

# Lectures in Holistic Health

9<sup>th</sup> in a series : Co-dependancy

Jakob Jaggy hMD

# Future Lectures

- No 10 April 18<sup>th</sup> : Cancer

# Organizations I support

- AHMA [www.holisticmedicine.org](http://www.holisticmedicine.org)
- FoCuS [www.foothillsustainability.org](http://www.foothillsustainability.org)
- OuterAisle [www.tablemountaingarden.com](http://www.tablemountaingarden.com)

# Coming soon: Real Foods store in Columbia

- A new Real Food store will be opening this spring in Columbia!
- It will provide an opportunity to go into a food store and purchase organic and local food in small quantities or bulk order without having to think twice about the quality of the food.
- It offers an alternative to the big supermarket/ fake food model where labels on packages are misleading or difficult to comprehend.
- Food purchasing becomes a no-brainer.

# Co-dependancy

- Goals of this lecture :
  - to present the major signs of co-dependancy
  - to show the consequences of living in a co-dependant relationship
  - to offer tools how to step out of it

# What's Co-dependency ?

- A co-dependant person is one who has let another person's behavior affect him or her in a way that causes them pain and grief (thinking they don't deserve any better) and who is obsessed with controlling that person's behavior (believing they can) with the intent to save that person and in the process forgetting to take care of themselves.

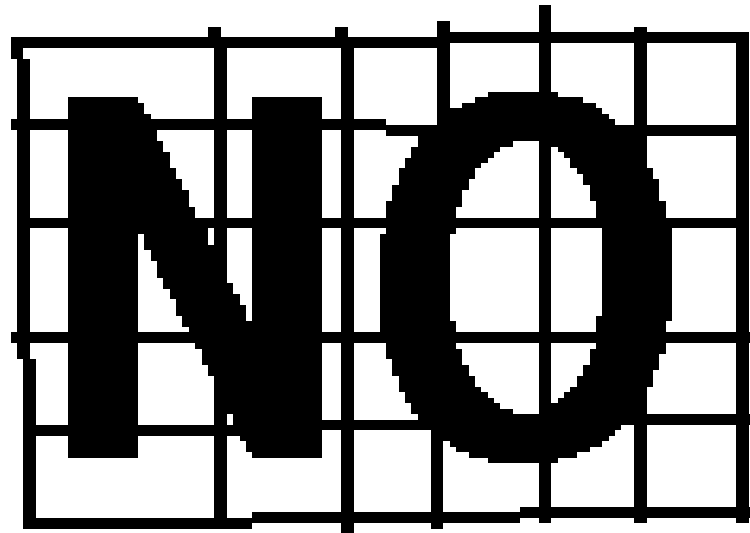
# The Serenity prayer

- God, grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can,  
and the wisdom to know the difference.

# Co-dependant's behavior

- Worry themselves sick about other people.
- Want other people to see things their way.
- Bent over backward to avoid hurting people's feelings.
- Want to get even and punish others.
- Feel compelled to fix other people's lives and feelings.
- Anticipate other people's needs.
- Find themselves attracted to needy people and vice versa.
- Say yes when they mean no.
- Don't know how to say no.



The image shows the word "NO" in a bold, black, sans-serif font. The letters are superimposed on a black grid that is 6 columns wide and 5 rows high. The 'N' occupies the first two columns, the 'O' occupies the last two columns, and there are two empty columns between them. The grid lines are thin and black, creating a 5x5 grid of squares within the overall 6x5 frame.

Which part of NO do  
you not understand ?

# Co-dependant's way of thinking

## **About themselves :**

I am not worth it.

I can not trust my feelings.

I cannot take care of myself.

It is all because of me.

I don't deserve good things.

## **About others:**

Why don't they do the same for me?

He made me do it.

He made me feel this way.

# Co-dependant language

- I am stuck!
- I have no choice!
- I have to...
- I should, I ought to..
- It is expected from me.
- I don't want to, but there is no other way.

# Co-dependant way of “feeling”

- Feel angry when their help did not work.
- Feel safest when giving.
- Feel sad because they give all the time but nobody gives to them.
- Feel unappreciated, victimized and used.
- Tend to push their feelings and thoughts out of awareness, when they become aware of them, tell themselves that they are not important.

# Co-dependants and Sex

- Have sex when they don't want to.
- Have sex when they rather be held and nurtured.
- Try to have sex when they're angry and hurt.
- Refuse to enjoy sex because they're angry at their partner.
- Feel sexual revulsion towards their partner.
- Don't talk about it.
- Lost interest in it.

