



DECODING CODEPENDENCY WORKSHOP:
**THE ORIGIN OF CODEPENDENCY
& THE SIX HABITS**

A FREE THE SELF™ SOLUTION

DECODING CODEPENDENCY: THE 6 HABITS



Workshop Targets

- Workshop Rules
- Regulation
- What Is Codependency
- The 3 Necessities
- The Origin Of Codependency
- Decoding the 6 Habits
- I-S-I
- Next Steps



**Plan On 2 – 3 Hours For The
Entire Class**



Before We Begin, Some Rules For Live Class...



Rules For Live Class

- Please do not share details about your trauma in class
- Please do not contact other students or participants privately; ask permission first via public message in the chat; if they accept, you're good to go
- Support is available in The Community
- Don't try to remember everything.
Focus on the practices as that is where change is made



**Feel Free To Ask Questions
Relevant To The Class Topic.**

**Save Personal Shares For The Q&A
At The End Of Class.**

**Share In The Facebook Community
If You Need Further Support**



We Will Regulate Throughout The Class



Here's How That Looks



What Is Codependency?



It Is Your Body's Strategy For Surviving And Coping With Unhealthy, Scary, Harmful Relationships



To Survive, You Need To Have 3 Specific Needs Nurtured Routinely



I Call These 3 Specific Needs “The Three Necessities”



The 3 Necessities

- Safety
- Connection
- Value-Identity



Let's Look At Each Of Them



Necessity One: Safety



Necessity One: Safety

There are 3 types of safety you have. They all depend on each other. Here they are:

- **Physical Safety:** This is physical shelter, safe surroundings, access to food, water, money, ability to care for and defend self, and how people behave
- **Emotional Safety:** This is how safe you feel with your emotions, how safe you feel sharing what you feel, and receiving and witnessing emotions from others
- **Relational Safety:** This is how safe you feel with the people in your life; how safe it feels to share feelings, wants, needs, boundaries, opinions

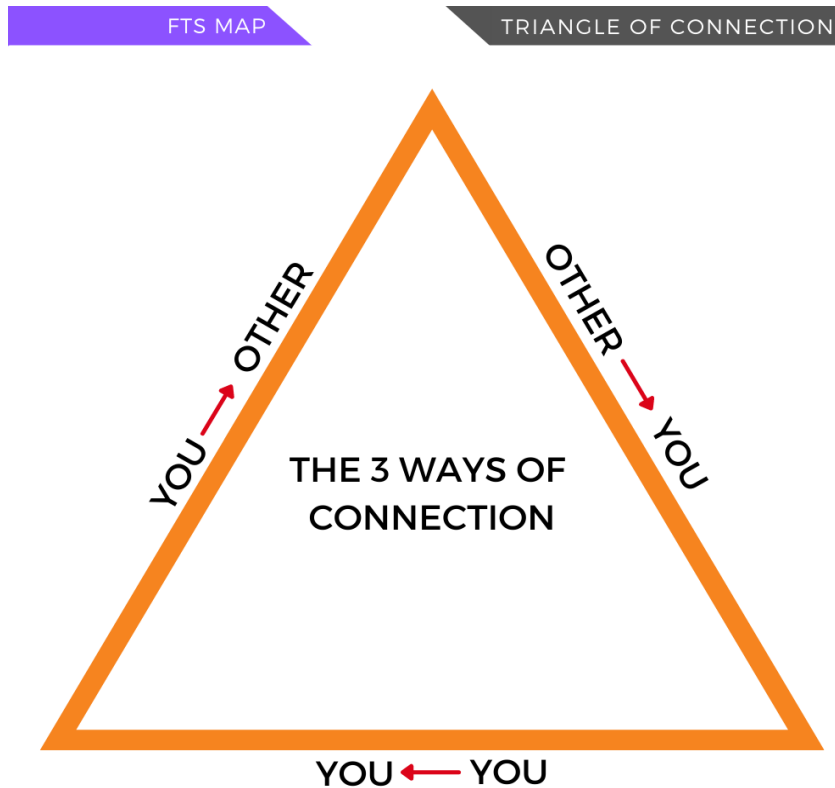


Necessity Two: Connection



Necessity Two: Connection

You experience connection in 3 ways. Each are necessary for healthy, felt-sense experience of being connected and belonging.



