

are you in a relationship where it feels

0:01

like you do all the mental work keeping

0:04

things balanced and connected is

0:05

emotional intimacy 100% your job while

0:09

the other person frequently sabotages

0:11

your feelings of safety and do you often

0:13

feel dismissed or disregarded even as

0:17

you're the one partner holding things

0:18

together this isn't just emotional

0:20

exhaustion this is codependency and it's

0:23

deeply wired into your brain and your

0:25

nervous system it's not just about what

0:27

you do in the relationship it's about

0:29

why why you do it and how your brain has

0:32

learned to equate love with emotional

0:34

labor and anxiety now at a

0:37

neurobiological level codependency is

0:39

not just a bad habit it's a conditioned

0:42

response that keeps your brain locked in

0:44

a reward and Punishment Loop here's how

0:46

it works your nervous system has been

0:48

trained to equate emotional instability

0:51

with love if your early experiences with

0:54

attachment were inconsistent your lyric

0:56

system that part of your brain

0:58

responsible for emotional processing

1:00

wired itself to expect relationships to

1:02

feel like a roller coaster stability

1:05

feels foreign to you now every time your

1:08

partner pulls away your brain interprets

1:10

it as a survival threat the amygdala your

1:12

brain's fear Center activates releasing

1:15

stress hormones like cortisol and

1:17

adrenaline putting you in a heightened

1:20

state of panic this is why you feel

1:22

anxious obsessive and desperate to fix

1:25

things now when you do fix the

1:28

relationship your brain Rewards towards

1:30

you the moment you reestablish

1:32

connection whether through people

1:33

pleasing overfunctioning or

1:36

self-sacrificing you get a dopamine hit

1:38

this temporary relief reinforces that

1:41

behavior making you even more likely to

1:43

chase that reassurance in the future and

1:46

usually your partner rewards you maybe

1:48

with an oxytocin blast as well where you

1:50

feel really connected it's not just the

1:53

dopamine piece it's the oxytocin and the

1:56

Gaba and feeling safe and having low

1:59

cortisol it's I overextended myself and

2:02

now feel safe and I get all those

2:05

rewards this was a good thing I should

2:07

do this again over time this pattern

2:10

rewires your brain to seek love through

2:12

struggle the more that you repeat this

2:14

cycle the stronger these neural Pathways

2:16

become now eventually you stop feeling

2:19

secure unless there's something to fix

2:21

your identity becomes tied to emotional

2:24

caregiving and your self-worth depends

2:26

on how much you can prove your value in

Understanding Codependency and Its Impact on Mental Health

2:30

the relationship this is why setting

2:32

boundaries feels terrifying it's not

2:34

just a relationship issue it's a

2:36

biochemical withdrawal your body and

2:39

brain have been conditioned to Crave the

2:41

dopamine rush and the oxytocin and Gaba

2:44

Rush that comes from saving the

2:46

relationship over and over even at the

2:48

cost of your own mental health maybe

2:50

especially at the cost of your own

2:52

mental health that's the proof if you

2:55

stay in this cycle long enough your

2:56

prefrontal cortex the part of your brain

2:59

responsible for rational thinking and

3:01

self-awareness starts to lose control

3:03

over the fear driven emotional responses

3:07

of your limbic system now this leads to a

3:09

couple of things you need to know about

3:11

number one is a hypervigilance in your

3:13

relationships constantly scanning for

3:15

signs that your partner is pulling away

3:18

also a diminished sense of self

3:20

prioritizing their needs so much that

3:22

you no longer know what you even need

3:25

emotional dysregulation where you're

3:27

feeling on edge reactive compl

3:29

completely numb when things don't go as

3:32

expected and reinforced low self-worth

3:35

internalizing that belief that love must

3:37

be earned through suffering and the very

3:40

worst part is if you don't break this

3:42

pattern you won't just repeat it with

3:44

this partner you'll carry it into every

3:46

relationship that you have this is why

3:48

simply trying harder won't fix

3:51

codependency you have to retrain your

3:53

brain and nervous system feel safe in

3:55

relationships without relying on crisis

3:58

chaos or emotional labor suffering

4:02

struggling proving Your Love by

4:04

martyring yourself the seven steps I'm

4:07

about to walk you through in this video

4:09

are designed to rewire your attachment

4:11

system to regulate your nervous system

4:13

and shift your entire perception of love

4:17