# Co-dependants and Love

- Did not feel love and approval from their parents.
- Don't love themselves.
- Believe other people can't or don't love them.
- Desperately seek love and approval.
- Often seek love from people incapable of loving.
- Equate love with pain.
- Try to prove they're good enough to be loved.
- Worry whether other people love or like them.
- Like their partners, but don't love them.

# Co-dependants and themselves

- They don't trust themselves.
- They don't forgive themselves.
- They don't accept themselves.
- They don't love themselves.

# Let's put one thing straight

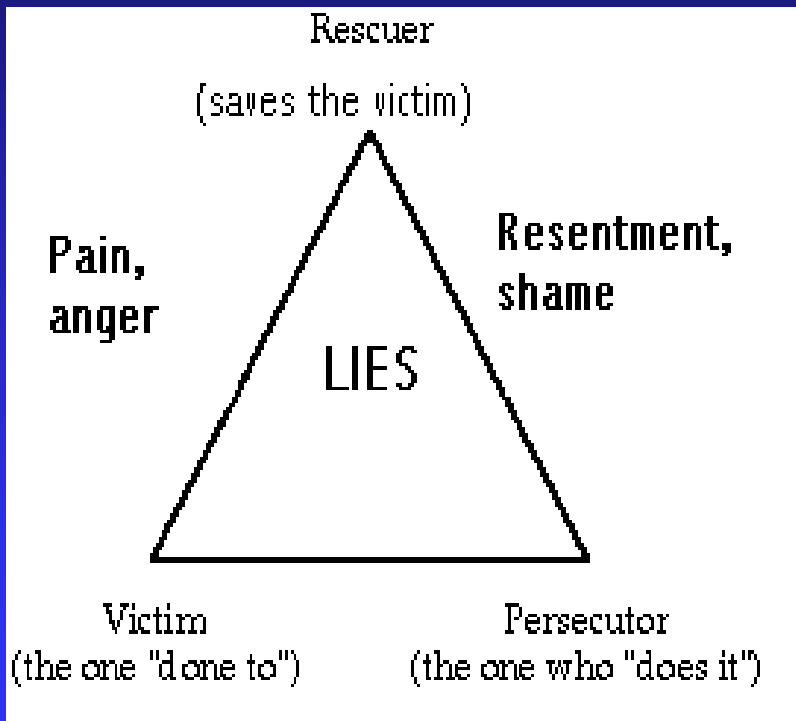
- Being co-dependant does not mean they are defective, bad or inferior.
- They've been doing the wrong things for the right reason (love).
- Most of them started acting co-dependant because it was the only tool of interaction available. It was the best they were capable of, up to now.



# The step-out recipe

- Take a lot of willingness, add motivation and power through knowledge, let simmer until the point is reached where all that is left, is self-forgiveness, self-acceptance and self-love. Share while still warm.

# The Co-dependant triangle (Karpman triangle)



- The common perception of all is that they are **stuck**.
- The common base of interaction is dishonesty. (Lies are at the center of c-d relationships.)
- The major “feelings” built are resentment, guilt, anger and pain.
- Nobody acts out of choice.

# Set yourself free : step 1

- **Put choice into your consciousness.**

When you choose to do something, you will take full responsibility for the outcome, you therefore will not have to blame anybody.

No resentment is built in that process.

Know that you always have a choice.

The option to start choosing is always there.

## Step 2

- **Choose to detach and let go.**

Detachment is not from the person we care about, but from the agony of involvement.

The premise here is that each person is responsible for himself.

It is better to detach in anger than stay attached.

Letting go of worry about and obsession with other human beings actions. You can't control them. (Remember the serenity prayer)

Worrying, obsessing and controlling are illusions.

If you don't detach and let go, you will not have the opportunity to *live your own life* or see reality (the facts).

