

COPING WITH CODEPENDENCY

Codependency is a psychological tendency of fulfilling the needs of a loved one(s) by ignoring personal needs in unhealthy relationships.

COPING TECHNIQUES OF CODEPENDENCY

1. Showing Support Vs Being Codependent

Take a step and try to separate the line between healthy, supportive behaviors and codependent ones.

2. Identify Your Life Patterns

Take a step back and try to recognize any repeating patterns in his/her current and past relationships.

3. Understand Healthy Relationships & Love

Not all unhealthy relationships are codependent, but all codependent relationships are generally unhealthy.

4. Set Boundaries

Set boundaries for yourself, especially with the things that you are not comfortable dealing with.

5. Offer Help the Healthy Way

Listen to your partner's troubles or worries. Discuss possible solutions with them.

6. Value Yourself

Learn to increase your self-worth which will increase your confidence, happiness, and self-esteem.

THERAPIES FOR CODEPENDENCY

1. GROUP THERAPY

- a. Provides codependent individuals with a safe and appropriate space to express their feeling.
- b. learn communication and problem-solving skills.

2. FAMILY THERAPY

- a. Reshape destructive codependency in relationships into healthy, independent ones
- b. Healthy communication
- c. Solving interpersonal problems
- d. Teach family members new ways of coping and interacting

3. COGNITIVE BEHAVIORAL THERAPY

- a. Change the thought pattern of the codependent person.
- b. Build positive behavior changes
- c. Connecting feelings while exploring different emotions

Coping With Codependency

R Barnett



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