

Right Living Lesson #5



*The Definition of
Co-Dependence*

Healing from Co-Dependence



The Definition of Co-Dependence

DO YOU...

- Feel responsible for everyone's needs.
- Feel angry.
- Feel exhausted.
- Feel empty, like a shell only.
- Lack the ability to take care of yourself.
- People please.
- Make Joan of Ark look like a selfish person (in other words, are you a martyr.)
- Obsess on other people.
- Have you stopped thinking.
- Have you stopped having positive emotions.
- Feel bitter, hate, fear, depression, helplessness, despair and guilt.
- Lack energy.
- Worry, worry, worry.
- Feel like a victim.
- Think that it is the "o-holic" in your life that has the problem.
- Manipulate people because it is the only way to get something done.
- Feel like you are going crazy.
- Have you lost your sense of self identity.
- Have you ever loved someone so much that you lost yourself.
- Lack the power to gain control over your violator.
- Find yourself attracted to needy, troubled or dependent people.
- Live by silent rules.
- Depend on people and then always get hurt.
- Live in an environment where you cannot (be)...
 - honest. vulnerable.
 - imperfect. selfish.
 - honest and direct. trusted or trusting.
 - playful. rock the boat.
- Over commit yourself.
- Feel safest when giving.
- Feel alive only during crises.
- Don't know your needs or wants.

**"For God did not give us a spirit of fear, but of power and love and of a *sound mind*."
(2 Timothy 1:7)**