# Detachment

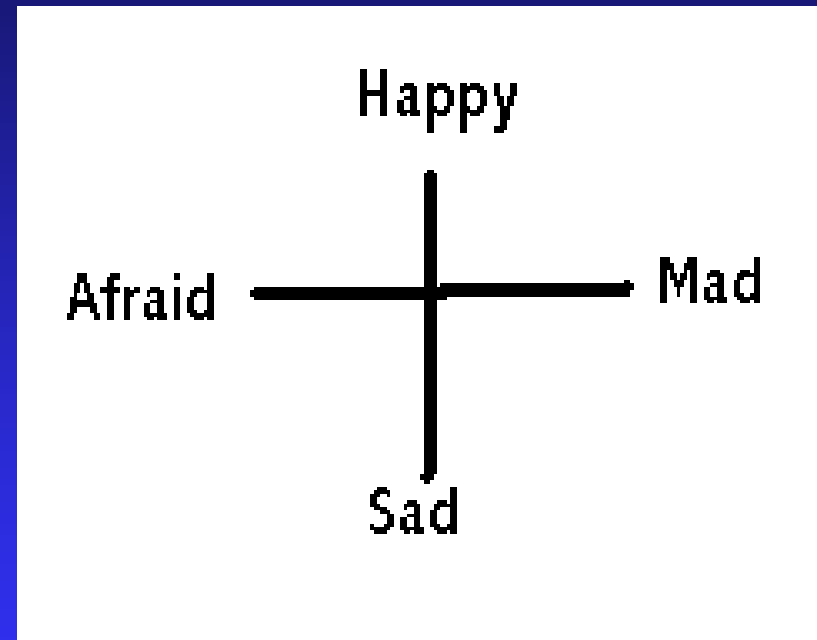
- A good rule of thumb is : You need to detach most when it seems the least likely or possible thing to do.
- To successfully detach you have to know your limits and stand for them. (Who are you? Where are you going? Is this acceptable?)
- Grief is also part of detachment. Grief might go through several stages : Denial – Anger – Bargaining – Sadness – then finally Acceptance.

# Living in the Now

Detachment allows “present moment living”. That is when you make the most of each day.

## Step 3

- **Get in touch with your own feelings.**  
They tell you if you are going in the right direction or not . They are like a compass.  
Learn to trust yourself.



# Feelings come from needs met or un-met

- Feelings : happy, comfortable, ecstatic, excited, glad, secure...  
sad, angry, frustrated, afraid, bitter, sleepy, confused....

- Needs : Autonomy, celebration, integrity, self-expression, fun, creativity, meaning, appreciation, respect, trust, support, peace, understanding, rest, empathy, shelter....



# What looks like a feeling might not be necessary one

- Thoughts hidden as feelings :

I feel like...

I feel as if...

I feel that...

I feel I am/you are...

I feel it is...

I feel Amy...

I feel ignored...

I feel unappreciated...

I feel misunderstood...

# Step 4

- **Choose not to react anymore. Just act.**

Stop reacting to people's feelings, thoughts, problems, misery or even what they *might* think or feel or do.

Some people react so much, it is painful for them to be around people.

We react because we are afraid of what we think has happened, what might happen next and so on until we think we'll die because the fear has totally taken over.

Acting means : you calm yourself , examine what happened and figure out what you need to do to take care of yourself.

## Step 5

- **Be kind to yourself.**

You are doing the best you can . Forgive yourself for not being perfect. Accept yourself as the human being you are. Strive to love yourself (If you can't do it, who will?).

A judgment on yourself leads to destruction at the very core of yourself .

# Step 6

- **Communicate honestly.**

Honest communication is based on exposing the facts without prejudice or judgment, then reveal your feelings surrounding those facts and what need of yours is (not) met and finally make a request that helps you take care of yourself.

Observation – Feeling – Need - Request

This model of communication is called Non-Violent Communication (NVC).

# The difference between a request and a demand

- A request leaves all options open for the person that answers and nobody builds resentments.  
Empowered human beings make requests and they are able to accept no as an answer (as long as it is an honest no).
- A demand leaves no options.  
Victims make demands.  
“You better say yes (even if you don’t want to) or we are going to have a big problem (fight).”

# Step 7

- **Take care of yourself.**

This is your highest priority.

Self-care is an attitude of mutual respect.

It includes letting others live their lives as they choose (hopefully as empowered human beings).

Give yourself what you need.

# Step 8

- **Learn the art of acceptance.**

Acceptance does not mean resignation or tolerating every sort of abuse.

It means that for the present moment we acknowledge our circumstances and from that place we strive to make appropriate changes.

Just like grief, acceptance happens in stages (denial, anger, bargaining, sadness, acceptance).

At that level no judgment is passed, only compassion is given.

Acceptance is the beginning of the end of the struggle, now comes a time of peace.

# NAMASTE !

## Questions ?

