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Subject: Healthy Interactions - CoDependency Week 1 6/20/2022
Attachments: What Is CoD.pdf; understanding codependency.pdf; CoD Test.pdf

Thank you all for such great discussions tonight. Some quick thoughts (although this, like so many of our subjects, should be 16 weeks itself)

I've attached a quiz that can help you understand if you're suffering with CoDependency, please know that this does not give a diagnosis, but could be used for informational purposes only, to heal it's best to work with a mental health professional to "get through it".

So, quick overview:

- CoDependency was coined in AA (Alcoholics Anonymous) to describe the partner of the alcoholic – they “gave the drunk a drink”. We call this **enabling**, or we effectively make it ok for our partners to behave badly
- This is NOT a diagnosable mental health disorder, but probably should be. Dr. Ross Rosenberg has called it “**Self Love Deficiency Disorder**”
- It is ALWAYS a symptom of Abandonment (neglect, abuse or enmeshment) and oftentimes begins in childhood, where we see one parent filled the other's needs no matter what, without being given anything back (or so it would seem)
- A CoDependent doesn't know who they are or what they value, so they take on other's perceptions as their own – they're followers
- Other terms: “doormat”, “pleaser”, “fixer” or “passive”

Next week we'll go over some more about CoDependency, how we can start to recover and begin to live within a healthier life with our partners.

Here's a video that explains a little more about CoDependency: <https://www.youtube.com/watch?v=N9BYJ46XSv8> and the video we watched in group: <https://youtu.be/XhhzEQm2vU4> (Self-Love Deficiency Disorder)

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