

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
- Feeling invisible
 - Childhood needs were ignored
 - Wants were the focus
 - Extreme behaviors received attention
- Value
 - Do we need to check it out?

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

Moderation and Reality

- Body
 - How a person dresses or sees themselves
- Thinking
 - Black or white; right or wrong; good or bad
 - Catastrophe vs. bliss
 - (See ANTs - Automatic Negative Thoughts)
- Behavior
 - Extreme behaviors: over the top or absent
 - The behavior does not match the situation
 - Parents may discipline severely or not at all
- 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
 - Taught to NOT have feelings
 - May respond in ways that are not age appropriate
 - May have minimal emotional response to significant event
 - Feelings are shut off
 - Adult-to-Child Carried Feelings: starts in childhood and carries into adult life
 - Shame
 - Feel overwhelmed and out of control
 - Not sure where the feelings are coming from
 - Gets added to the current feelings we are having, for example changing a level 4 feeling to a level 10 feeling