

How to overcome co-dependency and live a fulfilled life

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How to overcome co-dependency and live a fulfilled life

By Ulla Sebastian

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Author: Dr. Ulla Sebastian

E-mail: publish@visioform.com

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CO-DEPENDENCY REFERS TO AN OBSESSIVE NEED FOR AFFECTION, ATTENTION AND AFFIRMATION.

Co-dependent people get easily drawn into the pain and problems of others, feel responsible to help people solve their problems while ignoring their own, look outside themselves for meaning, identity and value, say yes when they mean no and tend to blame others for their own unhappiness, failures and frustrations.

CO-DEPENDENCY IS AS MUCH A CULTURAL AS A PERSONAL PHENOMENON.

Through childhood and adolescence, movies and hit parades feed us co-dependent relationship ideals as romantic love, Christian ideals as service and care for others, cultural ideals as being a good mother, a caring wife or just a "good" person that cares for other people's needs more than for one's own.

If you as a woman wonder about the difference between being 'good' or co-dependent check the degree of involvement and the amount of pain you feel. Ask yourself:

* Do I always "have to do something" to help my partner?

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- * Do I feel burdened by the problems of my partner? Would I like to leave him and yet I do not dare to?
- * Am I holding on to my partner even if he has repeated affairs or abandons me while "working at the office"?

Most people fall into a continuum of co-dependency. If you are still wondering, keep checking:

- * Do I feel responsible to help people solve their problems while ignoring my own?
- * Do I look outside myself for meaning, identity and value?
- * Do I say yes when I mean no?
- * Do I tend to blame others for my unhappiness, failures and frustrations?

If you answer 'yes' to most of those questions, co-dependency is an issue.

CO-DEPENDENCY HAPPENS IN RELATIONSHIPS

Codependent relationships are predominantly the domain of women who are engaging in personal relationships with someone who needs help and support. They offer themselves as 'helpers' and 'saviours' and turn into angry persecutors if their attempt to save the 'other' fails, which is usually the case.

This dynamic in co-dependent relationships has been described as the drama triangle being played by two people who change the roles of victim, saviour and persecutor.

The term co-dependent relationship was traditionally used for an alcoholic and his or her partner but has lately been applied to a broad range of people who need help such as drug users, criminals, sex addicts, mentally ill, physically ill, and even workaholics who need someone to support them while they "do their thing."

CO-DEPENDENCY IS THE RESULT OF FRUSTRATED NEEDS IN CHILDHOOD

Basic needs like being nurtured, protected and appreciated were neglected, boundaries invaded through abuse, self-expression discouraged or punished. This neglect of primal needs then become the obsession of the adult who longs for their fulfilment in every close relationship.

The deep need to be saved from the inner loneliness and emptiness is projected on to another person, usually an addict in an attempt to save 'him'. Needless to say, that her attempt to save the 'helpless him' or to endlessly support the 'busy important ones' is prone to fail which then increases her frustration, anger, disappointment, guilt and low self worth.

DO YOU RECOGNISE ANY OF THIS? DO YOU FEEL A DEEP NEED TO BE SAVED FROM INNER LONELINESS AND EMPTINESS?

This deep need can turn into a desperate, needy search for a romance that makes you vulnerable for being used by people. This neediness will draw partners into your life that want to have their needs fulfilled and will have little concern for your feelings or needs.

You may also find yourself projecting this need on to another person, usually an addict in an attempt to save 'him'. Saving 'him' will not solve your problem. In the opposite: If you stay long enough in an

unfulfilling relationship you become accustomed to unhappy situations, which then again will make you an easy target for being used.

HOW CAN YOU BREAK THIS VICIOUS CYCLE AND OVERCOME CO-DEPENDENCY?

First, make your needs and interests your priority. What do you need to do to be good to yourself, to love yourself, to appreciate the good things in you and in your life?

Start to take stock in the people you have surrounded yourself with. Are they as concerned with your needs and feelings as you are with theirs? You may need to detach yourself from some of these people, maybe even your partnership at least until you have taken time to start taking care of yourself.

Learn to say No when you mean No. Practice setting up boundaries that are firm and flexible. Saying No can be as easy as just not answering the phone.

