



Author of  
*Just Love Her*

# **Attracted to ADDICTS?**



*Break the patterns of  
codependent, unhealthy  
relationships*

Trina M. Hayes

# Attracted To Addicts Break The Patterns Of Codependent Unhealthy Relationships

**John C. Norcross**



## **Attracted To Addicts Break The Patterns Of Codependent Unhealthy Relationships:**

*The Art and Science of Attraction* GPTApplied Humanities Writing Group, 2024-07-10 Unravel the mysteries of human attraction in this groundbreaking exploration by the GPTApplied Humanities Writing Group. The Art and Science of Attraction offers a comprehensive multidisciplinary approach to understanding one of humanity's most fascinating phenomena. Key features of this insightful guide: Delve into the evolutionary origins of attraction and its role in human development. Explore the latest neuroscientific research on love, desire, and bonding. Examine cultural variations in attraction across different societies and historical periods. Investigate the psychology behind romantic and platonic attractions. Understand the impact of technology on modern dating and relationships. Analyze the ethical considerations in attraction research and its applications. From the biological underpinnings of attraction to its cultural expressions, this book leaves no stone unturned. Readers will gain insights into: The role of pheromones and body language in non-verbal attraction. How personality traits influence long-term compatibility. The neurobiology of love and its effects on decision-making. Strategies for maintaining attraction in long-term relationships. The dark side of attraction, including obsession and manipulation. Future perspectives on attraction research, including its implications for space exploration. Whether you're a student of human behavior, a relationship professional, or simply curious about the forces that draw people together, *The Art and Science of Attraction* provides a fascinating journey through the complexities of human connection. This meticulously researched work combines academic rigor with accessible prose, making it an invaluable resource for both scholars and general readers. By bridging the gap between scientific inquiry and everyday experience, the book offers practical insights that can be applied to personal relationships and professional endeavors alike. Embark on a voyage of discovery that will transform your understanding of attraction and its profound impact on human life. *The Art and Science of Attraction* is not just a book; it's a key to unlocking the secrets of the heart and mind.

**The Daniel Fast: Closing the GAP!** Nicola McFadden, 2020-12-23 You know this cycle by heart: January breakthroughs, February fallout, desperate prayers whispered into empty rooms, spiritual mountains climbed only to slide back down again and again and again. What if you don't need more dedication; you need better design? 347 a.m. Bathroom tiles. Imperfect obedience. Born in poverty in Jamaica, Nicola McFadden rose to Fortune 500 senior leadership in Canada, only to lose everything in a devastating divorce. As a single mother on disability, paying spousal support, she discovered the Daniel Fast and experienced significant breakthrough. But coaching thousands across six continents for over a decade, she noticed a pattern: breakthrough on Day 21, backsliding by Day 45. She discovered why breakthrough fades and how lasting change can be designed. Today, Dr. Nicola McFadden, Marvin's co-minister, with her husband, Pastor John Marvin, transforming bathroom floor desperation into global breakthrough. The difference? Not just experiencing breakthrough but being transformed. WHAT THOUSANDS EXPERIENCED OCTOBER 2025: Dream careers secured one week after the fast. Evictions canceled, income increased, businesses launched on resurrection days. Five decades of trauma healed with precision.