and selfworth when you take these steps

4:19

here's what's going to change first

4:21

benefit is that your nervous system will

4:23

no longer react to distance as a

4:25

survival threat meaning that you won't

4:27

spiral into Panic every time your

4:29

partner pulls away second one is that

4:32

your brain will stop associating love

4:34

with struggle making you attracted to

4:36

Partners who meet you halfway rather

4:38

than those who need saving if you've

4:41

ever wondered how to stop chasing the

4:43

partners who are bad for you this is

4:46

going to do that your sense of selfworth

4:48

is also going to strengthen so that you

4:49

stop

4:50

overfunctioning over explaining or

4:53

abandoning yourself just to maintain

4:55

connection and your ability to set

4:57

boundaries will increase a lot lot

5:00

because you'll no longer fear that

5:01

advocating for your needs means losing

5:04

the relationship all of this it's not

5:07

just about fixing your relationship I

5:09

have plenty of videos on fixing

5:11

relationships this video is about

Understanding Emotional Codependency

5:14

rewiring the way you experience love so

5:17

that it no longer drains you or

5:19

destabilizes you or keeps you trapped in

5:22

survival mode so let's get into it here

5:24

are the exact seven steps to Breaking

5:27

Free from emotional codependency for

5:30

good codependency is more than just a

5:32

pattern of unhealthy relationship

5:34

Dynamics it's a survival mechanism that

5:36

becomes hardwired into your brain the

5:39

term codependent originally described

5:41

relationships where one person enabled

5:43

another's destructive patterns usually

5:45

in the cases of addiction with alcohol

5:48

treatment you would have the substance

5:49

dependent person the dependent and then

5:53

a codependent who helped that person in

5:57

their ongoing addiction that person

5:59

could not continue being addicted

6:01

because of all the consequences in their

6:03

life unless their codependent was

6:05

enabling that life and helping them not

6:08

hit rock bottom the addiction was only

6:10

possible because the codependent was

6:12

facilitating it making life too easy

6:15

over time this term codependent has

6:18

expanded to include any relationship

6:20

where one person's emotional

6:23

stability becomes overly dependent on

6:26

the dysfunction of the other person or

6:29

the co dependent needs to be caring for

6:32

the other person's emotions and their

6:34

instability in an anxious and avoidant

6:37

relationship codependence is often

6:39

reinforced at a neurochemical level

6:42

creating that cycle that feels nearly

6:44

impossible to escape from every

6:47

partner's attachment system triggers

6:49

distinct hormonal and neurotransmitter

6:51

responses that keep them locked in place

6:54

the anxious partner's brain craves

6:56

oxytocin and dopamine their nervous

6:58

system is wired to seek connection

7:00

validation and emotional closeness when

7:03

the avoidant partner is engaged and

7:05

responsive with them their brain

7:07

releases dopamine the reward chemical

7:09

and says this was good and oxytocin the

7:12

bonding hormone that says I am loved

7:15

creating a temporary sense of security

7:18

and Euphoria from that connection moment

7:20

but the avoidant partner experiences

7:22

relief through cortisol reduction when

The Attachment System and Emotional Cycles

7:24

they withdraw their attachment system

7:27

interprets too much emotional Clos

7:30

as overwhelming which triggers a spike

7:32

in cortisol the stress hormone so that

7:34

when they pull away their nervous system

7:37

calms down and that reinforces avoidance

7:40

as a coping mechanism this push and pull

7:44

Dynamic creates an intermittent

7:47

reinforcement it's a powerful

7:49

conditioning effect often seen in

7:50

addiction Cycles the anxious partner

7:53

chases that dopamine and oxytocin hit

7:56

when they feel neglected to get rewarded

7:58

and the avoidant part retreats to

8:00

maintain emotional equilibrium the more

8:02

this cycle repeats and then reinforces

8:05

both of them the deeper it becomes

8:07

ingrained in their neurobiology and

8:09

becomes their constant pattern now

8:11

remember they've been doing this since

8:13

they were children they did it in other

8:15

relationships now they're also doing it

8:16

here so it's been reinforced sometimes

8:18

for decades by the time they get

8:21

together and then build this pattern and

8:22

reinforce it again now here is why this

8:25

cycle feels impossible to break the

8:28

anxious partner becomes chem Ally

8:30

addicted to those emotional highs and

8:32

lows every time their partner re-engages