Romance, alcohol, drugs and sex are not appropriate tools for overcoming co-dependency or filling your inner emptiness. Instead, focus on enjoying the single life, as you develop a wide variety of interests and activities, meet people, and make new friends. With interests, activities and a good

network of friends and acquaintances, the inner emptiness and the painful longing will cease.

Dr. Ulla Sebastian is a well-known author, trainer and psychotherapist. Her work spans a wide range of themes for professional and personal growth and is the result of forty years of research, work with thousands of people from all over the world and a lifelong experience of selfgrowth and transformation. Visit her website <http://www.visioform.com> for free courses, distance courses, books and articles.

Change Your Life For The Better!

By Caroline Jalango

Are you still hoping and waiting for someone somewhere to come to your rescue, wave a magic wand and instantaneously change your life for the better?

Are you praying that you will one day win the lottery and dramatically alter the financial quality of your life?

Are you sitting behind your desk, daydreaming and hoping to one day rise to the top level of management without much effort and hard work?

Are you hiding in the background, silently praying and hoping that you will find favor, get noticed and be thrust into the limelight of your destiny?

If you are tired of hoping and endlessly waiting for something positive to happen or someone to come to your rescue, make a deliberate decision today to take charge of your own life and begin to lead a fulfilled and productive life.

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4 things to consider as you decide to change your life for the better.

1. Value yourself.

Value yourself, your life and your time. Value what you represent. Don't compromise what you are worth for anything. Your current position may not accurately define who you are, but if you place a high value on yourself, you will not only have greater expectations for yourself, but also be open to more possibilities and opportunities.

People who place a high value on themselves can confidently walk into any arena of success and take their place comfortably. They fit right in because this is what they have been waiting for their whole lives and they know that they deserve it!

2. Take responsibility for your own destiny.

Be practical and stop expecting other people to rescue you from your current distress. People can only do so much...the rest is up to you and your God given abilities and resolve. Get rid of the dependency syndrome! It incapacitates and blinds you from doing great things with your life and getting the success you so much yearn for.

If you are not going to be the recipient of a large inheritance or if you have not yet won the lottery, begin to do the right thing by charting your own road map to success and working intelligently, meticulously and persistently to achieve your success.

3. STOP doing what does not work!

If you desire to change your life for the better...take a minute to consider specific aspects of your life over the last three years. Have you seen any improvement in your business? Have you lost weight? Are you still working at the same place that stifles your creative abilities? Are you still in the dreaming phase of that project you wanted to accomplish? Are you still procrastinating about going back to school? Are you still doing the same things that produce unproductive and dissatisfying results?

How much longer can you keep doing the same things that don't work? You only have one life to live and if you plan to live a fulfilled life, stop doing what doesn't work, start doing the things that work and change your life for the better.

4. Take a definite tangible action step today!

Changing your life for the better means doing something today that produces results! If you can't take radical steps, take small deliberate steps towards the change you desire. One of the greatest impediments to success is procrastination. It is so often used as an excuse for inaction to the point that it has become so mind-numbing!

No one wants to hear that the only reason why you have not managed to turn your idea into reality is because you have been procrastinating! People want to stand and cheer for the doer and the achiever

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who has taken positive steps to improve the quality of their lives. These are the inspiring stories that we read about everyday and you too can be that story.

Caroline Jalango is a life coach for unstoppable women who are willing to step up to the plate and take a shot at living exceptional lives wherever they are.

Change Your Life For The Better!

Is This Love or Emotional Dependency?

Drug Addiction: Abuse And Dependence Explained

Are You Co-dependent?

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24 Prophecies fulfilled in 24 Hours

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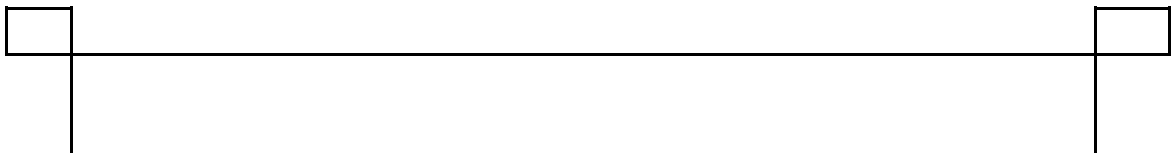
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