THE 4 STAGE TRANSFORMATION FRAMEWORK I DECIDE Strategic preparation that positions you for breakthrough GAP STRATEGY 21 days closing gaps across 6 wellness categories spiritual mental emotional physical financial relational CHAYAH LIFESTYLE Integration that sustains beyond Day 22 MULTIPLICATION MODEL Turn testimony into legacy NOT DEVOTIONAL THOUGHTS TRANSCENDENT BREAKTHROUGH CHAPTERS These 21 chapters are designed to be repeated revisited and returned to during subsequent fasts Your reference library for lasting transformation YOU DON T WALK THIS ALONE Join thousands in the global Chayah Club community Fast together Transform together Multiply together WHAT MAKES THIS DIFFERENT NOT 21 days of temporary spiritual highs YES a systematic framework that builds breakthrough you keep NOT generic encouragement that fades by February YES strategic guidance when transformation solidifies or evaporates This is what happens when Fortune 500 methodology meets Kingdom power a complete system tested across six continents KEY FEATURES Complete 4 Stage Framework I DECIDE preparation GAP STRATEGY 21 day fast CHAYAH LIFESTYLE integration MULTIPLICATION MODEL legacy Integrated Fasting Daniel Fast plant based foods intermittent fasting and soul fasting media toxic relationships mental clutter Six Wellness Categories Close gaps across spiritual mental emotional physical financial and relational areas with biblical principles Author s Story From 3 47 a m bathroom floor to framework that transformed thousands Six Sigma Methodology Fortune 500 transformation strategies applied to spiritual breakthrough Scripture Anchored Coaching Pastoral guidance prophetic prayers proven practices tested across six continents SOAP Journaling Tools to hear from God and track transformation across all 6 categories Beyond Day 22 The missing piece most fasting books ignore integration strategies that sustain breakthrough and hard wire patterns For Leaders Individuals Multiplication frameworks for group facilitators and personal breakthrough seekers Chayah Club Community Global connection through corporate fasts coaching support that transforms isolation into momentum Your cycle ends here Your transformation begins now *Girl Behind the Fence: Codependency* Mozelle Martin, Ph.D., 2019-07-07 Per Mental Health America over 40 million Americans mostly women have actually been diagnosed or labeled as codependent In fact a study using the Beck Depression Inventory and the Codependency Assessment Tool revealed that 14 4 million 36% of these Americans were also undergoing simultaneous treatment for depression The study found that the more they answered yes to questions like those below the more impaired they were by their codependency and the more severe their depression The next factors measured in this study were that of self worth and authenticity It was found that the lower their self worth the more they alienated themselves the less self awareness they had and the more severe their depression was As a natural continuance the more severe the depression the less independent they were and therefore the more codependent and debilitating their symptoms were As you can see it s truly a vicious circle Codependent relationships can be between friends romantic partners or family members and often the relationship includes emotional verbal or physical abuse Friends and family members of a codependent person often recognize that something is wrong but will often not try to help because they

would lose their benefits should the codependent person become healthy Like any mental or emotional health issue treatment requires time and effort and a strong but non enabling and non codependent support system including this book The bad news is that the severity of codependency increases when the symptoms go ignored The good news is that with the right help you can regain control of your life set and maintain health boundaries seek out your authentic and independent self reach goals practice your passions reclaim your career and much more That is why this book exists **Self-Help That Works**

John C. Norcross,2013-04-11 Helps readers identify effective self help materials and distinguish them from those that are potentially misleading or even harmful It is designed for laypersons and mental health professionals and reviews books films online programs support groups and websites for 41 behavioral disorders and life challenges *Summary of Codependent No More* QuickChapters,2025-09-03 Why do we sacrifice our own well being to fix or control others In her groundbreaking classic Melody Beattie shines a light on codependency the destructive pattern of losing yourself while trying to rescue those you love Codependent No More has helped millions recognize these patterns and begin the journey toward self care healing and freedom This summary breaks down Beattie s compassionate insights and practical strategies into a clear easy to digest guide You ll learn how to identify codependent behaviors set healthy boundaries and reclaim your sense of self without guilt or fear Alongside Beattie s timeless lessons this summary highlights the updated edition s focus on trauma and anxiety making her message more relevant than ever Whether you re struggling with a difficult relationship supporting someone with addiction or simply seeking to live more authentically this summary offers the key takeaways to help you stop controlling others and start caring for yourself Disclaimer This is an unofficial summary and analysis of Codependent No More by Melody Beattie It is designed solely to enhance understanding and aid in the comprehension of the original work **Sex and Society** Marshall Cavendish Corporation,2010-09 Moving beyond a partial view of only biology and psychology this work also examines the wide sociological dimensions of sex Codependency David Lawson PhD, Are you having trouble fostering healthy relationships Are you stressed feeling drained and exhausted from giving too much in your relationships Do you know who you are What you need What you like Or do you feel that you need to be validated and approved by a partner or any other person to feel good about yourself If your life has been overshadowed by an addiction trauma or toxic shame you are probably fighting with an invisible enemy an enemy that is particularly difficult to vanquish codependency Codependency is notoriously difficult to combat because there is no precise definition of the disorder The signs and symptoms also differ for everyone It is often mistaken for narcissism or other personality disorders that do not reflect the true situation Experts say that it is a pattern of behavior in which a person finds themselves dependent on someone else s approval for their self esteem and identity People who suffer from this disorder tend to mask what they really feel At other times they are not even aware of what they are doing This only serves to cloud the overall picture by delaying positive interventions which sometimes will never come I RECOMMEND THAT YOU READ THIS BOOK IF You are not aware of how you truly feel You have difficulty