8:34

with them after a low their brain

8:36

releases that surge of dopamine oxytocin

8:39

and sometimes serotonin that contentment

8:41

mood stabilizer which creates a

8:43

temporary emotional high this is why

8:46

they keep pursuing closeness even when

8:48

the relationship is painful as a quick

8:51

aside this information might feel

8:53

surprising for many of you who've been

8:54

on this channel for a long time you

8:56

might be asking Adam are you sure the

8:58

anxious person person also has an

9:00

addiction to chasing dopamine well sort

9:04

of dopamine is really meant to be a

9:06

signal that says this felt good do this

9:09

again in the future for the anxious

9:12

person that's linked to the oxytocin

9:14

release and the behaviors that they did

9:16

and the oxytocin may get reinforced and

9:19

reinforce further the feeling of safety

9:22

that means the dopamine burst makes them

9:24

feel pleasure and safety with the

9:26

oxytocin release that makes them feel

9:29

desire to hit even more than the

9:31

oxytocin self already does and yes this

9:34

means the anxious person is addicted to

9:36

the dopamine behaviors so yes the

9:38

anxious person is also at times chasing

9:41

dopamine but not as purely as the

9:44

avoidant partner is chasing dopamine

9:46

let's talk about that the avoidant

9:48

partner meanwhile reinforces their

Understanding Emotional Numbing in Relationships

9:49

emotional numbing response when they

9:51

feel high cortisol from closeness and

9:53

withdraw they feel relief from the

9:56

cortisol spikes their brain registers

9:58

emotional distance as the safest option

10:00

they also usually Retreat and then do

10:02

some dopamine binging on the side which

10:04

may link together with this effect they

10:07

are chasing dopamine in other ways but

10:09

it's linked up reduction in cortisol

10:11

increase in dopamine sometimes they pull

10:13

away in order to do the dopamine bingeing

10:16

Without You overseeing them over time

10:19

all of this together suppresses their

10:20

ability to access deeper feelings of

10:22

connection with you both Partners in

10:25

this cycle experience nervous system

10:26

disregulation the anxious partner goes

10:29

up up and down into sympathetic out of

10:31

it in out in out but it's entirely

10:33

dependent on energy and and attention

10:36

and focus from the other person they are

10:38

externally focused for their reward so

10:40

they need to get it from with approval

10:43

with doing things for them giving and

10:45

giving and giving and overperforming to

10:47

try to get that hit okay they're in and

10:50

out of their nervous their their their

10:52

sympathetic nervous system because of

10:54

that the avoidant partner is always

10:56

active in their sympathetic nervous

10:58

system

10:59

and can't get out of it unless they

11:01

withdraw and pull away they emotionally

11:03

numb themselves to avoid that overwhelm

11:06

all of this is why simply trying to fix

11:09

behaviors isn't going to work Breaking

11:11

Free from this codependency requires

11:13

rewiring how the brain perceives love

11:15

security and emotional closeness at a

11:18

biological level so now you understand

11:22

now we can go through the seven exact

11:23

steps that will help you reset your

11:25

nervous system reclaim emotional balance

11:27

and finally break this cycle for good

11:30

step one identify the codependent

11:33

patterns in your relationship without

11:35

awareness nothing else can happen the

11:38

Neuroscience of codependency that we've

11:40

discussed so far shows that it feels

11:42

like love because it triggers dopamine

11:44

and oxytocin creating a powerful

11:47

neurochemical bond between the partners

11:49

the anxious partner experiences surges

11:51

of these bonding hormones and

11:53

neurotransmitters when their partner

11:54

engages reinforcing the belief that

11:58

emotional caretaking equals connection

12:01

the avoidant partner on the other hand

12:02

has learned to regulate stress by

12:04

withdrawing often experiencing relief

12:07

through the suppression of cortisol and

Understanding the Anxiety-Avoidance Cycle in Relationships

12:09

adrenaline when they distance themselves

12:11

and then bingeing dopamine somewhere else

12:14

the problem with this cycle one big

12:16

problem is that it hijacks the brain's

12:19

reward system the anxious partner keeps

12:21

giving more to chase the oxytocin and

12:24

the dopamine High while the avoidant

12:26

partner maintains distance to stay in

12:28

emotional

12:29

equilibrium awareness is the first part

12:31

of fixing this issue so that you can

12:33

recognize when you're doing the damaging

