

Healing from **CODEPENDENCY** Therapy Group

Learn to Set Boundaries, Identify and Cope with Negative Feelings & Establish Control in Relationships

CODEPENDENT RELATIONSHIPS

Wikipedia definition: a type of dysfunctional helping relationship where one person supports or enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement.

Among the core characteristics of codependency, the most common theme is an EXCESSIVE RELIANCE ON OTHER PEOPLE FOR APPROVAL AND IDENTITY.

The Power of a Supportive Group

The wounds of codependency are best healed in a relational setting where interpersonal relationship skills are practiced. These include authenticity, vulnerability, empathy, truth telling etc. The group setting allows for growth in self and relating to others, as practicing with real people and receiving honest feedback fosters change.

Individual therapy work is valuable for developing personal insight, working through unresolved issues, and developing and applying coping skills. There is benefit in individual therapy, group therapy, as well as participating in both. One individual session is required before joining the group.

12 Steps of Codependency

1. ADMIT POWERLESSNESS
2. ACCEPT THAT GOD IS IN CONTROL
3. SURRENDER WILL TO GOD
4. KNOW YOURSELF
5. ADMIT MISTAKES
6. WANT TO CHANGE
7. ASK TO CHANGE
8. WANT TO MAKE AMENDS
9. MAKE AMENDS
10. CONTINUE ACCOUNTABILITY
11. CONNECT WITH GOD CONTINUALLY
12. SHARE MESSAGE

Wednesdays 5:30-7pm beginning August 10th - meeting biweekly

Program material: *Conquering Codependency* by Pat Springle

Register at 321-777-0119 or newhopecounselingcenter.org

SPACE IS LIMITED

Reserve your spot today