identifying your feelings You have difficulty expressing your feelings You tend to minimize modify or even deny the reality of what you feel You tend to worry and or fear how others may respond to how you feel You give power over your feelings to others Does this sound familiar to you DOES YOUR PARTNER OFTEN Focus his or her attention on pleasing you Focus his or her attention on protecting you even when it is not necessary Focus his or her attention on solving your problems Focus his or her attention on relieving your pain Focus his or her attention on manipulating you forcing you to do things his or her way There are numerous other situations that are listed in this book Knowing the right information allows you to limit any damage by avoiding unnecessary suffering Everyone seems to know a couple relationship in which one partner seems to be more involved than the other and tries to get their love and care by satisfying their needs They try to control their partner s behavior through such subtle manipulation techniques and the partner will often not even notice They make endless and complicated dances around problems but what they never do is establish a sincere and healthy connection WHAT YOU NEED NOW Listen to those who understand this problem and have experienced the dynamics just listed Inquire read watch videos and access people who have the skills to alleviate the destructive damage that unstable parents can create This manual offers support not only to those who are codependent but also gives useful advice to partners family and friends on how to reduce the discomfort and suffering of their loved one with sections written especially for them This complete approach makes this manual a milestone of its kind Act now before it s too late If a codependent denies his destructive behavior he can pass it on to his children If the child does not realise the behavioural model of the parents and its negative impact it will generate the same patterns as an adult An endless cycle can be established Commit to breaking this cycle and regain control of your life Scroll up and click Buy Now botton at the top of this page

**African American Relationships, Marriages, and Families** Patricia Dixon,2013-06-17 African American Relationships Marriages and Families is a historically and culturally centered text designed for relationship marriage and family educators and therapists who work with African American singles and couples Complete with numerous exercises the book helps singles and couples increase their self awareness partner awareness and respect and appreciation for difference It also helps foster effective communication and conflict resolution skills showing readers how to develop and maintain healthy relationships marriages and families No ground is left uncovered in Dixon s thoughtful and considered analysis Nevada Lawyer ,2003 *Psychiatric Nursing* Holly Skodol Wilson,1992 With a dual theme of psychobiology and human interactionism caring this book offers comprehensive authoritative and contemporary coverage of psychiatric nursing practice New chapters on eating disorders rape intra family violence co dependency and suicide have been added to bring this Fourth Edition completely up to date In addition the drug section has been greatly expanded and highlights drugs separately in an appendix

**As Above, So Below** Ronald S. Miller,1992 The companion volume to Chop Wood Carry Water focuses on the many ways in which people from all faiths and philosophies are seeking out the emerging spirituality of our time The book is brimming with brief informative essays evocative quotes

photographs exercises reading lists and more Printed on recycled paper      **EastWest** ,1989      **American Health** ,1990

**Codependency in Relationships** Vincenzo Venezia,2023 Are you constantly striving to please others leaving you feeling drained and unfulfilled Does your self worth hinge on the approval of others making you question your identity and desires Are you haunted by the nagging questions Am I good enough and Do they really care about me or am I just useful to them If these questions resonate with you it s time to confront a hidden adversary that s been silently sabotaging your relationships and happiness codependency Codependency is a complex pattern of behavior where one s self esteem and identity are inextricably linked to the approval and validation of others This relentless pursuit of external approval can lead to a life of emotional camouflage where you suppress your true feelings and desires to maintain the illusion of being loved and accepted If you identify with any of the following statements this book is your beacon of hope You struggle to recognize and express your true emotions You tend to minimize alter or deny your emotional reality You fear the reactions of others to your emotions You feel controlled by others perceptions of you You constantly ask yourself Why can t I just be happy with what I do for myself Do you find your partner constantly striving to please protect or solve your problems even when it s not their responsibility Do they manipulate or subtly control your choices and actions These are just glimpses of the deeper dynamics that may be fueling your codependent relationship This book will empower you to break free from the shackles of codependency and reclaim your life You ll discover the subtle manipulations and control tactics often mistaken for caring gestures You ll understand the intricate interplay of codependency in relationships often hidden beneath false narratives You ll learn strategies to break free from the destructive cycles of codependency transforming your relationships and redefining your self worth Moreover you ll learn to challenge the internal dialogues that perpetuate your codependent patterns and replace them with empowering beliefs Begin your journey to emotional freedom today and discover the joy of living for yourself Transform your relationships from codependent to mutually enriching This comprehensive guide includes practical exercises step by step strategies and real life examples to guide you every step of the way Prevent the cycle from continuing into future generations ensuring that your children don t inherit the destructive behaviors that have held you back for so long The journey to reclaiming your life starts here Don t let codependency dictate your future Scroll up click the Buy Now button and embark on a path to healing empowerment and the life you truly deserve      **Divided Relationships** Mary Queen,2017-08-02 Are you tired of feeling trapped in unhealthy relationship patterns constantly putting others needs ahead of your own and struggling to find your sense of self This groundbreaking book offers a compassionate and practical guide to help you break free from codependency and reclaim your emotional independence With real life examples actionable techniques and thought provoking exercises this book addresses key aspects of codependency and provides a roadmap for personal transformation Whether you are seeking to understand your relationship dynamics overcome fears tied to emotional attachment or rebuild your self esteem this book will empower you with the tools and insights you need to create the life and

