

# Moderation

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## 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
  - It comes with boundaries and moderation so you can't love them "too much"

