

# 402- Codependency

## I. Introduction

### A. Codependency

### B. \_\_\_\_\_ of Codependency

1. Develops in a relationship with a \_\_\_\_\_ in which the person's needs for love and acceptance have been blocked.
2. It is shame based.
3. It is fear motivated.
4. It Results From Hurt and Anger:

## II. Characteristics of Codependency

### A. A Lack of \_\_\_\_\_

1. Inability to see the \_\_\_\_\_ in which family members relate to one another because none of them have experienced emotionally healthy relationships
2. The belief is that their family is "normal".

### B. A Warped Sense of \_\_\_\_\_

1. Their creed is:

2. Their family says, \_\_\_\_\_:

3. Then their family says, \_\_\_\_\_

**C. A Tendency To Be \_\_\_\_\_**

1. Having been deprived of \_\_\_\_\_ in their family, they determine:

2. The one who is controlling you probably believes that he is doing you a  
\_\_\_\_\_. He justifies his control by saying:

**D. \_\_\_\_\_ Orientation**

1. The codependent is pressured to do more and more for the other person.  
They hear statements like:

2. As codependents, we define ourselves by what \_\_\_\_\_, how we look  
and how well we accomplish tasks in our lives.

**E. A Lack of Emotional \_\_\_\_\_**

1. The codependent is in touch with everyone else's \_\_\_\_\_. He has to be in order to please them.
2. The problem is that he has either lost touch with his own \_\_\_\_\_ or is blocking them out.
3. Communication is poor.

**F. A Sense Of \_\_\_\_\_**

1. Codependents often feel \_\_\_\_\_
2. Guilt often produces feelings of \_\_\_\_\_
3. Lacking objectivity, they conclude:
4. They expend their efforts –
5. Shame results when the person resolves that \_\_\_\_\_

**G. A Feeling Of \_\_\_\_\_**

1. Abandoned by \_\_\_\_\_

2. Abandoned by \_\_\_\_\_

### **III. Codependency in Practice**

#### **A. The Cycle Diagram (Attachment A)**

1. \_\_\_\_\_ phases of codependency
2. All phases are efforts to find \_\_\_\_\_
3. Results are always \_\_\_\_\_

#### **B. The Karpman Triangle (Attachment B)**

1. Roles change to fit the \_\_\_\_\_
2. The victim becomes the \_\_\_\_\_
3. The persecutor becomes the \_\_\_\_\_
4. The hero becomes the \_\_\_\_\_

#### **C. Family Systems Roles (Attachment C)**

1. Roles are developed from family of \_\_\_\_\_
2. Role players seek a \_\_\_\_\_ that fits their role
3. Roles \_\_\_\_\_ in new family

### **IV. A Biblical Perspective**

#### **A. Biblical Examples**

1. Luke 10:38-42 (Martha codependent)
2. I Samuel 25:3-23 (Abigail)
3. Matthew 16:20-23 (Peter)

#### **B. \_\_\_\_\_ Produced Codependency**

1. The \_\_\_\_\_ Christian (Fantasy of the ideal, I have arrived)

2. The Codependent \_\_\_\_\_ (See attachment)
3. Codependent attitudes in the \_\_\_\_\_

### **C. The Solution**

1. The foundation is our identity \_\_\_\_\_.
2. \_\_\_\_\_ codependent feelings and behavior objectively.

### **3. Detach**

- a. What do I need (time, space, objectivity) so that I can \_\_\_\_\_ on this situation?
- b. Detachment requires \_\_\_\_\_ (emotionally, physically or both).
- c. Sometimes we can detach \_\_\_\_\_
- d. Detachment is not the same as \_\_\_\_\_
- e. It may be necessary to \_\_\_\_\_ of former role as caretaker.

#### **D. Helpful questions**

#### **E. Tell myself the truth**

1. I'm not responsible for making him (her) \_\_\_\_\_.
2. I'm not responsible for fixing the \_\_\_\_\_.
3. I can respond \_\_\_\_\_.
4. I can say \_\_\_\_\_.
5. I can say \_\_\_\_\_.
6. I can make my own \_\_\_\_\_.
7. I feel \_\_\_\_\_.
8. I am \_\_\_\_\_.

#### **F. Forgiveness**

1. Forgiving others breaks the lie that \_\_\_\_\_.
2. Forgiving \_\_\_\_\_ may be necessary.
3. There may be a proper time and place to \_\_\_\_\_ the perpetrator.

