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How to Start Healing from Codependency - Psych Central.com

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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.

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painful aftereffects.

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The best advice in healing from codependency would be “Love Yourself.” Doing that may sound strange because you’re so used to loving other people. You may not know how to love you. Love

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involves actions as well as feelings.

10 Ways to Love Yourself and Heal from Codependency - dummies

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Charles Whitfield. Health
Communications, Incorporated, 1991.

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For those of you who have been entangled in a co-dependent relationship, understand that it takes time, courage, and strength to heal. In a

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co-dependent relationship both parties rely on the other for emotional, psychological, and/or financial needs to be met, and they will feed and interplay on one another's neediness.

Healing from a Co-dependent Relationship

from Robert Subby's Lost in the Shuffle:

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The Co-dependent Reality 14 Figure 43
The Shame-Bound Control Release
Triggers 15 CONTENTS HEALING THE
SHAME THAT BINDS YOU ix become less
than human This results in a lifetime of
cover-up and secrecy This secrecy and
hiding is the basic cause of suffering

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