

CO-DEPENDENCY

Definition

Co-dependency is a disconnection from a "felt sense" of aliveness with a resultant loss of purpose and meaning. As a result, we develop beliefs and behaviors as a way to manage life vs. live life. We become "outer" focused and seek to control and manage what is outside of us in an effort to compensate for what is missing inside. Our insides and our outsides stop matching. A strong need for "numbing," medicating, and dissociating replace access to our feelings. Relationally, we seek to manage the experiences of others in an effort to find our own sense of safety and worth. We turn the responsibility for safety and worth over to others. By projecting onto others' this responsibility, we find ourselves constantly frustrated, angry, and full of grievance and lacking in our relationships.

Co-dependency is over-reacting to what is outside of us and under reacting to what is inside of us. We turn the volume up or down on anything in life to medicate and fill the black hole that has developed as a result of unmet needs and self-defeating behaviors.

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