



Overcoming Codependency part 2



CHARACTERISTICS OF CODEPENDENCY GENESIS 27-30

WHO ARE CODEPENDENT PEOPLE?

"We instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more." (1 THESSALONIANS 4:1)

THE CODEPENDENT PERSON PROFILE

- I feel responsible for the feelings, needs, and actions of the other person.
- I try to fix the problems of this person, even to the detriment of my own well-being.
- I can discern the thoughts of this person but cannot identify my own.
- I know the feelings and needs of this person but do not know my own.
- I do things for others that they are capable of doing for themselves.
- I feel angry when my help is not wanted.
- I tend to be rigid and judgmental in the eyes of others.
- I judge myself more harshly than I judge others.
- I deny my own feelings and needs—so I've been told.
- I feel guilty when I stand up for myself.
- I feel good about giving but have difficulty receiving.
- I try to be perfect in order to avoid anger or criticism.
- I look for my worth in the approval of others.
- I find that I am attracted to needy people and that needy people are attracted to me.

WHAT IS A CODEPENDENT RELATIONSHIP?

"All a man's ways seem innocent to him, but motives are weighed by the Lord." (Proverbs 16:2)

THE CODEPENDENT RELATIONSHIP PROFILE

- Both feel a loss of personal identity.
- Both violate their consciences.
- Both have difficulty establishing healthy, intimate relationships.
- Both struggle with low self-worth.
- Both control and manipulate.
- Both have difficulty setting boundaries.
- Both become jealous and possessive.
- Both fear abandonment.
- Both experience extreme ups and downs.
- Both are in denial.
- Both have a false sense of security.
- Both usually have one other addiction besides the relationship.
- Both feel trapped in the relationship. A difference to distinguish.....

"As iron sharpens iron, so one man sharpens another." (Proverbs 27:17)

UNHEALTHY _____ FRIENDSHIP

HEALTHY _____ FRIENDSHIP

"Jonathan... helped him [David] find strength in God" (1 Samuel 23:16).

"He who walks with the wise grows wise." (PROVERBS 13:20)

"Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." (HEBREWS 12:1)