relationships you deserve What You Will Discover Understanding Codependency Learn to recognize the signs of codependency and how it impacts your emotional well being and relationships Breaking Free from Unhealthy Patterns Gain practical techniques to set healthy boundaries manage your emotions and cultivate emotional independence Rebuilding Self Esteem Find strategies to develop a positive self image and foster self compassion helping you navigate life with confidence Overcoming Fears in Relationships Learn to identify and address fears related to rejection abandonment and vulnerability Real Life Case Studies Gain inspiration from real world examples of individuals who successfully transformed their lives by breaking free from codependent behaviors This book is not just a guide it s an invitation to rediscover your true self build healthier connections and create a future filled with balance joy and authenticity Take the first step toward emotional freedom today

*No More Codependency* Emma Smith,2020-01-20 Do you constantly seek approval and feel hurt whenever your efforts are not recognized Will you do anything and everything to preserve a relationship Are you afraid of being alone and unloved Then you need to keep reading A study published in the Genetic Social and General Psychology Monographs has found that persons with a history of chronic family stress scored high on tests for codependency Codependency refers to relationships where one person enables harmful behavior or undesirable mental states in their partner including addiction mental illness or irresponsibility Fortunately it s possible for codependents to escape this pattern and move on to healthy relationships Here s a short preview of what you ll discover The EXACT formula for recognizing if you are in a codependent relationship even if you re still in a state of denial Why it s possible to love a person too much and risk losing yourself in a relationship The expert backed methods for increasing self awareness and building your self esteem How to effectively overcome unnecessary guilt and intense jealousy without having to consult a professional The tried and tested ways to set clear healthy boundaries that work to your advantage Why personal space self care and healthy detachment are non negotiables in any relationship The little known destructive habits that you need to quit NOW for your mental health and physical safety How to BREAK FREE from persistent and damaging relationships once and for all even if you think you can t live without that person And much much more Even if you feel trapped in a seemingly endless cycle of abuse and powerlessness the research behind this guide will help you define your identity on your terms eliminate self sabotaging habits and exponentially boost your personal growth By relying on the step by step plan in this book you can heal from harmful relationships achieve lasting self respect and replace codependency with life affirming relationships If you want to unlock access to this potent information about relationships and emotional healing then you should purchase this book

*No More Codependency: Healthy Detachment Strategies to Break the Patterns* Emma Smith,2020-01-29 Do you constantly seek approval and feel hurt whenever your efforts are not recognized Will you do anything and everything to preserve a relationship Are you afraid of being alone and unloved Then you need to keep reading A study published in the Genetic Social and General Psychology Monographs has found that persons with a history of chronic family stress scored



high on tests for codependency Codependency refers to relationships where one person enables harmful behavior or undesirable mental states in their partner including addiction mental illness or irresponsibility Fortunately it s possible for codependents to escape this pattern and move on to healthy relationships Here s a short preview of what you ll discover The EXACT formula for recognizing if you are in a codependent relationship even if you re still in a state of denial Why it s possible to love a person too much and risk losing yourself in a relationship The expert backed methods for increasing self awareness and building your self esteem How to effectively overcome unnecessary guilt and intense jealousy without having to consult a professional The tried and tested ways to set clear healthy boundaries that work to your advantage Why personal space self care and healthy detachment are non negotiables in any relationship The little known destructive habits that you need to quit NOW for your mental health and physical safety How to BREAK FREE from persistent and damaging relationships once and for all even if you think you can t live without that person And much much more As a FREE bonus you ll also receive a free chapter of Narcissistic Relationships to complete your arsenal of relational tools Even if you feel trapped in a seemingly endless cycle of abuse and powerlessness the research behind this guide will help you define your identity on your terms eliminate self sabotaging habits and exponentially boost your personal growth By relying on the step by step plan in this book you can heal from harmful relationships achieve lasting self respect and replace codependency with life affirming relationships If you want to unlock access to this potent information about relationships and emotional healing then you should purchase this book