## Bibliography

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Springle, Pat.. *Rapha's 12 Step Program for Overcoming Codependency*.  
Rapha:Houston. 1990

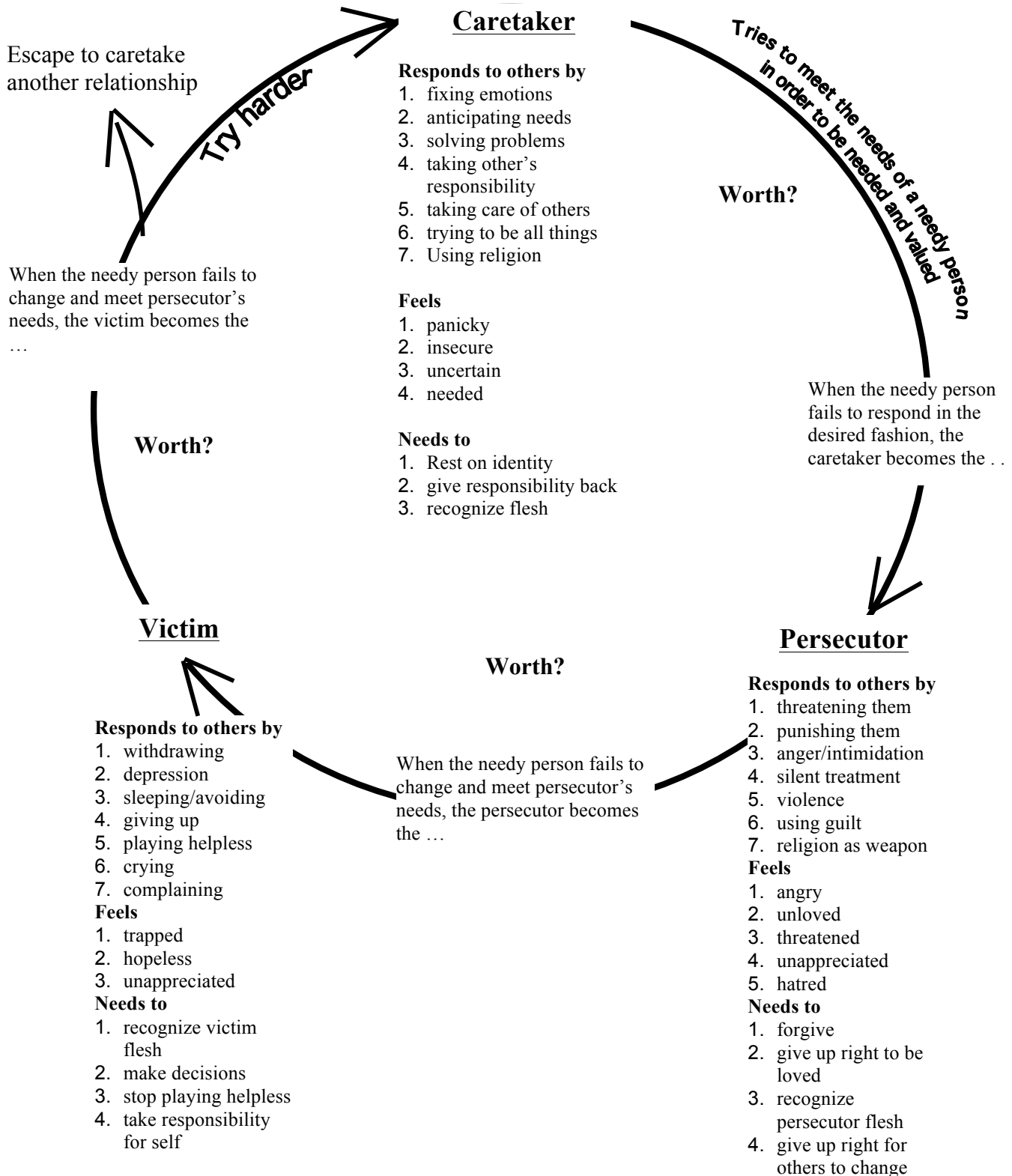
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## Codependency Cycle

Attachment A



Life Ministries  
Relationship Questionnaire  
(If you are not in a relationship at this time, just refer to your most recent past relationship.)

