

GIVES...
**to get their
needs met**

The Codependency Cycle

(in Relationships)

TAKES...
**to get their
needs met**

CO-DEPENDENT PERSON

Tends to:

- be other focused / puts others ahead of self
(**OTHER PLEASER / COMPLIANT / ACCOMMODATING**)
- be dependent on OTHERS to get their needs met
- compulsive care-“giving”/compliance at the expense of own needs/ leads to accumulating resentment
- feel guilty
- please others / let themselves get walked on
- overlook their own wants, needs, opinions to keep the peace and avoid negative reactions/ feelings/ confrontation
- give love & respect w/out requiring it in return
- tends toward victim-thinking, martyr
- denies own needs, caring for others and obtaining approval at the expense of self

TO BREAK THE CYCLE/ PATH TO

WHOLENESS:

- Focus on self/ self-care
- Require respect from others/ do things out of love not fear
- Show more leadership/ take more of the lead
- Stand up/ speak up for your wants/ needs/ opinions. Be open/honest with self and others
- Carefronting –care enough about the relationship to speak up/ confronting others when necessary
- Build healthy boundaries/ identify your strengths
- Be able to say “No”/ cope w/ strong negative reactions/feelings (ie. Be okay w/ someone being mad/ disappointed w/you. Be okay being the “bad guy.”)
- Develop more compassion for self

COUNTER-DEPENDENT PERSON

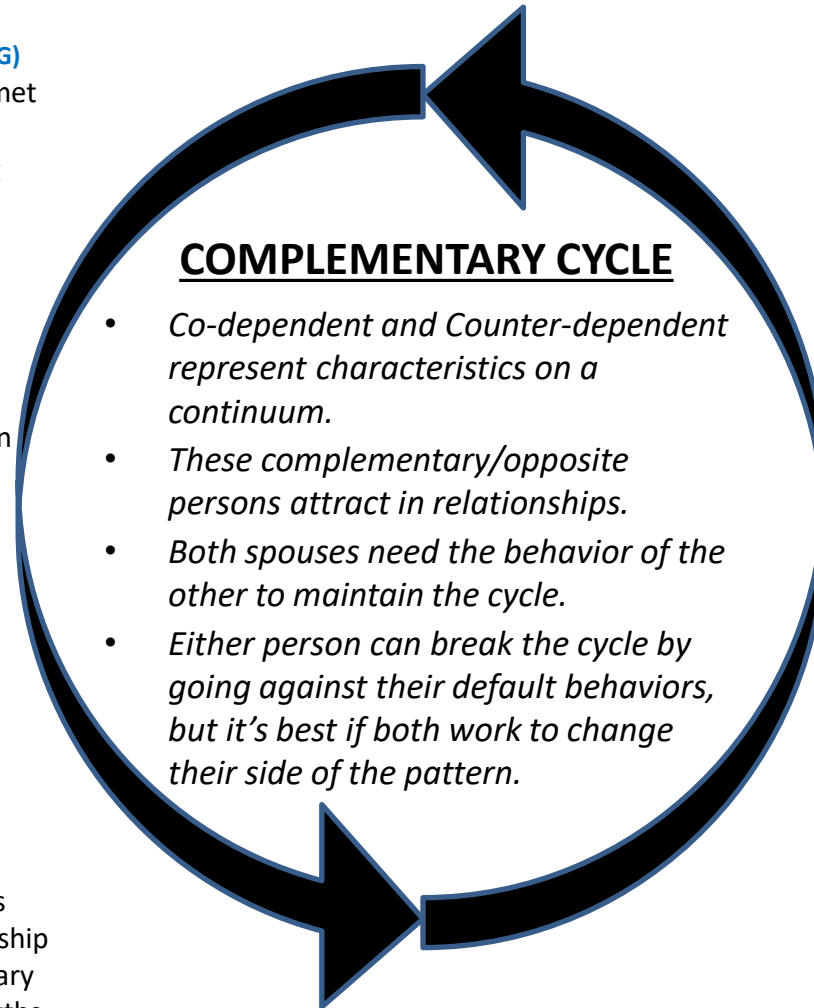
Tends to:

- be self-focused / puts self ahead of others
(**SELF PLEASER / RESISTANT/ AGGRESSIVE**)
- be dependent on SELF to get their needs met
- compulsive care-“taking” at the expense of others
- blame others
- control / manipulate others / walk over others
- disregard or discount others’ wants, needs, opinions to avoid negative feelings
- get love and respect without giving it in return
- focuses on own needs/ caring for self at the expense of others

TO BREAK THE CYCLE/ PATH TO

WHOLENESS:

- Focus on others/ other-care
- Be more respecting of others’ wants/ needs/ opinions
- Listen for the other’s perspective knowing there’s another “right way”
- Be willing to confront self/ identify your weaknesses
- Be more willing to identify and express feelings not just rational facts to be right or prove a point
- Be okay with NOT having to be the “smartest guy in the room”
- Develop more compassion for others



Created by Laura M. Brotherson, LMFT, CST (Aug 2014)
For more information, see *The Flight from Intimacy*
by Janae & Barry Weinhold