12:35

behaviors here's a couple ways you can

12:37

become more aware of this cycle number

12:39

one start tracking your own behaviors

12:42

and emotional states in response to your

12:44

partner's actions sometimes I have my

12:46

clients write down a list Monday Tuesday

12:48

Wednesday Thursday Friday Saturday

12:49

Sunday and then put little x's on the

12:51

days when they feel an overwhelm an

12:54

emotional disconnect a fear an urgency

12:57

to caretake or an urgency to to seek

12:59

approval just put a little X and start

13:01

tracking how many of these you

13:03

experience number two notice how your

13:05

mood Rises and Falls based on their

13:07

engagement or withdrawal this is a sign

13:09

of neurological reinforcement start

13:11

running that through your head if you

13:13

have that maybe you track it on an app

13:15

maybe you track it in a phone somewhere

13:17

but keep track how many times did my

13:20

mood get impacted by their

13:23

behavior number three become aware of

13:25

when your brain rewards dysfunction

13:28

understand this this is the first step

13:29

to dismantle it when you feel good ask

13:32

yourself why often you're going to find

13:35

in this cycle it's because you did

13:37

something reassuring and soothing that's

13:40

probably overperforming and emotionally

13:42

exhausting yourself at the expense of

13:44

you to try to build this connection

13:46

again you're rewarding yourself for

13:48

self-destruction most likely step number

13:50

two recognize the chemical and

13:52

psychological hooks that are keeping you

13:54

stuck this cycle of anxiety withdrawal

13:57

and temporary reconnection is identical

14:00

to addiction Pathways in the brain

14:02

dopamine surges in the anxious partner

14:04

when an avoidant partner suddenly

14:06

re-engages mirroring the same

14:07

neurochemical response seen in gambling

14:10

or substance use meanwhile oxytocin that

14:13

bonding hormone floods the anxious

14:16

partner's system when they provide

14:17

emotional caretaking this reinforces the

14:20

belief that love is something they have

14:21

to work for for the avoidant partner

14:24

withdrawal brings cortisol reduction

Managing Codependency and Emotional Triggers

14:26

which creates a sense of relief that re

14:29

enforces avoidance as a coping mechanism

14:31

this is why both Partners feel stuck in

14:33

their roles you have to gain control

14:35

over this cycle to manage it how do I

14:37

gain control three ways one start

14:40

tracking with dopamine withdrawal

14:42

symptoms if you feel emotionally empty

14:45

or Restless when your partner pulls away

14:47

this is a sign of codependent

14:49

reinforcement why am I feeling lonely

14:51

and pulled away where is my partner is

14:54

it because of their lack and and their

14:56

disconnection that I'm feeling this am I

14:58

not getting my fix start tracking that

15:01

carefully same way you might track sugar

15:03

withdrawals number two is delay your

15:05

response to any emotional triggers by

15:08

interrupting that instant need to chase

15:10

you can weaken the reinforcement Loop

15:12

even if you slowly give in and slowly

15:15

feedback and change that over time

15:17

that's still an improvement over an

15:18

instant reaction you don't want that and

15:21

number three practice some physical

15:23

grounding techniques to regulate your

15:24

nervous system so that you don't rely on

15:26

your partner's actions to calm your

15:28

emotional state the clients who come to

15:30

me with anxious attachment and

15:31

codependence Tendencies what I do is

15:33

train them with body techniques first to

15:35

manage their nervous system and be calm

15:37

and regulated at those times and that is

15:40

groundbreaking and World shifting for

15:42

them because they're now not waiting

15:44

like a flower to be pollinated

15:46

emotionally by somebody else they can

15:48

actually take care of their own

15:49

emotional state that transforms

15:51

everything for them step three shift

15:53

from external validation to internal

15:56

security the anxious partner's

15:58

self-worth is often externally

16:00

constructed meaning that their ventral

16:02

statom which processes rewards and

16:04

validation is overly dependent on

16:06

external feedback in contrast the

16:09

avoidant partner has conditioned their

16:10

dorsal anterior singulate cortex which

16:13

governs emotional supression to minimize

16:16

their Reliance on external validation to

16:19

break this imbalance the anxious partner

16:21

must rewire their brain to self soothe

16:24

shifting away from external validation

16:27

to internal security Now now here's how

16:29