Yes	Mid	No	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Do you meet your partner's needs at the expense of your own?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Have you ever struck or been struck by your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Are you afraid to express to your spouse or partner when your feelings are hurt?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Does your spouse or partner tell you how to dress?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Do you smile or laugh even though you're angry?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Do you have difficulty saying "no" and sticking to it?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Is it difficult to express your true feelings to your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Do you feel anxious and uncomfortable when alone?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Do you feel rejected or jealous when your spouse or partner is spending time with friends?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Do you feel shame when your spouse or partner makes a mistake?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Do you give into sex when you don't want to?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Do you withhold sex to get even?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Do you feel that your spouse or partner's opinions is worth more than your own?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you depend on your spouse or partner to make the most of the decisions in the relationship?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you feel very upset when your spouse or partner does not follow your plan?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Are you afraid to let your spouse or partner really know what you are feeling inside?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you keep silent in order to avoid upsetting others?

- ☐ ☐ ☐ 18. Do you feel as though you “give and give” and get nothing in return?
- ☐ ☐ ☐ 19. Do you freeze up when in conflict with your spouse or partner?
- ☐ ☐ ☐ 20. Are you generally dissatisfied with your friendships?
- ☐ ☐ ☐ 21. Do you often say “it’s not that bad” or “it could be worse”?
- ☐ ☐ ☐ 22. Do you often feel trapped in your relationship?
- ☐ ☐ ☐ 23. Do you generally try to control your emotions?
- ☐ ☐ ☐ 24. Do you lose control of your emotions during conflict?
- ☐ ☐ ☐ 25. Do you feel that your relationship would fall apart without your constant effort to maintain it?
- ☐ ☐ ☐ 26. Do you often feel used and unappreciated by your spouse or partner?
- ☐ ☐ ☐ 27. Do you daydream of what it would be like to find someone who really loved you and appreciated you since you have so much to give in a relationship?
- ☐ ☐ ☐ 28. Do you sometimes feel so hopeless that life doesn’t feel worth living?

Total number of Yes answers \_\_\_\_\_ X 2 = \_\_\_\_\_

Total number of Mid answers \_\_\_\_\_

Yes + Mid = \_\_\_\_\_

## **DYSFUNCTIONAL**

When I feel responsible **for** others

I feel

- Tired
- Anxious
- Fearful
- Liable

I

- Fix
- Protect
- Rescue
- Control
- Carry their feelings
- Don't Listen

I am concerned with

- The solution
- Answers
- Circumstances
- Being right
- Details
- Performance

I am a manipulator.

I expect the person to live up to my expectations.

