

Self Evaluation

The following inventory can help you in the recognition process as you seek to determine whether your codependency is a potential problem in your life.

Check the boxes of the statements that apply to you:

- I assume responsibility for others feelings and behaviors.
- I feel guilty about others feelings and behaviors.
- I have difficulty identifying what I am feeling.
- I have difficulty expressing feelings.
- I am afraid of my anger, yet sometimes erupt in a rage.
- I worry how others may respond to my feelings, opinions, and behavior.
- I have difficulty making decisions.
- I am afraid of being hurt and/or rejected by others.
- I minimize, alter or deny how I truly feel.
- I am very sensitive to how others are feeling and feel the same.
- I am afraid to express differing opinions or feeling.
- I value others opinions and feelings more than my own.
- I put other people's needs and desires before mine.
- I am embarrassed to receive recognition and praise, or gifts.
- I judge everything I think, say, or do harshly, as never "good enough."
- I am a perfectionist.
- I am extremely loyal, remaining in harmful situations too long.
- I do not ask others to meet my needs or desires.
- I do not perceive myself as a lovable and worthwhile person.
- I compromise my own values and integrity to avoid rejection or others anger.

If you checked 5 or more boxes, you may be experiencing some problems related to codependency.

Eight Recovery Principles

Matthew 5:1-13 The Beatitudes

R **realize I'm not God**; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *Happy are those who know they are spiritually poor.*

E **arnestly believe that God exists**, that I matter to him, and that he has the power to help me recover. *Happy are those who mourn. God will comfort them.*

C **onsciously choose to commit all my life** and will to Christ's care and control. *Happy are the humble.*

O **penly examine and confess my faults to God**, to myself, to God, and to someone I trust. *Happy are the pure in heart.*

V **oluntarily submit to every change God wants to make** in my life and humbly ask Him to remove my character defects. *Happy are those whose greatest desire is to do what God requires.*

E **valuate all my relationships**; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. *Happy are the merciful. Happy are the peacemakers.*

R **eserve a daily time with God** for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

Y **ield myself to God** to be used to bring this Good News to others, both by my example and by my words. *Happy are those who are persecuted because they do what God requires.*

GARDEN RIDGE CHURCH OF CHRIST

**102 N Garden Ridge
Lewisville, Texas 75067**

**Phone: (972) 221-3561
Email: pnichols@gardenridge.org
Contact Philip Nichols**

GARDEN RIDGE CHURCH OF CHRIST

Co-dependency

**Find Healing From Life's Hurts,
Habits, and Hang-Ups**



Phone (972) 221-3561

The Problem

On the surface, codependency messages sound like Christian teaching.

"Codependents always put others first before taking care of themselves." (Aren't Christians to put others first?)

"Codependents give themselves away." (Shouldn't Christians do the same?)

"Codependents martyr themselves." (Christianity honors its martyrs.)

Those statements have a familiar ring, don't they? Then how can we distinguish between codependency, which is unhealthy to codependents and their dependents, and mature faith, which is healthy.

Codependency says:

I have little or no value.

Other persons and situations have all the value.

I must please other people regardless of the cost to my person or my values.

I am to place myself to be used by others without protest.

I must give myself away.

If I claim any rights for myself, I am selfish.

THE SOLUTION

Jesus taught the value of the individual. He said we are to love others equal to ourselves, not more than. A love of self forms the basis for loving others. The differences between a life of service and codependency take several forms.

Motivation differs. Does the individual give his service and himself out of free choice or because he considers himself of no value? Does he seek to "please people"? Does he act out of guilt and fear? Does he act out of a need to be needed (which means he actually uses the other person to meet his own needs; the helpee becomes an object to help the helper achieve his own goals).

Service is to be an active choice. The person acts; codependents react. Codependents behavior is addictive rather than balanced. Addictions control the person instead of the person being in charge of their own life. Codependents have poor sense of boundaries; they help others inappropriately (when it creates dependency on the part of the other person rather than moving that person toward independence). They have trouble setting limits for themselves and allow others to invade their boundaries.

A codependent's sense of self-worth is tied up in helping others; Christianity says that a person has worth simply because he is a human being God created. One's self-worth is separate from the work one does or the service one renders.

Codependents have difficulty living balanced lives; they do for others at the neglect of their own well-being and health; Christian faith calls for balanced living and taking

care of oneself.

Codependent helping is joyless; Christian service brings joy.

Codependents are driven by their inner compulsions; Christians are God-directed and can be free from compulsiveness, knowing that God brings the ultimate results.

Celebrate Recovery meetings are open to everyone. Come and join us in a time of worship, amazing stories of transformed lives, and small group discussions designed to provide the strength to overcome life's hurts, habits, and hang-ups.

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