

Characteristics of Co-dependency vs. Counter-dependency

BEHAVIORAL DIFFERENCES	
Co-dependent Behaviors	Counter-dependent Behaviors
• Clings to others	• Pushes others away
• Acts weak and vulnerable	• Acts strong and invulnerable
• Is overwhelmed by his or her feelings	• Is cut off from his or her feelings
• Is other-centered	• Is self-centered
• Is addicted to people	• Is addicted to activities or substances
• Is easily invaded by others	• Is "armored" against others' attempts to get close
• Has low self-esteem	• Has falsely inflated self-esteem
• Acts incompetent	• Tries to "look good"
• Has depressed energy	• Has manic energy
• Acts insecure	• Acts secure
• Acts weak	• Acts strong
• Feels guilty	• Blames others
• Craves intimacy and closeness	• Avoids intimacy and closeness
• Acts self-effacing	• Acts grandiose
• Has victim behaviors	• Tries to victimize others first
• Is a people pleaser	• Is a people controller
• Suffered neglect as a child	• Suffered abuse as a child

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The Flight from Intimacy (Weinhold)

The Path to Wholeness (Breaking the Co-dependency Cycle)

TWO DIFFERENT PATHS TO WHOLENESS

The path to wholeness for people with counter-dependent behaviors is far different from the path for those with co-dependent issues. The following chart shows the qualities that each type needs to develop.

Those with Co-dependency Issues Must Learn to:	Those with Counter-dependency Issues Must Learn to:
• become more independent	• become more dependent
• focus on the self	• focus on others
• build boundaries	• remove walls
• cope with strong feelings	• identify and express feelings
• identify personal strengths	• identify personal weaknesses
• be intimate with the self	• be intimate with others
• be autonomous	• be cooperative
• defend against projections	• take back projections
• avoid unhealthy commitments	• make commitments
• master the world of work	• master the world of relationships
• develop compassion for the self	• develop compassion for others
• create sexual boundaries	• separate sexuality from nurturing

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