

SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: _____

Accountability Partners: _____

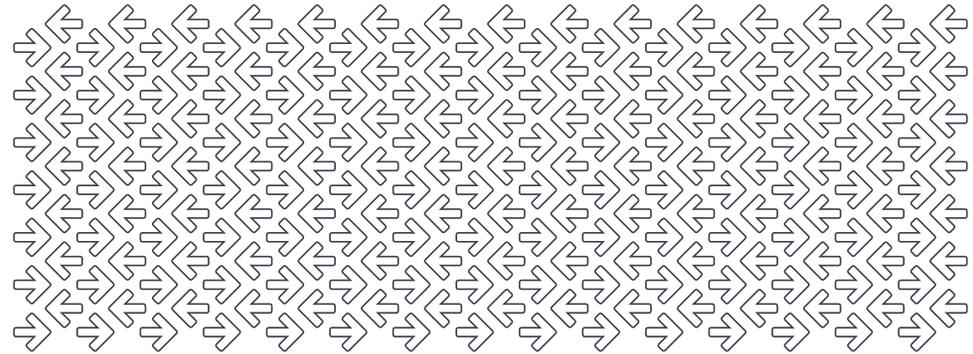


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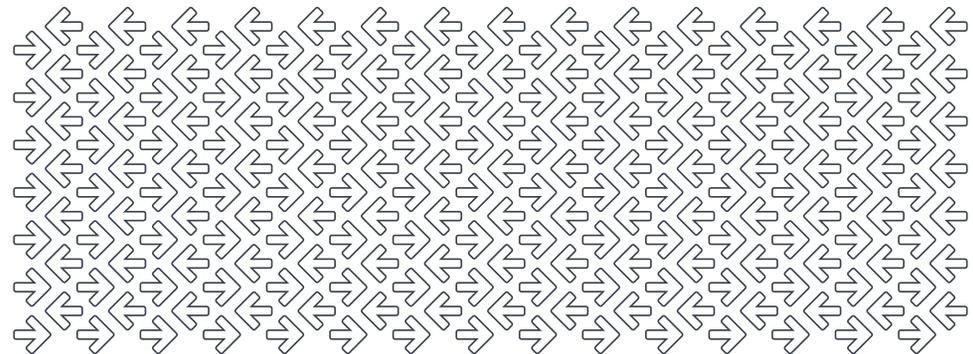
CODEPENDENCY

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

Unhealthy, learned coping skills, typically from our family of origin, which have developed into a counterfeit method of expressing love and engaging in relationships. The codependent person bases their own worth on how they perceive others view them; always comparing themselves to others. The relationship(s) becomes a barometer for how the codependent person feels about themselves.

WHAT TO LOOK FOR:

- Believing a relationship with a significant other will fill the ultimate need for love.
- Depending on relationships with emotionally unavailable people to meet their own needs.
- Bound in relationships by performance rather than core value and worth.
- Obsession with other people's problems and needs.
- Overly caring for other people to the neglect of self needs. Feeling "used" as a result.
- Inability to say "no".
- Tolerating mistreatment or abuse from people, while justifying their behavior and trying to defend them.
- Avoiding conflict with other people to the point of being unable to speak true feelings or ask for valid needs, oftentimes countered by fits of anger or rage.
- Covering up for irresponsible people in life by lying or "filling in the gaps" to "help" them.
- Doing for others what they should be doing for themselves.
- Attempting to protect a person from emotional pain or consequences of unhealthy behaviors, such as using drugs and alcohol. Unaware that doing so creates enablement of the problem rather than the solution.
- Directly or indirectly attempting to fix, manage or control another person's problems, even if meant in a loving way.
- Trying to please people in life by going out of the way to be helpful, thoughtful or caring, and then becoming angry or discouraged if the desired response does not help them feel better. (Motives were to get the person to respond, rather than to try to bless them.)
- Migrating towards people that need help, yet having a difficult time receiving help from others.
- Being willing to compromise personal belief systems or morals to please another person or to have emotional needs met.
- Worrying about other people's feelings so much that it has a direct effect on one's own feelings. Being bound to another person's emotions. (Happy when they are happy; upset when they are upset.)
- Losing own interests and identity in close relationship. Believing that the

people in their life are a direct reflection of self.

- Fear of being alone or isolating out of fear of close relationships.

(Taken from The Christian Codependence Recovery Workbook by Stephanie A. Tucker)

RECOMMENDATIONS:

The person who struggles with codependency must learn to live a healthy life by finding balance between:

- Expressing truth and love
- Our ability to see flaws with the ability to give and receive grace
- Tolerance of people and the intolerance of sin
- Our need to detach with the ability to be intimate

HELPFUL READING:

Boundaries by Henry Cloud & John Townsend

Conquering Codependency by Pat Springle

The Christian Codependence Recovery Workbook by Stephanie A. Tucker

"The Word of God became flesh and took up residence among us. We observed His glory, the glory of the one and only Son from the Father, full of grace and truth." John 1:14 HCSB