

# BREAKING THE CODE OF Codependence



Sharon Joy Ng Hale, Ph.D.

Third Edition

# Breaking The Code Of Codependence

**Walter C. Jackson**



## **Breaking The Code Of Codependence:**

**Breaking the Code of Codependence** Sharon Joy Ng Hale, Wu Chi Creations, 2006-08-01 This book is written from a transpersonal perspective i.e. consciousness evolution and takes the reader on a healing journey to discover the nature of codependence its development and its resolution Part I presents the symptoms research and theoretical explanations regarding codependence It combines a sociocultural analysis of the problem exploring the contributions of family culture and society The 12 Steps philosophy is outlined introducing the reader to the recovery movement This book goes beyond recovery however to effect healing allowing a person to BREAK THE CODE of codependence Healing is facilitated through an introduction to the Fourth Force in psychology namely the transpersonal In Part II growing awareness and awakening are facilitated by an examination of how we form our notions of reality through language experience archetypes and role modeling Integrating the information from Part I the reader learns how to discover uncover revise and update the dysfunction of codependence into a healthy relationship to self and others By updating our belief system or personal mythology the reader can actively participate in the healing process from codependence The means to actualize this are outlined in this book

*Breaking the Code of Codependence* Sharon Joy Ng, 2013-11-01 Breaking The Code of Codependence examines the construct of codependence and the factors that contribute to it s development The reader gains valuable insight into the nature of codependence and hope is instilled simultaneously Knowledge of the many factors associated with the development of codependence empowers the reader with a new understanding that codependent behaviors are products of how we have grown up in this society and not primarily an individual problem Codependence is examined holistically and provides a framework for understanding and treating this behavioral pattern to take the reader beyond recovery and into healing by Breaking the Code Understanding that gender expectations family dysfunction cultural factors power inequities and patriarchy make certain people at risk for developing codependence informs us that codependence is more complex than most people believe it is

**Recovery from Codependence** Kerry M. Olitzky, 1993 Healing wisdom for those directly affected by the addiction of a loved one This warm and empowering message draws on Jewish tradition and the personal experiences of recovering codependent people to offer hope no matter your faith or background

**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 button at the top of this page [Codependency For Dummies](#) Darlene Lancer, 2012-04-06 Codependency is much more widespread than originally thought You don't even have to be in a relationship Codependents have trouble accepting themselves so they hide who they are to be accepted by someone else Codependency for Dummies is the most comprehensive book on the topic to date It describes the history symptoms causes and relationship dynamics of codependency and provides self assessment questionnaires The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises practical advice and helpful daily reminders to help you know honor protect and express yourself It clarifies deep psychological dynamics that underlie codependency yet is written in a conversational style that's easily understandable by everyone You will learn How to raise your self esteem The difference between care giving and codependent care taking The difference between healthy and dysfunctional families How to set boundaries How to separate responsibility for yourself and for others

How to overcome guilt and resentment      **Healing the Wounds** David M. Noer,1995-03-16 Help your downsized workforce bounce back Layoffs make the business pages even the front pages of our newspapers with frightening regularity And massive downsizing continues to reshape the face of American business But what about those who remain behind Healing the Wounds provides an antidote to the widespread malaise on the American business scene left in the wake of workforce reductions Drawing on case studies and original research David M Noer an expert frequently quoted in major media such as The Wall Street Journal and Fortune provides executives human resource professionals managers and consultants with an original model and clear guidelines for revitalizing downsized organizations      **Breaking Free of the Shame Trap**

Christine Brautigam Evans,1994 Compassionate and empowering A much needed addition to the shame literature An important book about the shaming of girls and women in our culture without disregarding the pain of boys and men JANE MIDDELTON MOZ Author of SHAME AND GUILT Written by marriage and family therapist Christine Brautigam Evans this insightful book provides the tools every woman needs to regain her self respect With powerful case histories insight and compassion she explores The crucial differences between male shame and female shame in our society The relentless critic inside many women and ways women can free themselves from it The sometimes invisible traps society has devised to keep women without power and full of shame and more      **Codependence and the Christian Faith** Walter C. Jackson,1990

