

Understanding Codependency (Part 1)

Codependency refers to a type of dependence. People who are codependent cannot function from their own innate, distinctive self. Instead, codependents organise their thinking and behaviour around another person(s), process (e.g., sex addiction, gambling), or substance (e.g., alcohol, food, drugs). Codependency usually develops in childhood and is often intergenerational (codependency may even develop with well-meaning parents). The image below offers an example.

Parents:

- Poor Boundaries.
- Low self-worth.
- Relies on child to meet their emotional needs.
- Does not see child as unique, separate human being.



"I will ignore my feelings and care for you, so you don't abandon me."



"You are not available to me. It must be my fault. What can I do?"

Child:

- Learns to believe their own needs, wants and feelings are unimportant.
- Learns to suppress own true needs and feelings to care for parent, maintaining safety, connection, and attention.

Codependency and the Underdeveloped Self

Real Self:

Authentic needs, wants and feelings.



When a parent (or important adult figure) respects, empathises with, and validates the individuality of a child, they promote the development of a 'real' or authentic self. Allowing a child to fully express their own desires, needs, feelings and thoughts, encourages a child to **feel accepted for who they are**. The child will learn to trust their own innate senses and perceptions, forging a healthy individualistic self-identity.

No Room for Individual Existence

Ideal or Codependent Self:

A 'False' Self or who we think we should be.

A child raised in an environment where there is no room for the discovery and development of an individual self, may **completely repress all unique feelings, needs and thoughts**. They learn to behave in a manner that ensures connection, approval, or safety.



Perhaps a parent was **unavailable** due to alcoholism, depression, or an unhappy marriage. To avoid abandonment, a child may seek to comfort their parent. Or maybe the child was neglected and put in a situation where they were over responsible (e.g., for adult responsibilities at a very young age).



Children raised by codependent parents may be relied on to fulfill their parents' self-esteem or needs. The child may be **seen as an extension of the parent**. To maintain connection, the child learns to please them by gratifying the parents' dreams and repressing their own.

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