you're going to break this imbalance

16:31

you're going to retrain the insula your

16:33

brain's self-awareness Center to

16:36

recognize your needs before prioritizing

16:39

your partners this means engaging

16:42

activities that activate dopamine and

Techniques for Building Healthy Relationships and Independence

16:44

serotonin independent of your

16:46

relationship could be physical Movement

16:48

Dance singing art hobbies that you enjoy

16:52

going for walk spending time with other

16:54

people friends family creative Pursuits

16:57

deep social connections anything that

17:00

gives you connection outside of this

17:03

relationship and then practice some

17:05

self-regulation techniques like

17:06

controlled breathing vagus nerve

17:08

stimulation and mindfulness to prevent

17:11

emotional spiraling control your Downs

17:14

control your UPS learn to manage the

17:16

Downs through body work and sematic body

17:18

techniques learn to manage and create

17:20

the UPS so you're not waiting for that

17:22

other person to take care of you this

17:24

stops a lot of the reason that you feel

17:26

trapped in codependency cuz now you're

17:29

not reliant on that paycheck anymore

17:31

step four then as you're no longer

17:34

Reliant is to set an enforce boundaries

17:37

without any guilt for the anxious

17:39

partner setting boundaries usually

17:41

triggers cortisol Spike because the

17:43

brain interprets self- advocacy as a

17:46

risk of rejection you're going to lose

17:48

the person who's taking care of you the

17:50

amydala associates boundaries with

17:53

emotional abandonment which is why

17:54

anxious individuals often overex explain

17:57

over justify or feel guilty whenever

18:00

they assert their needs a caregiver

18:02

somewhere along the way punished them

18:04

for these behaviors so significantly

18:06

they've learned never to do them again

18:08

for the avoidant partner boundaries

18:10

create a sense of safety as they

18:11

regulate overwhelming emotional demands

18:14

however they may initially resist when a

18:16

previously codependent partner begins

18:19

asserting more autonomy just be aware of

18:21

that so how do you set better boundaries

18:23

without feeling overwhelmingly guilty

18:25

here's what I teach my coaching clients

18:27

number one expect an initial cortisol

18:29

release when you first start asserting

18:31

boundaries this is just your brain

18:33

adapting to the new structure understand

18:35

oh that's my brain punishing me for

18:37

having boundaries because when I was

18:38

one-year-old I got yelled at for saying

18:40

no that's fine I can move past this then

18:44

use Clear short direct statements

18:46

instead of any justifications this

18:48

minimizes your emotional distress and

18:50

probably the other person's too number

18:53

two number three is talk about capacity

18:56

I'm sorry I don't have capacity to do

18:59

that for you this is my principle this

19:01

is my goal I can't violate that I still

19:03

care about you but I don't have capacity

Healthy Boundaries and Emotional Growth

19:06

to do that for you or because these

19:08

needs I have are not being met I'm not

19:10

mad at you I'm just letting you know I

19:12

can't do these additional things for you

19:15

if you'd like these things I would love

19:16

to give those to you but here's what I

19:19

would need to be able to do that do you

19:20

agree to do that can we take care of

19:22

each other if you can build this these

19:25

are easy healthy boundaries and then

19:27

track your heart rate and your nervous

19:29

system response to boundary setting and

19:31

practice tolerating discomfort without

19:33

retreating into people pleasing it's

19:35

going to take some time you're going to

19:37

have to craft a resistance to this level

19:39

of emotional pain and social pain you

19:42

are anticipating tremendous emotional

19:44

and tremendous social pain at the same

19:46

time those are Parts in your brain that

19:47

can feel those things you're

19:49

anticipating that Agony practice it work

19:52

through it understand it step number

19:54

five really big one it culminates with

19:57

everything else we've talked about

19:59

stop rewarding avoidant behaviors

20:02

intermittent reinforcement teaches the

20:04

avoidant partner the withdrawal is

20:06

rewarded when they pull away the anxious

20:08

partner over functions proving that

20:10

emotional distance leads to increased

20:13

attention and effort this creates a

20:15

neurochemical cost benefit analysis

20:17

reinforcing the avoidant Tendencies over

20:20

time actually for both of them so to the

20:22

anxious Partners out there here's what

20:23

