

# Breaking Free of the Co-dependency Trap

REVISED  
EDITION

*"Breaking Free of the Co-dependency Trap is written with clarity, caring, and a strong vision of realistic and healthy alternatives. It is a tremendously important tool for personal as well as social transformation. I recommend it highly."*

— RIANE EISLER, author of *The Chalice and the Blade*



Barry K. Weinhold, PhD &  
Janae B. Weinhold, PhD

Foreword by John Bradshaw

# Breaking Free Of The Co Dependency Trap

**J. William Pfeiffer, Jossey-Bass Pfeiffer**



## **Breaking Free Of The Co Dependency Trap:**

**Breaking Free of the Co-Dependency Trap** Barry K. Weinhold, Janae B. Weinhold, 2008 Describes the developmental causes of codependency and correlates them with problems later in life such as establishing and maintaining boundaries clinging and dependent behaviours Breaking Free of the Co-Dependency Trap Janae B. Weinhold, Barry K. Weinhold=, 2010-09-24 This bestselling book now in a revised edition radically challenges the prevailing medical definition of co dependency as a permanent progressive and incurable addiction Rather the authors identify it as the result of developmental traumas that interfered with the infant parent bonding relationship during the first year of life Drawing on decades of clinical experience Barry and Janae Weinhold correlate the developmental causes of co dependency with relationship problems later in life such as establishing and maintaining boundaries clinging and dependent behaviors people pleasing and difficulty achieving success in the world Then they focus on healing co dependency providing compelling case histories and practical activities to help readers heal early trauma and transform themselves and their primary relationships

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 **When Love Hurts** Tessa Whitfield, 2025-09-04 Breaking Free from the Chains of Toxic Love Have you ever felt trapped in a relationship where love feels more like a burden than a blessing This powerful guide offers a compassionate and insightful roadmap for anyone caught in the relentless cycle of codependency When Love Hurts Escaping the Codependency Trap dives deep into the hidden patterns that keep you stuck revealing why walking away or setting boundaries feels nearly impossible even when your heart knows it s time Explore the emotional toll codependency takes from draining your energy to eroding your sense of self worth Through clear explanations and relatable examples you ll learn to differentiate between healthy love and toxic attachment Discover the roots of your patterns often traced back to childhood and family dynamics and gain the clarity needed to stop enabling behaviors that only pull you deeper into emotional turmoil But understanding is only the beginning This book offers practical step by step strategies to reclaim your emotional freedom Build self love communicate assertively and nurture a resilient mindset that embraces growth without guilt Recovery becomes not just possible but empowering with exercises designed to help you recognize triggers set boundaries and rebuild your identity on your own terms If you re ready to break the cycle and create relationships grounded in respect authenticity and joy this book will be your trusted companion

on the journey It s time to heal grow and finally live the life you deserve free from the codependency trap 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 *Co-Dependence* - Charles L. Whitfield,1991-09 At last a concise and stimulating book with all the essential features and more about the nearly universal condition of co dependence Bestselling author Dr Charles Whitfield discusses in detail how co dependence is a major manifestation of being an adult child of a dysfunctional family and provides specific psychotherapeutic and recovery methods to help heal its wounds *Breaking Free of the Co-dependency Trap* Barry K. Weinhold,Janae B. Weinhold,1989 Offers step by step instructions for identifying and releasing dysfunctional and destructive relationship patterns **The Annual 1991** J. William Pfeiffer,Jossey-Bass Pfeiffer,1991

*Counter-Dependency* Janae B. Weinhold,Barry K. Weinhold,1992-09 Counter dependency the flight from intimacy shows you how to recognize and deal with these people If you recognize yourself in the list above this book will show you how to change It also recommends that you use your committed relationships to heal your wounds from childhood The book shows you how to use conflicts as opportunities for creating intimate partnership relationships **Theories and Models in**

**Applied Behavioral Science: Individual** J. William Pfeiffer,Arlette C. Ballew,1991 **American Bookseller** ,1989

Subject Guide to Books in Print ,2001 Breaking Free of Addictive Family Relationships Barry K. Weinhold,1991 A developmental psychologist and education professor at the University of Colorado defines the problem of addictive family patterns and offers practical solutions and encouraging advice for meeting life s challenges By the author of *Breaking Free of the Co Dependency Trap* Counseling Families David L. Fenell,Barry K. Weinhold,2003 Aims to endorse a training process that links individual and group counseling theories and practices to those used in marriage and family therapy This book helps families handle pressing issues such as Alzheimer s disease HIV and chronic medical problems It addresses the concerns of special needs families *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      Who's who in International Organizations Jon C. Jenkins,Cécile Vanden Bloock,1992

Chemical Dependency Counseling Robert R. Perkinson,2002 Praise for the First Edition Robert R Perkinson has provided a book of substantial stature in terms of his personal experience as a counsellor of addicts overall Chemical Dependency Counseling contains much that is to be admired Alcohol and Alcoholism Thoroughly updated this Second Edition offers basic guides for mental health professionals who work in substance abuse treatment programmes The book will also be useful for courses in addiction substance abuse counselling Presents the state of the art tools necessary to deliver outstanding treatment and meet the highest standards demanded by accrediting bodies Using a hands on style to treating chemical dependency this practical guide leads the addiction professional through all aspects of traditional treatment Chapters cover the gamut of treatment issues including developing the therapeutic alliance screening detoxification biopsychosocial assessment dual diagnosis patient orientation treatment planning individual therapy group therapy case management crisis intervention referral record keeping discharge planning and referral Author Robert R Perkinson provides case studies and step by step instructions with clear explanations and procedures that counselors need to use in all phases of patient care

*The American Journal of Forensic Psychology* ,1999      **Green Mountains Review** ,2010      **Family** United Nations,1996

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