- **You-to-You Connection:** This is how you relate to and feel connected to your sense of self, being real, and taking up space
- **You-to-Others:** This is how you connect with others. This is how you ask for needs and wants, share feelings, outline desires, set boundaries, and build connection, and how you respond to their feelings, wants, needs, boundaries, and so forth
- **Others-to-You:** This is how others relate to you, including how they share their needs & wants, boundaries, desires, and how they respond to your needs, wants, feelings, boundaries, and so forth



Necessity Three: Value-Identity



Necessity Three: Value-Identity

Value-identity is how you perceive your worth and self. It is:

- **Your Self Concept:** This a fluid, evolvable perception of who you are and what you're capable of; it is largely programmed and influenced by your dominant experiences with others
- **Your Sense of Value:** This is the dominant emotional experience of worth you trust and rely on to determine many of your choices and actions in life
- **Who You Believe Others See You As:** This is how you believe you are perceived and valued by others; your skills, talents, achievements, failures, limits and capabilities influence this, along with the dominant feedback you receive from others (aka what they tend to value about you)



The 3 Necessities Affect Every Area Of Your Life, Including:



Including...

- How you show up in friendships
- How you show up in romantic relationships
- How you show up in your work or business
- How you try to get your needs met
- How you pursue your wants and desires
- How you communicate with yourself and others
- How you manage your boundaries
- How you play in your life
- The purpose and direction you choose for your life



**When These 3 Necessities Are
Nurtured Consistently, You
Grow Into Your Adult Self**



Attributes Of The Adult Self

- Confident in your abilities to care for yourself
- Secure in your sense of worth as a person
- Able to build and navigate secure bonds
- Know what you like, want, and need in your life
- Able to understand what others like, want, and need in their lives and if you can and want to contribute to that
- Able to handle conflict constructively and communicate clearly and kindly
- Able to soothe and care for your pain and nurture your joy
- Have a stable sense of who you are and who you want to be



**But When You're Routinely
Neglected And Abused, These
Needs Starve**



This Is Scary And Threatening To Your Survival



**Your Body Reacts To This
Threat With A Specific
Response called, “The Fawn
Response”**



The Fawn Response



What Is The Fawn Response?



It Is...

A psychosomatic response to a threat where the threatened individual attempts to please and appease the threat in hopes of preventing further harm



**If Your Body Cannot Fight The
Threat, Flee From It, It Will
Fawn To Keep Itself Safe**



Fawning Shows Up As...



Fawning Shows Up As...

- Feeling small, demure, and shy around someone
- A strong desire to please the other person so they'll love or desire you
- A strong euphoria towards a harmful person you're in a toxic relationship with
 - Ignoring, excusing, or defending abusive behaviors of other people
 - A swell of gratitude towards a person for not being harmful to you like they had been in the past
 - People-pleasing, proving, fixing, enabling, and controlling behaviors
 - A desire to draw closer to the person emotionally, physically, intimately to regulate them (sometimes experienced as a desire to merge with them)



Fawning Has One Goal: To Keep You Alive



It Does This By Creating Codependency



This Codependency Is Acted Out Through 6 Core Habits



Those Habits Are:



Those The 6 Habits Are:

- **Habit One:** People-pleasing
- **Habit Two:** Perfectionism
- **Habit Three:** Toxic Accommodation
- **Habit Four:** Fixing and Care-taking
- **Habit Five:** Earning Worth
- **Habit Six:** Merging



These 6 Habits Work To Prevent Harm And Cause Love



**Keep This In Mind As You
Learn About Them And
Yourself**



Let's Explore Each Of These & Their Healthy Alternates



People-Pleasing



In People-Pleasing

- **Safety Is Created By:** Ignoring problems; conflict is shutdown by agreeing even though you don't; boundaries are non-existent
- **Connection Is Created By:** Appealing to the person's preferences, desires, interests in ways that compromise and violate your boundaries, person, capacities, and limits
- **Identity Is Nurtured By:** Not sharing yourself, not expressing your feelings, not asking for what you need much
- **Sensations:** You feel a strong, anxious impulse to make them happy, a emotional charge around their satisfaction that feels adrenalized or intense, euphoria when they're happy, shame and collapse when they're disappointed
- **Behaviors:** You assume what they want and how they want it without asking them; you fantasize about what they'll do when you make them happy; you avoid things that would upset or displease them; you agree to things and take on responsibilities you think will make them happy about you



Here's Healthy Path:



In Self-Advocacy

- **Safety Is Created By:** Confronting problems kindly and quickly; conflict is directed towards understanding and resolution; boundaries are alive in the relationship; mistakes are responded to with care; you're comfortable being limited and shining in your lane
- **Connection Is Created By:** mutual sharing of desires, fulfilling or wants and needs, respect and valuing boundaries, and consensual interaction
- **Identity Is Nurtured By:** You sharing your desires, your wants, needs, being oriented to your own body, voice, and value. You keep yourself despite their responses
- **Sensations:** You enjoy bringing them joy, and they bringing you joy; you enjoy your own sense of company; you feel safe in the connection; rest, playfulness, and creativity are alive
- **Behaviors:** You ask for what you want, say no to things you don't. You respect their yes's and no's; you care for your needs by asking others to contribute; you practice knowing, loving, and being who you are; you contribute to their needs freely



Perfectionism



Perfectionism

- **Safety Is Created By:** Attempting to control outcomes through controlling your behaviors or those of others in a way that would make the outcome happen your way
- **Connection Is Created By:** Successful outcomes and their approval
- **Identity Is Nurtured By:** Being successful in being “perfect”, although internally you feel insecure, inadequate, and flawed
- **Sensations:** Constant anxiety and tension around outcomes and behaviors and needs; hyper-vigilance is present; temporary relief and even euphoria when things go well; deep shame when mistakes happen or failure occurs; unstable sense of worth; deep shame around who you are
- **Behaviors:** Tell others what to do without consent; tries to control outcomes of events to make sure they’re “perfect”, usually by controlling others or self to a high degree; doesn’t accept compliments and hides self when failure or mistakes happen; spends lots of time trying to do it “the right way”



Here's Healthy Path:



Curiosity & Respect

- **Safety Is Created By:** Being curious about outcomes and letting them teach you, kindness to self, and a willingness to ask and respect others builds real safety; soothe pain and tension and disappointment with compassion and care
- **Connection Is Created By:** Celebrating discoveries, successes, caring for failure and its impact; valuing effort and creating safety around failure
- **Identity Is Nurtured By:** Being curious about who you are and who you want to be in situations; curious about outcomes and what they reveal; respect for yourself & boundaries, the other person and their boundaries
- **Sensations:** Curiosity, respect for yourself and others, an openness to being loved and valued despite outcomes; feels playful, light, energizing, relaxed
- **Behaviors:** Practices being curious and open to outcomes, letting yourself fail and succeed, laughing and/or grieving failures and mistakes, asks for people's help



Toxic Accommodation



Toxic Accommodation

- **Safety Is Created By:** Avoiding conflict at all costs unless utterly necessary; let minor problems pile up; ignore the big red flags and excuses them (it is just their trauma!)
- **Connection Is Created By:** Creating the appearance of peace (although the lack of FEELING peace) through avoiding problems, differences, boundaries, and “rocking the boat”, and by regulating/caring for the other person’s emotions
- **Identity Is Nurtured By:** Believing you are the peace maker and responsibility tolerating and regulating the other persons emotions
- **Sensations:** Big anxiety and fear around conflicts when you think about them; problems make you really anxious and you push away from addressing them; a strong desire to keep things “peaceful” drives behaviors; secretly, resentment and low self-esteem build
- **Behaviors:** You ignore harmful, hurtful behaviors; agreements are not maintained; you violates your boundaries in order to preserve the “peace”; is a doormat; highly tolerant of bad behavior and abuse



Here's Healthy Path:



Boundary-Centered Relating

- **Safety Is Created By:** Boundaries being understood and known and respected; problems being directly confronted in kind ways; understanding and resolution are priorities for all involved; soothe the nervous system and pain
- **Connection Is Created By:** Through respect and valuing the differences that exist and caring for needs and wants involved
- **Identity Is Nurtured By:** You seeing yourself as worthy and available for real connection and values safety, honesty, care, and warmth. You are yourself and not playing a role any longer
- **Sensations:** Warmth, safety in conflict; problems are opportunities that inspire curiosity, vulnerability, and intimacy
- **Behaviors:** Confront problems, concerns, changes, and outcomes directly and kindly; boundaries are shared easily when necessary



