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CODEPENDENCY

A person who is co-dependent often suffers from a lack of self value and anxiety. He/she may try to increase self-worth by helping or rescuing others. A person who is co-dependent may not identify with a relationship where both are equals i.e. a relationship based on friendship not need.

1. Do you have a hard time saying no to others, even when you are very busy, financially broke, or completely exhausted?
2. Are you always sacrificing your own needs for everyone else?
3. Do you feel more worthy as a human being because you have taken on a helping role?
4. If you stopped helping your friends, would you feel guilty or worthless?
5. Would you know how to be in a friendship that doesn't revolve around you being the "helper"?
6. If your friends eventually didn't need your help, would you still be friends with them? Or would you look around for someone else to help?
7. Do you feel resentful when others are not grateful enough to you for your efforts at rescuing them or fixing their lives?
8. Do you sometimes feel like more of a social worker than a friend in your relationships?
9. Do you feel uncomfortable receiving help from other people? Is the role of helping others a much more natural role for you to play in your relationships?
10. Does it seem as if many of your friends have particularly chaotic lives, with one crisis after another?
11. Did you grow up in a family that had a lot of emotional chaos or addiction problems?
12. Are many of your friends addicts, or do they have serious emotional and social problems?
13. As you were growing up, did you think it was up to you to keep the family functioning?
14. As an adult, is it important for you to be thought of as the "dependable one"?

If you find yourself answering yes to these question, you may have a problem with co-dependency. This means you give a lot of focus on taking care of others, which then gives permission to not work on self. It may even cause a decreased in respect for those you believe you are helping. In an equal relationship we allow and expect the other person to work through their problems. Give we give support but not solutions. If co-dependency seems like a fit for you, you might find help in a program like Al-anon, work with a therapist familiar with this issue and many books available on this topic. A most noted one is "Codependent No More" by Melody Beattie.

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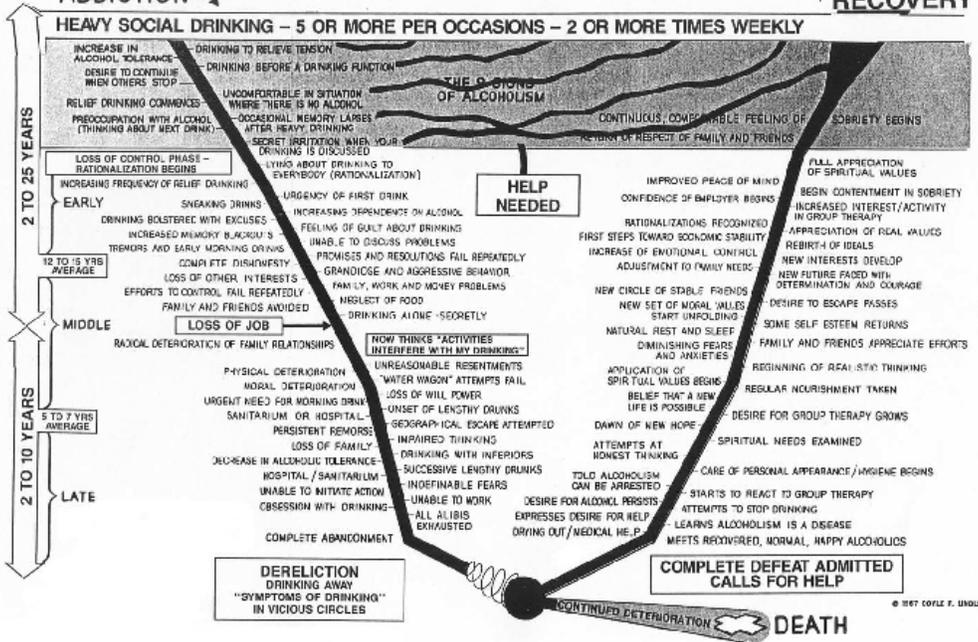
THE PROGRESSIVE **DISEASE of ALCOHOLISM**
(READ FROM LEFT...DOWN, RIGHT..UP)

ENLIGHTENED AND INTERESTING WAY OF LIFE OPENS UP WITH ROAD AHEAD TO HIGHER LEVELS THAN EVER THOUGHT POSSIBLE

ADDICTION

RECOVERY

HEAVY DRINKING - 5 OR MORE PER OCCASIONS - 2 OR MORE TIMES WEEKLY



PARALLEL OF THREE

Addict	Family	Professional
All is fine	All is fine	No patient
No problem	Some concern	No patient
Some consequences	Some consequences	No patient
Tries to cut back Works for awhile	Begs to cut back Believes it is over	No patient
More serious consequences	More fear and anger	Now a patient
Stops using follows rules	Happier – life is better	Talk about accountability
Relapse	Loss of trust again	Relapse is a clinical tool of recovery
Loss of honesty	Intentional lying	Reminder honesty is part of challenges of addiction
Blame others	Does not love me	Teachable moment Personal responsibility
Want changes to need	Will not listen	Recognize if and when another level of tx is needed
Priorities become different	They don't care about self or others	Self evaluates for fear and anger – walk with the client
Hopeless	Shuts down	Hopelessness is a clinical event
Tx 12-step program AA/NA	Al-anon the journey of letting go takes its first steps.	Holds patient accountable
Goes to a meeting here and there	Letting go, focus on personal recovery	Teaches a day at a time program – apply to meetings
Begins to discern honesty's role in recovery	Learns about co-dependency and enabling	Listen without judgement
Gets a sponsor	Does not interfere	Reviews accountability
Addresses fears	Begins hope	Education of disease
Reduce blaming others begins to accept responsibility	Begins to get honest with self about self	
Gains insight to spirituality	Gains insight into spirituality	Increases understanding of spirituality in recovery