*The Addict's Loop* Rene Eram,2014-06-07 What is codependence really What creates addiction Why am I attracted to the same codependent relationships over and over again Why can t I stay sober Why do I keep hurting or getting hurt by the people I love How do my relationships affect my addiction These questions and many more are answered in *The Addict s Loop* The Addict s Loop uncovers and describes a new model for understanding codependent relationships and how they can create and fuel addiction It is also a workbook with 9 steps toward recovery There are examples tools writing exercises and solutions that heal codependent relationships and counter condition addiction patterns

Cure Codependency and Conquer as an Empath Dr Teresa Williams Miller Scarlett,2020-11-04 Are you worried you might be in a codependent relationship Has someone told you that you re in a codependent relationship What does that even mean A codependent relationship to put it in simple terms is a dysfunctional relationship It is the kind of relationship where one person either supports or enables another person s poor behaviors Why do they do this Because they would rather cling to a relationship that is unhealthy After all being codependent is better than being alone right Wrong Enabling another person s poor habits is not a sign of love or care When you indirectly encourage their poor behaviors like drinking addiction narcissism or the mental struggles they are going through you re not being the supportive one in the relationship You re the codependent one because you are doing it for all the wrong reasons Why do people stay in unhealthy relationships One of the major reasons is loneliness You don t want to be alone Nobody wants to find themselves alone We have fooled ourselves into

thinking that any kind of relationship is better than being alone This is why we get stuck in these unhealthy relationship patterns and we become codependent Codependents struggle with low self esteem poor boundaries people pleasing tendencies the need for control a lack of communication problems with intimacy and they could even struggle with being in denial The way to overcome this Gain insight Understand as much as you can about this condition and you will find that it is much easier to overcome the problem This is why you have decided to buy this book You know there is a problem and you ve done the remarkable first step in wanting to fix the problem Cure Codependency is the ultimate comprehensive guide that you need to help you break free and reclaim your independence In this book you will learn What is means to be codependent The Love Attitude scale The duality of the mind when it comes to codependency Why codependency will never be considered a healthy relationship no matter how much you care for the person The eleven key signs of being codependent Why you need to learn how to say no What is a narcissist and why you continue to stay in such a relationship if you are codependent Why a narcissist seeks to manipulate you The connection between the fear of loneliness and codependency A look at what toxic relationships are and how to recognize those early signals What it means to be an empath How being an empath is different from codependency How to FINALLY break free of the codependency cycle The steps you need to start building healthy boundaries and reinforcing them The road to recovery is not an easy one but with Cure Codependency it is a POSSIBLE one If a healthy relationship is truly something you care about you will find the strength to overcome your troubles for the people you love just like how you find a way to get the things you want the most in your life When you go after something you really want you don t make excuses Are you ready to break free of this cycle      *Wendy's Club* Patricia Diane Craine, 2006-10-04

*Wendy's Club* is a book written for women but applies to any gender age race religion or sexual preference who are hooked or addicted to people who refuse to grow up Peter Pans AND how to break these addictions Many men are drawn to women who are attractive responsible stable and are loving care givers But some men NEED this type of women because she is everything he is not He tends to not be dependable responsible accountable for his actions and above all he puts his needs first and has to be the center of attention at all times Our Wendy is at first mesmerized by him and his charms But after a while she begins to feel like his mother and or playmate instead of being in a healthy equal adult relationship She KNOWS this relationship will probably never change she gives 90% and he gives 10% but she rationalizes that it could be worse She stays even though not happy or fulfilled because she is afraid that if she leaves she will be lonely and all alone she doesn t realize that she already is In this very easy metaphorical presentation and reading one will discover why these relationships exist for generations and how to identify past patterns and present dynamics The author will present specific therapeutic ways of finding ones real self and how to begin to break free of these hurtful perhaps harmful relationships forever

Embark on a transformative journey with Written by is captivating work, **Attracted To Addicts Break The Patterns Of Codependent Unhealthy Relationships** . This enlightening ebook, available for download in a convenient PDF format Download in PDF: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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