desire for approval, low self-esteem, and an unhealthy attachment to another person, often someone with addiction issues²³. Codependency involves devoting all emotional and mental energy to another person at the expense of one's own health⁴.

Attitudes of Co-dependency

- I make you responsible for my happiness.
- My good feelings about who I am stem from being liked by you.
- Your struggles affect my serenity. (A big one for men)
- My mental attention is focused on pleasing you.
- My mental attention is focused on manipulating you to do it “my way”.
- My self-esteem is bolstered by relieving your pain.
- My own hobbies and interests are put aside. My time is spent sharing your interest and hobbies.
 - You start doing things you really don't like to do, until finally you can't stand it.

WHAT IS CODEPENDENCY?

by Sharon Martin, LCSW

- You focus on other people and their problems (caretaking, fixing, advice giving), doing for others even when it negatively impacts your mental health, physical health, finances, etc.
- You're extremely self-critical
- You feel responsible for everyone and everything
- You experience high levels of guilt and shame
- You absorb other people's feelings
- You're a people-pleaser, afraid of disappointing or upsetting others
- You have trouble setting boundaries and being assertive
- You ignore your own feelings and needs, possibly numbing them with food, alcohol, or drugs
- Intimacy, open communication, and trust are difficult
- You act like a martyr, taking care of everyone else, giving without receiving, and then feeling angry, resentful and taken advantage of
- You're a perfectionistic
- You tend to overwork and overschedule yourself
- You can be controlling, nagging, and critical of others
- You crave predictability, structure, and certainty

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7 Tips for Setting Healthy Boundaries

1

Start your day with limit-setting intentions.

Know from the start what you are capable of taking on.

2

Acknowledge what you gain by setting boundaries.

This allows you to re-center and remain committed, even when things get tough.

3

Define your priorities.

Get clear on what you need, what you want, and what would be nice to have.

4

Communicate directly, clearly, and often.

Telling people about your boundaries is your responsibility.

5

Pay attention to your needs.

Feelings of discomfort, overwhelm, or resentment are often indicators that we've over-reached a boundary.

6

Start with small adjustments.

Committing to and following through with small boundary changes builds your confidence to make harder decisions in the future.

7

Practice self-compassion.

If you don't follow through with the boundaries you set, instead of judging yourself respond with kindness.

Gain more resilience resources at adurolife.com.

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TOXIC PEOPLE

You should get rid of

Speak badly about others.

Are negative.

Lack compassion.

Take up way too much of your time.

Constantly have drama going on.

Lie to you.

Criticize you.

Talk more than they listen.

Play the victim.

Lose their temper.

Have to be right.

Treat others poorly.

Are self-obsessed.

Try to control you.

Have addiction issues.