you must do to stop rewarding that

20:25

withdrawal disrupt the reward cycle if

20:28

they pull way match their level of

20:30

effort instead of

20:31

overcompensating Engage The prefrontal

20:34

cortex to resist your impulsive

20:36

emotional reactions that means pause

20:39

before re responding to an avoidant

20:41

person's withdrawal and stop chasing

20:43

them reactively introduce some

20:46

structured reconnection methods schedule

20:48

check-ins to create predictable intimacy

20:51

reduce the avoidant person's needs for

20:52

withdrawal is a self- protection

20:54

mechanism we're going to get together on

20:56

these nights of the week these nights of

20:58

the week week you're going to be on your

20:59

own to have that space let's build it in

21:01

Tuesdays and Fridays you're on your own

21:03

the other four the other five nights

21:05

we're together great awesome let me know

21:07

how that goes on your end when you take

21:09

time to yourself is that enough too much

21:11

let's talk about it let's have these

21:12

check-ins as well and if they do pull

21:14

away say hey I see it looks like you're

21:16

in stress mode right now it's okay but I

21:19

do want to reconnect with you when

21:20

you're set can you give me an idea of

21:22

when that might be very very good to ask

21:25

for when they're coming back and a

21:26

decent healthy partner should give you

Managing Resistance in Anxious-Avoidant Relationships

21:28

that now speaking of decent healthy

21:30

Partners step number six expect

21:32

resistance and emotional push back when

21:35

the anxious partner stops over

21:37

functioning the avoidant partner's

21:39

hypothalamus which regulates emotional

21:42

homeostasis senses A disruption The

21:44

Familiar Dynamic this can trigger

21:46

emotional resistance increased

21:48

withdrawal or even reactive Behavior

21:50

they don't know why you're changing

21:52

they're concerned about why they don't

21:53

know what it means and they're sensing a

21:55

Potential Threat for the anxious partner

21:57

the sudden shift in their role may cause

22:00

dopamine withdrawal symptoms creating an

22:02

initial sense of emotional emptiness or

22:05

Panic you might feel like you're about

22:07

to be abandoned you might feel like you

22:09

are worthless why would anyone stay with

22:12

me if I'm not and then you have a

22:14

laundry list of inappropriate behaviors

22:15

you've been doing for the sake of the

22:17

other person understand this level of

22:19

emotional dysregulation in this process

22:21

can happen even with good loving

22:23

Partners who are just trapped in a bad

22:25

cycle so here's what you should do when

22:28

you see the push back recognize that

22:31

push back is a sign that your brain and

22:33

theirs is rewiring this discomfort is

22:36

temporary one thing you can do to get

22:38

through it is use poly vagal techniques

22:40

like deep breathing cold exposure

22:43

grounding sematic body techniques to

22:46

regulate the nervous system distress and

22:49

bring yourself down so your logical

22:50

brain can re-engage and then stick to

22:53

some predefined boundaries without

22:55

negotiating and that prevents emotional

22:57

whiplash we've agreed on what things

22:59

will be we're pulling back we're not

23:01

going to give in now that we're scared

23:03

we're going to comfort ourselves manage

23:05

it and get through a healthy partner

23:08

probably should be working with you

23:09

during this process instead of fighting

23:12

you tooth and nail you shouldn't have to

23:14

reprogram them like you're their parent

23:16

and that's ultimately what I want to

23:17

call out here in Step number

23:19

seven redefine love as Mutual not

23:23

conditional codependency teaches the

23:25

brain that love must be earned through

23:27

sacrifice suffering and

23:31

overfunctioning this creates a deeply

Breaking Free from Emotional Codependency

23:33

ingrained neural association between

23:35

making secure relationships out of well

23:39

pain and Agony which is really is not a

23:41

secure relationship at all this in fact

23:45

then makes real secure relationships

23:47

feel boring unsafe or unfulfilling at

23:51

first because you're not throwing your

23:53

life away for the other person every

23:55

single day and for the avoidant person

23:58

commitment has been conditioned as a

24:00

threat to their autonomy making

24:02

closeness feel suffocating rather than

24:04

fulfilling both Partners must reprogram

24:07

their perception of love so it's no

24:10

longer driven by these survival

24:12

instincts and fear here's a couple ways

24:15

to redefine love for yourself

24:17

biologically engage in some

