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WITH INSTRUCTIVE LIFE STORIES PERSONAL REFLECTIONS EXERCISES AND SELF TESTS CODEPENDENT NO MORE IS A SIMPLE STRAIGHTFORWARD READABLE MAP OF THE PERPLEXING WORLD OF CODEPENDENCY CHARTING THE PATH TO FREEDOM AND A LIFETIME OF HEALING HOPE AND HAPPINESS INCLUDES BIBLIOGRAPHICAL REFERENCES PAGES 225 229

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WE OFFER THIS BOOK NOT ONLY AS A PRACTICAL GUIDE BUT AS A SYMBOL OF OUR OWN COLLECTIVE JOURNEY IT REPRESENTS A CROSS SECTION OF OUR EXPERIENCES BOTH JOYOUS AND PAINFUL AND IT STANDS AS A BEACON TO THE CODEPENDENT WHO STILL SUFFERS THERE IS HOPE FOR CHANGED RELATIONSHIPS WITH A HIGHER POWER OURSELVES AND OTHERS WE CAN MOVE OUT OF OUR

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EXAMINING CODEPENDENT RELATIONSHIPS WORKSHEET 2 LESSON OBJECTIVE DEVELOP APPROPRIATE BOUNDARIES BOUNDARIES AND CONSEQUENCES BREAKING CODEPENDENT PATTERNS IN A RELATIONSHIP IS HARD ONE OF THE BEST WAYS TO CHANGE BEHAVIOR IS TO SET BOUNDARIES

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NEWCOMERS AS THEY BEGIN TO UNDERSTAND CODEPENDENCY IT MAY AID THOSE WHO HAVE BEEN IN RECOVERY A WHILE TO DETERMINE WHAT TRAITS STILL NEED ATTENTION AND TRANSFORMATION DENIAL PATTERNS CODEPENDENTS OFTEN HAVE DIFFICULTY IDENTIFYING WHAT THEY ARE FEELING MINIMIZE ALTER OR DENY HOW THEY TRULY FEEL

CODEPENDENCY CARING UNTIL IT HURTS

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AS A RESULT OF THE RULES THAT CODEPENDENT MEETING THEIR NEEDS AND FEEL UNFULFILLED PERSONS LEARN TO FOLLOW MANY STRUGGLE WITH HOW TO ASK FOR HELP HOW TO SAY NO FEELINGS OF SELF DOUBT AND THE NEED TO CONTROL INTIMATE RELATIONSHIPS THEY MAY FIND IT DIFFICULT TO TRUST OTHERS AND STRUGGLE TO ACKNOWLEDGE THEIR FEELINGS

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LEARN HOW TO IDENTIFY YOUR CODEPENDENT BEHAVIORS UNDERSTAND WHY THEY DEVELOPED AND FIND NEW WAYS TO COPE WITH THEM YOU WILL ALSO LEARN HOW TO SET BOUNDARIES IN RELATIONSHIPS AND DEAL WITH DIFFICULT EMOTIONS IN A HEALTHY WAY

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