

Codependency
(relationship addiction)

A codependent person is one who has let another person's behavior affect him or her and who is **obsessed with controlling** that person's behavior.

- Melody Beattie

In all codependent relationships, the **rescuer needs the victim** as much as the victim needs the rescuer.

- *Barbara De Angelis*

How do we know
when our helping is **helping** &
when our helping is **harming**?

Codependent helping is always harmful,
because we do things for others that
they should be doing for themselves
out of **our own need to rescue.**

Codependents **FEEL** responsible
for other people's
feelings, problems, and behaviors.

Codependency (*Relationship Addiction*) says:

I'm OK when you're OK.

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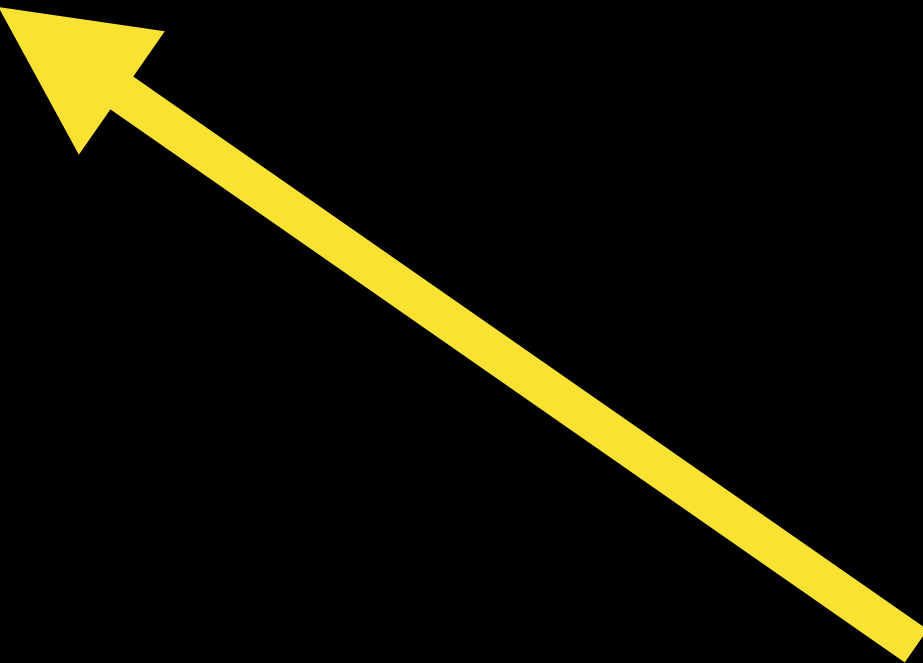
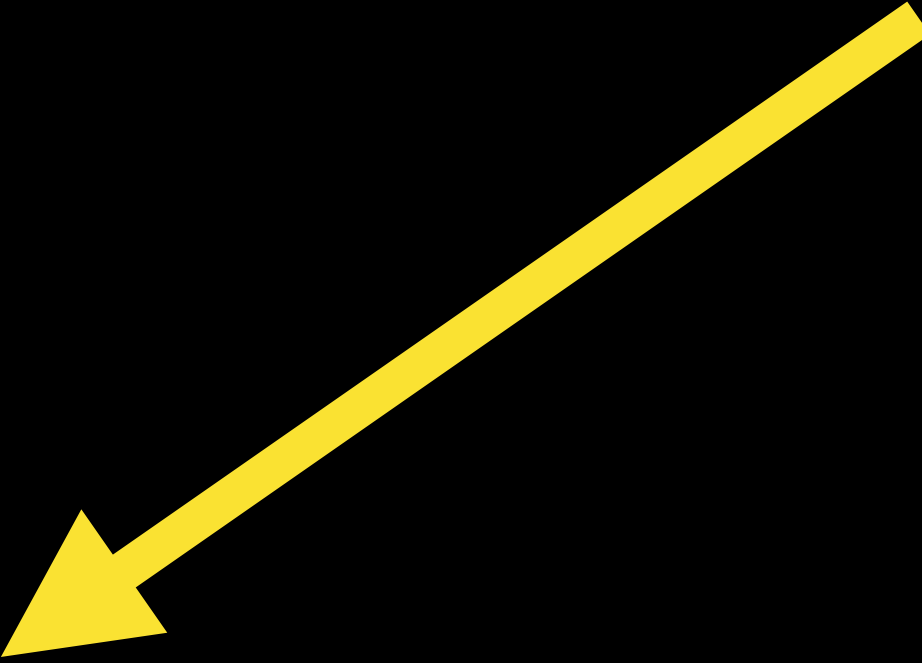
When you're not OK then I'm not OK.