24:19

self-reflection exercises that rewire

24:22

the insula's connection with love maybe

24:24

track some patterns of emotional labor

24:26

and past relationships write down a list

24:28

of behaviors you need from your partner

24:31

or connections from them write down

24:33

things you don't necessarily like that

24:35

you continue doing or don't respect

24:37

yourself for or even disrespect yourself

24:39

for that you want to stop and then shift

24:43

your internal dialogue from I need this

24:45

person to love me to I need to feel

24:48

steady in my relationships I need to

24:51

feel safe I shouldn't need them I should

24:54

want them and then introduce gradual

24:58

exposure to more secure attachment

25:00

intentionally seek relationships with

25:03

family and friends that offer

25:04

predictable emotional reciprocity rather

25:07

than chaotic highs and lows if you need

25:09

to find a partner who can give you that

25:11

Security even better now when this last

25:14

step is really implemented the

25:17

relationship will either transform into

25:19

something healthy balanced and secure or

25:22

it will reveal that it was never meant

25:24

to last either way you are going to win

25:27

and when you follow the step in order

25:29

you won't be devastated if that

25:31

manipulative partner leaves you now the

25:34

real truth is that ending emotional

25:35

codependency is not just about setting

25:37

boundaries or trying to think

25:40

differently it's about rewiring your

25:42

brain and nervous system to break free

25:44

for the attachment patterns and

25:46

biological chemicals that are keeping

25:48

you addicted that keep love tied to

25:50

anxiety struggle and self sacrifice when

25:53

these seven steps in this video are

25:55

followed the anxious partner stops

25:57

feeling like they have to prove their

25:59

Worth to be loved the avoidant partner

26:01

stops seeing connection as a threat to

Breaking Free from Emotional Codependency

26:03

their autonomy and together they can

26:05

build a relationship where love feels

26:07

safe mutual and sustainable this is how

26:11

you end emotional codependency not

26:13

through willpower but through rewiring

26:16

the way that your brain understands love

26:18

itself now final warning here and I need

26:21

to put this warning on here because this

26:22

is real you need to look at the risk of

26:25

losing the relationship versus losing

26:27

yourself

26:29

when you stop the codependent behaviors

26:31

there is a very real possibility that

26:33

the avoidant partner will leave rather

26:35

than step up this is not a failure it is

26:39

Clarity if someone only wants you when

26:41

they can control the terms of closeness

26:44

that is not love breaking codependency

26:47

is not about winning the avoidant

26:49

partner it's about reclaiming emotional

26:51

Freedom stability and selfworth the

26:55

anxious person must ask themselves would

26:57

I rather th keep this cycle alive at the

27:00

cost of my mental health or face the

27:02

discomfort of change and find real love

27:05

whether with them or with someone else

27:08

now if you're ready to break the cycle

27:09

of codependency and build real emotional

27:12

security I am hosting a free live master

27:15

class on YouTube live where I'll go even

27:17

deeper into how to rewire your

27:19

attachment patterns and create healthier

27:21

stronger relationships if you have

27:23

questions or you need help drop those

27:25

questions in the comments below my team

27:27

and I will pick the top 10 most

27:29

impactful questions to discuss live so

27:31

everybody get in there upvote those

27:33

questions down below that you like tag

27:35

the little thumbs up on them or put your

27:38

own questions in there to get the thumbs

27:39

up and get upvoted and those are the

27:41

ones that my team and I will go through

27:43

and pluck out and answer questions will

27:45

only be taken from the comments to

27:47

ensure that we address the most pressing

27:49

needs directly so if you want answers

27:51

drop your questions below last thought

27:53

that I want to leave you with is this

27:55

most people stay stuck in codependent

27:57

Rel relationships because they fear what

27:59

will happen if they stop overgiving but

28:02

what's worse losing an unhealthy

28:05

relationship or losing yourself love

28:08

should not be something you have to

28:09

fight for every day just to feel worthy

28:12

of it it should be given to you because

28:15

of who you

28:16

are the question isn't whether your

28:18

relationship will survive breaking

28:20

codependency the question is will you

28:25

drop your questions below and I'll see