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Break Free from Codependency. At the heart of codependency is a lack of valuing one's self. People who are codependent value others more than themselves and this contributes to relationship problems. Their lives revolve around helping, fixing or saving others at their own expense.

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Relationships become very unbalanced.

## **Break Free From Codependency - Sharon Martin, LCSW ...**

Weinhold, B.K., Weinhold, J.B. (2008).  
Breaking Free of the Co-Dependency  
Trap. This book, by a married  
psychologist couple, is all about  
codependency and how to break out of

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it. The authors first discuss how codependency develops in people, and how one's childhood can ultimately lead to codependency.

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Breaking free from a codependent pattern requires commitment, hard work

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and vigilance. The payoff makes it worth the effort. The results of breaking the pattern can include increased happiness

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### **Steps to Breaking the Pattern of Codependency - Beliefnet**

relationship, but is unable to break away from the cycle of behavior that causes it.

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Co-dependents view themselves as victims and are attracted to that same weakness in the love and friendship relationships. Characteristics of Co-dependent People Are: • An exaggerated sense of responsibility for the actions of others

**Fact Sheet on co-dependency from**

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## **Mental Health America**

How To Break Free From Your Codependent Relationship. I used the following steps on my journey to freedom.. You may or may not choose to end the relationship, but remember that only you can determine if leaving is the best decision for you. Here's what you can do. 1. Take An Honest Moral

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Inventory

## **3 Important Steps For Breaking Free From A Codependent ...**

Codependency is a continuum in that many of us don't break free completely of our ingrained patterns of codependence. It is also a spectrum from minimal to severe and depending

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on the situation or relationship,  
symptoms can flare under stress.

## **5 big ways to break free from codependency | Spirit Times**

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This workbook, to be used in conjunction with "Facing Codependency" is a fantastic tool in breaking the heavy

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denial that comes with codependency, taking a clear objective look at where the codependent beliefs came from (without blaming others), seeing the true impact of this disease on our lives and based on that information helps us to decide for ourselves clearly what steps to take to work towards true freedom and recovery.

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The Breaking Free from Codependency Inner Circle has been specifically designed to help adults who were emotionally wounded as children and who are waking up to the idea that they may be codependent, they may have

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suffered some form of narcissistic abuse, and who want to heal from their pasts once and for all so they can move forward with confidence and optimism for the future.

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Codependency. ... then you definitely have the strength to break free from it. One of the hallmarks of codependency is keeping all of your feelings and thoughts bottled up inside. Now, you must open up that bottle and tell those whom you most trust about your struggle. Find someone who you can be totally and ...

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This depression can last months or years after leaving a codependent relationship, especially if you remain in it for a prolonged period. 6 Steps on How to Break Codependency Habits. Now that you understand the impact of codependency, you may be more

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motivated to undergo the often-difficult task of overcoming it.

## **6 Essential Steps For Overcoming Codependency**

Being codependent can take a toll on your well-being and the quality of your relationships. Learn how to overcome this behavior pattern and build more

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supportive partnerships.

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How to Break Codependency Habits and Stop Being Codependent 1. Take a break from your relationship to reconnect with yourself. When you are too preoccupied with the other person, the first step you

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can take is to take a break from the relationship or end it completely.

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