

Moderation

Codependency is about

- Our belief system
 - Our past or history
 - Our present or the filter we view life through
- Extremes
 - Completely happy – Absolutely miserable
 - Thoroughly enmeshed – Totally detached
 - If you do not agree with me unconditionally, then you are against me entirely
- Value
 - Who holds my value?

Source of moderation issues

- Observing and reacting to immoderate caregivers
 - Exhibiting the opposite behavior
 - Do you reflexively react or choose to respond?
- Feeling invisible
 - Childhood needs were ignored
 - Wants were the focus
 - Extreme behaviors received attention
- Repetition Compulsion
 - Desire to fix something or master something from our past
- Value
 - Do we need to check it out?
- Overwhelm = Moderation issues

Moderation is

- Balance
 - Let the pendulum swing from one extreme to the other
 - To find the calm in the middle
 - Do not have to do more today than what is reasonable
- Empathy
 - Having strong internal boundaries
 - Sharing an experience without sharing the feelings
- Acceptance
 - Moments in time do NOT define us (we are NOT our behavior)
 - Making a mistake is only that (mistakes are normal)
 - Avoid the shame bind
 - Welcome vulnerability causes fear to recede

Moderation and Reality

- Body
 - How a person dresses or sees themselves
- Thinking
 - Black or white; right or wrong; good or bad
- Behavior
 - Extreme behaviors: over the top or absent
- Feelings
 - Adult Feeling: mature, authentic, emotional response to thoughts
 - Indicates our Reality, Boundaries, Self Care are functioning in a healthy manner
 - Adult-Induced Feeling: the result of empathy
 - Indicates our Reality, Boundaries, Self Care are functioning in a healthy manner
 - Frozen Feelings from Childhood: frozen in moment of time
 - Anger, pain, or fear
 - May respond in ways that are not age appropriate
 - May have minimal emotional response to significant event
 - Adult-to-Child Carried Feelings: starts in childhood and carries into adult life
 - Feel overwhelmed and out of control (Shame)

Love Addiction

- Takes two
 - The Love Addict
 - Attracted to power and adulation
 - When attention fades, obsesses about - then acts on - how to get it back
 - Repeats cycle
 - The Avoidance Addict
 - Attracted to neediness and vulnerability
 - But then feels smothered by neediness and abandons relationship
 - Repeats cycle: out of fear of abandonment or guilt
 - What if there is only one?
- Do not replace coping skills with a relationship
- Do not be so open that you forfeit your ability to sort, filter, or reject
 - Remember true, not true, or questionable (Know YOUR reality)
- Behaviors to strive for
 - Show up and be present
 - Let go of expectations and honor the power of "no"
- Healthy intimacy
 - Trust and acceptance of our true selves
- Love is about knowing someone matters
 - It is free of manipulation