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The only way for me to be OK is to make you OK

...thus creating the need to control.

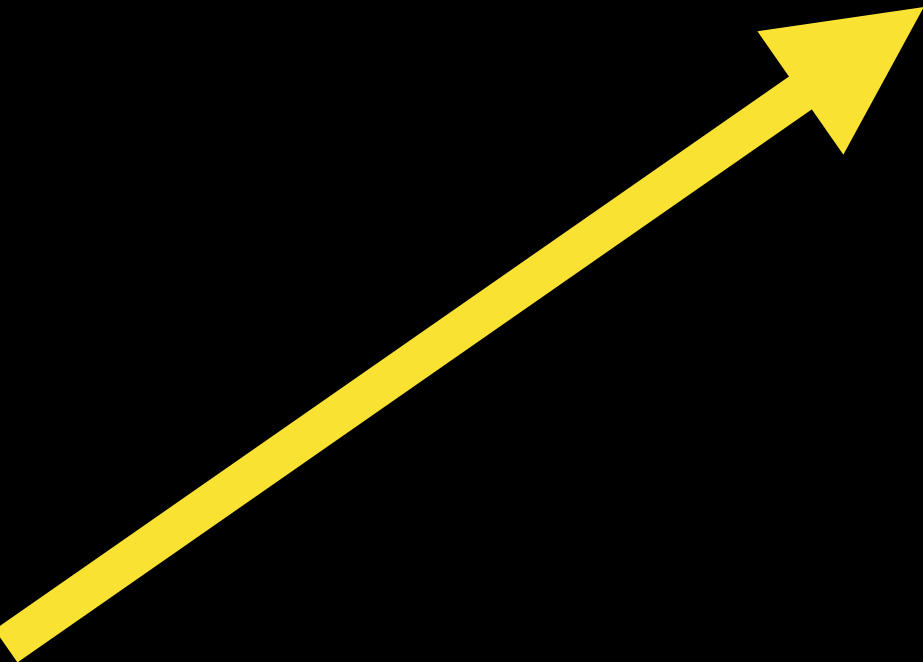
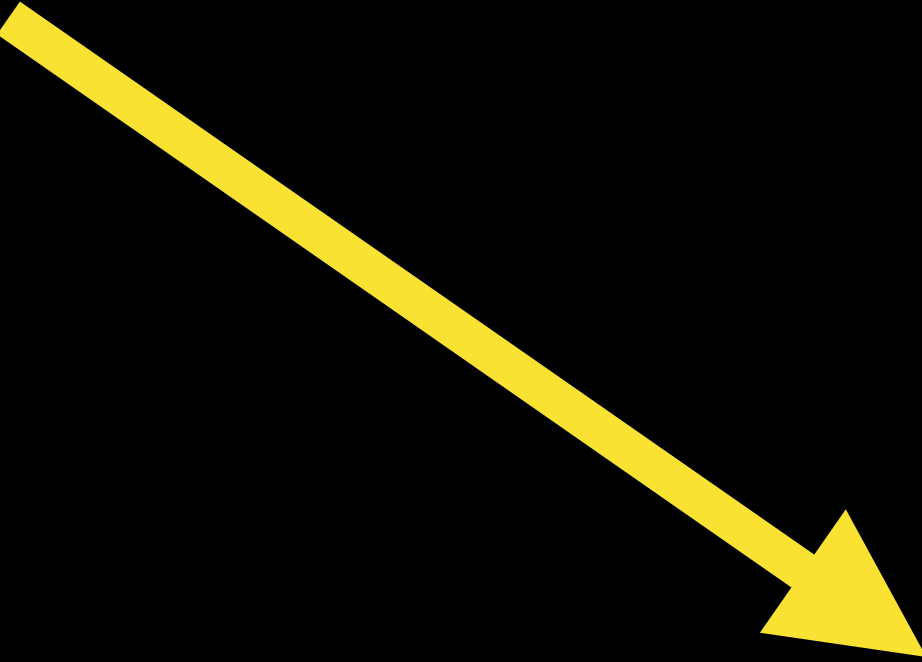
HOPE



FAITH

**The Power
of Hope**

CHANGE



RISK