## **FUNCTIONAL**

When I feel responsible **to** others

I feel

- Relaxed
- Free
- Aware
- Confident in my identity in Christ

I

- Show empathy
- Encourage
- Share
- Confront
- Level
- Am sensitive
- Listen

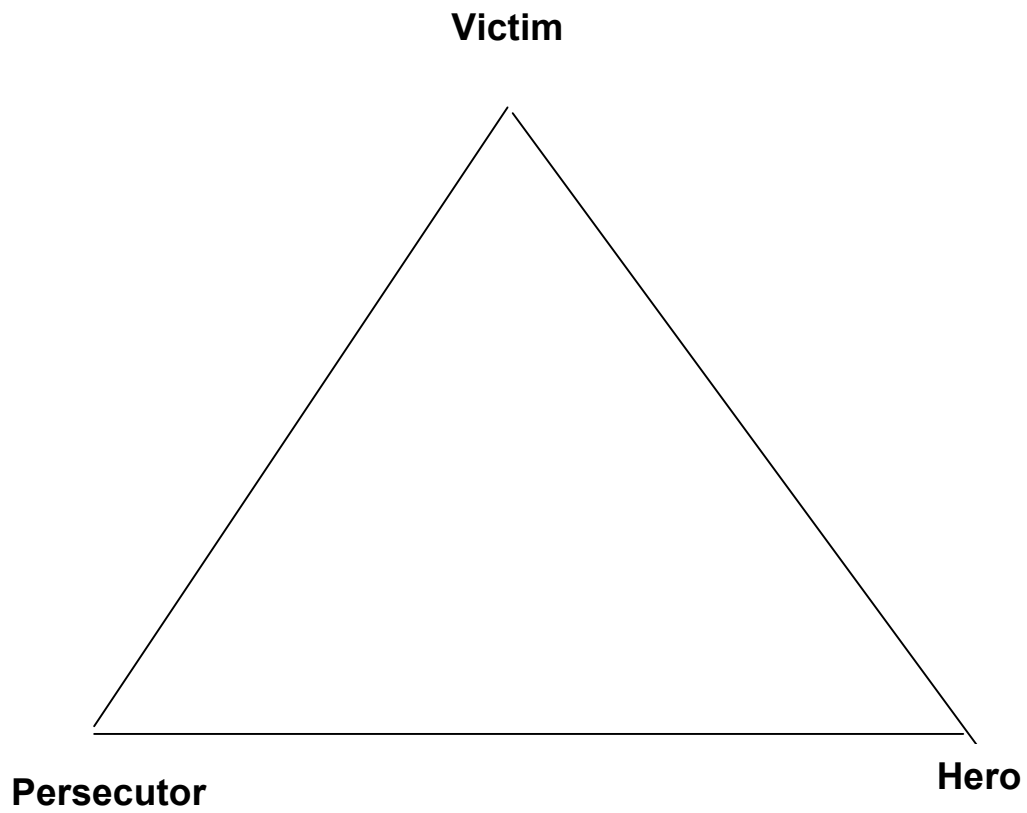
I am concerned with

- Relating person to person
- Feelings
- The person

I am a helper/guide.

I expect the person to be responsible for himself and his actions.

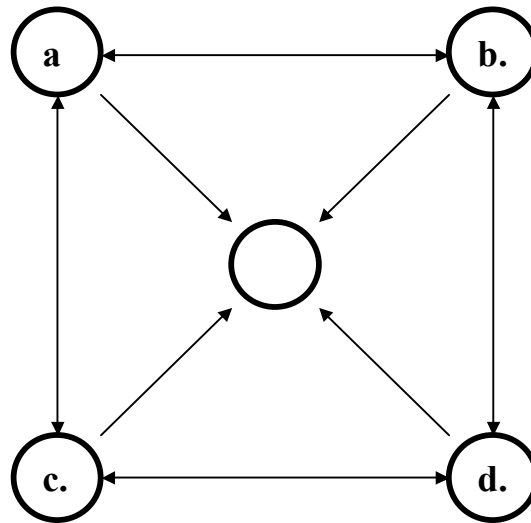
**I can trust and let go.**



## Family Systems

## Attachment C

- a. *Placater* - Agrees and tries to please
- b. *Blamer* - Dominates and finds fault
- c. *Hero* - Becomes super-responsible but detached emotionally
- d. *Distracter* - Interrupts and chatters about irrelevant information



**COUNSELOR'S CO-DEPENDENT BEHAVIOR**  
**BY**  
**SCOTT BRITTIN – Grace Ministries International**

1. You come from a dysfunctional home in which your emotional needs have not/are not being met.
2. Receiving little real nurturing yourself, you try to fill this unmet need vicariously by becoming a care giver, especially to people who appear, in some way needy.
3. Because you could not change your parents/spouse into the warm, loving caretaker you longed for, you respond deeply to the familiar type of person whom you can again try to change, through your love.
4. Fearful of failure you will do anything to keep a counseling relationship from dissolving.
5. Almost nothing is too much trouble, taking too much time, or is too expensive if it will help the person you are involved with in counseling.
6. You take far more responsibility, guilt and blame for the person you are helping when they blow it or don't grow.
7. You are willing to wait, hope and try harder to help and to please even though the person you are helping is not working that hard.
8. Your self-esteem is low and deep inside your feelings you do not value yourself, so you verify your worth by ministering to others the exchanged life.
9. In the effort to verify your worth you need to control your counselee to get them to change. You mask your efforts to control people and situations as being helpful.
10. In your counseling you are much more in touch with your dream of how it could be for the counselee than with the reality of the situation.
11. You have an unhealthy need for people to need you.
12. You need people to have a problem in order to relate to them.
13. Your whole life is sharing Christ as life – sharing Christ as life becomes life.
14. You can not leave counseling at the office. You take them home with you emotionally.
15. You dwell on the counselee during off hours; you wake up in the night burdened for them.
16. You allow the counselee to phone home for non-emergency problems and it disrupts your family.

17. You are intensely aware of the emotions and hurts of the counselee but unaware of your own emotions.
18. By being drawn to people with problems that need fixing, or by being enmeshed in situations that are chaotic, uncertain, emotional, and painful, you avoid focusing on your responsibility to yourself and your family.
19. When your counselee fails to change as you believe they should, you cringe when you see them coming. You pressure them to change, using guilt and law. You terminate the counseling for your sake, not their sake (making excuses for not being able to see them).
20. If you are not helping someone you feel some depression.
21. When the phone rings at the office or home you wonder, "Is it my counselee?" and you worry.
22. You take the responsibilities that are the counselees on yourself.
23. You rescue the counselee from painful emotions and won't let them suffer through their own emotions.
24. You rescue the counselee from awkward embarrassments even though they need to face the issue.
25. It is real difficult to say "no" to the person you are helping.
26. You begin to fantasize that this person you are helping, who so much appreciates and looks up to you, would better meet your needs than your spouse or God.