



The Codependency Basics Handout

These are the basic notes from Vanessa Grace's presentation in the Crush Your Codependence Masterclass. On the next page, I've crafted some questions to help you draw out the main points from the interviews. I know it's so important to have all these ideas in one place. It really helps to see a clear picture of codependency's landscape!

Codependency is....

- ...sacrificing your own needs for the needs or wants of others in the hope of receiving love, approval or acceptance in return.
- ...enabling. Doing things for others they, as adults, should be able to do for themselves. This allows them to not grow.
- ...being a People Pleaser. You give others what they want for fear of what they will think of you otherwise. You sacrifice your own needs and life balance to ensure others are pleased with you.

Common Terms that are actually codependent behavior:

- People Pleasing
- Being a doormat
- Being a yes-man
- Enabling
- Self Sacrificing

You are more likely to have codependent patterns if you were raised by a parent who:

- Was an addict
- Had an unmanaged mental health condition
- Had an unmanaged medical condition (or a very severe but well managed medical condition)
- Had low Emotional Intelligence

I'll see you at the next interview!

Notes:

Guiding questions and space to write your notes about each interview:

How does Karilyn Ivers define codependency?

How does Emilie Clarke describe the Ego?

How does Sherry Gaba define Love Addiction?

How does Ameer Quiriconi see Financial Abuse?

What signs does Adrianna Bucci give of Narcissism?

How does John Eli describe scripts and how they compete with one another?

How does Angela Wetzel describe the process of healing?

What are the 4 bodies that Jolie Rose talks about?

What does Alyce Basince say is old stuck energy in the body?

How does Sarah Kleiner define codependency?