Humanistic Consulting David Noer,2017-06-06 When organizational leaders reflect on who has most influenced their careers they often name a humanistic consultant A humanistic approach to working with people and organizations spans leadership development executive coaching organization development and efforts to transform and revitalize systems The tools are borrowed from diverse sources its effectiveness relies on a compassionate practitioner Tracing the historical roots of the practice this book explores the elements that shape humanistic consulting and give it powerful versatility Insights are offered for consultants managers and students alike      The Codependent Counselor Philip J. Beebe,1990      **Logged In**

**and Stressed Out** Paula Durlinsky,2020-12-21 Social media is here to stay and Logged In and Stressed Out presents the right information and tools to improve our lives through examining and changing our digital habits America is facing a mental health crisis Studies show that the average American is spending more than 10 hours a day in front of their screens suicide rates are at an all time high and mental health professionals are working hard to address social media s role in this epidemic Social media can sometimes feel like an unpredictable roller coaster ride One s mood can swing from elated after getting a slew of likes on a post to worthlessness and deflation in response to being criticized in a comment thread Too often bad feelings from social media interactions linger negatively affecting our off line lives and worsening already present mental health issues Instead of demonizing social media by taking a one note digital detox approach Logged In and Stressed Out recognizes social media is not itself the problem it s how we use it that needs examining Paula Durlinsky guides readers through its impact on break ups and infidelities social distortion and comparison trauma and triggers social media binging

depression anxiety and other common concerns using real stories from her own practice to personalize concepts and recommendations By setting needed limits and embracing new practices it is possible to improve mental health when using social media Durlofsky details the whys and hows of creating a safe digital space cultivating digital and social media mindfulness applying the techniques of metalizing while consuming social media and decreasing social media and digital reactivity She offers suggestions for how to use social media and digital technology to create meaningful social interactions and positive mental health and provides readers with practical steps to put these ideas into action Social media is here to stay and Logged In and Stressed Out presents the right information and tools to improve our lives through examining and changing our digital habits

**Together** John Robert Stewart, Carole Logan, 1998 More than a survey of theories or a grab bag of hot topics Together presents a conceptually unified look at interpersonal communication that makes the material coherent and easy to grasp The text lays out a simple but powerful model of interpersonal communication which it then carries throughout the book Together incorporates many recent social science findings social constructionism and social approaches to interpersonal communication and applies them to interpersonal communication in a way that is intellectually respectable yet accessible

**Reclaiming Your Self** Brian DesRoches, 1990 From an expert in the field comes the first and only complete step by step plan for recovery from codependence the self destructive behavior that results when people are so obsessed with the needs of others that they neglect their own

**End Codependency** Joe Martin, 2014-02-12 One of the best codependency book you will every find This book has been written from two different perspectives It will be helpful for people who are entangled in codependent relationships Being surrounded by codependent people can wreck havoc on your life This book will give you a good idea on how to deal with codependent people around you Secondly people who are battling codependency can use this book to their advantage to eliminate the problem of codependency from their lives You will read a few practical tips on how to cope up loneliness inferiority complex low self esteem and build confidence to become emotionally independent Various strategies have been mentioned in this book that will help you to combat the problem of codependency to the very best of your abilities It also talks about the traits of a very common type of codependency religious codependency Parents will also find this book useful because the book discusses about ways to avoid codependency in children

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**Challenging Codependency** Marguerite Babcock, M. Christine McKay, 1995 In the field of addiction research and counselling there has been an increasing investment in the theory of codependency a theory that holds women partly responsible for perpetuating the alcoholism and addiction of

their male partners This is the first anthology of feminist essays that presents a cogent critique of this theory The unifying feature of the eighteen essays collected here is the revelation that solid evidence contradicts rather than supports the theory of codependency Its assumptions are found to be unsubstantiated in theory and practice The contributors to the volume explore the history of codependency theory and look at reasons for its growing popularity in medical model politics A central theme emerges that codependency theory is essentially misogynist in nature the result of a male backlash against feminism The collection leaves no doubt that this backlash is effective These essays reveal the many ways that codependency therapy promotes advice and counselling that is damaging and ultimately fails women seeking help for their distress This anthology aimed at professionals as well as readers at large reveals a remarkable body of literature questioning the validity of popular addictions philosophy about women and the quality of the scholarship that supports those theories **Bowker's Complete Video Directory 2001** ,2001 *Books in Print* ,1994 *The Education Index* ,1991 [Subject Guide to Books in Print](#) ,1997 **Can Christians Love Too Much?** Margaret Rinck,Margaret Josephson Rinck,1989

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