The Fixer/Care-Taker



The Fixer/Care-Taker

- **Safety Is Created By:** Justifying, defending, apologizing for the bad/harmful behaviors of others to stop consequences happening to that person; doing things for others they can do for themselves
- **Connection Is Created By:** Doing for others what they can, and should be, doing for themselves (like paying their own bills). Also found in believing in the nobility of being the martyr and rescuer of that person
- **Identity Is Nurtured By:** “Being loving”; “being loyal”; “standing by their person”;
- **Sensations:** Intense sensation of being responsible for the other person’s choices and actions and consequences; feels blended with the other person’s emotions; reacts to that person’s pain as if it were their own; feels noble and strong in their sacrifice
- **Behaviors:** Gets in the way of consequences happening to the person who did the actions; talks people out of doing the consequence; apologizes for the person; takes the blame; makes promises of change



Here's Healthy Path:



Respect Adulthood

- **Safety Is Created By:** Letting others inherit the consequences of their choices; accessing sober reality and dissolving fantasies; protecting your resources; soothe the nervous system and one's pain
- **Connection Is Created By:** Respecting your own boundaries, being responsible for your well-being, connecting with healthy support and caring adults
- **Identity Is Nurtured By:** Anchored in nurturing your value and sense of self; you see yourself as separate from the other person
- **Sensations:** Feels sovereign to yourself; you feel the differences and space between your emotions and others; repulsed by taking on responsibility for other's actions and consequences; may empathize without absorbing responsibility
- **Behaviors:** Practices boundaries, saying no, being oriented to your own value, acknowledging reality and nurturing your needs in healthy ways



Proving/Earning Love



Proving/Earning Love

- **Safety Is Created By:** The false sense of power gained from being able to earn, demonstrate, or prove worth. Your sense of lovability is dependent on the satisfaction of the other person
- **Connection Is Created By:** Approval and the positive feelings other person feels; it is destroyed with rejection, criticism, or indifference
- **Identity Is Nurtured By:** Approval from others; the other person's expectations, likes, preferences, and dislikes define you and control what you do and be
- **Sensations:** A strong impulse to take on responsibilities you don't want, aren't yours, or aren't qualified for; deep fears of failure, exposure, impostor syndrome, and inadequacy; chronic anxiety
- **Behaviors:** Taking on too much responsibility, inappropriate responsibility, constantly working, productivity, and avoiding play, rest, one's emotions and needs;



Here's Healthy Path:



Autonomous Value

- **Safety Is Created By:** Being aligned with and attuned to your inherent value and person; you choose people who love you for who you are, and vice versa; soothe the nervous system and pain
- **Connection Is Created By:** Through being witnessed, cared for, and through bonding experiences with the other; who you are is loved by the other person, and vice versa
- **Identity Is Nurtured By:** Your sense and awareness of your innate value and guiding principles
- **Sensations:** Feels rooted, centered in the body; stillness; clarity; inspiring; restful
- **Behaviors:** You know your boundaries, says yes and no honestly, direct and clear in communication, respects your limits and capacities, chooses based on what serves your well-being and happiness first



Merging



Merging

- **Safety Is Created By:** In the utter surrender of self to the other; this way there is no boundary anxiety, differences, or needs or wants; there is simply them; safety is externalized; they “fill you up”
- **Connection Is Created By:** Being defined and fulfilled by the actions and definitions of the other; they’re drowning in the other’s world; connection is found outside self only
- **Identity Is Nurtured By:** Whatever or whoever the other person defines that to be; externally derived and determined
- **Sensations:** Initially, euphoria and a sense of being seen and known at a deep, deep level; then anxiety, frustration, pain, anger, depression, emptiness, loneliness, feeling lost (because you are outside the body in your focus)
- **Behaviors:** Violates boundaries, abandons responsibilities, gives up priorities, desires, dreams, and allows the other to take as they please; often ends up with the burden of debt and disastrous outcomes



Here's Healthy Path:



Anchored Value-Identity

- **Safety Is Created By:** Anchoring to your innate value, respecting it, and being boundaried about who you relate with and what you allow into your belief system; soothe the nervous system and one's pain
- **Connection Is Created By:** Being yourself through love, curiosity, and sharing what you want, need, and how you want that; being boundaried
- **Identity Is Nurtured By:** Your attunement to your innate value, guiding principles, and you are actively checking in with what you think, sense, feel, want, and need
- **Sensations:** Strong, resilient sense of joy and warmth being one's self; a willingness and safety with difference; no pressure, just ease being self
- **Behaviors:** Respect of your limits, your contributions, you don't associate with unhealthy people; you practice listening to yourself, caring for pain, and rooting into your worth; choices and actions come from your value;



These Approaches Help You Transition Your Behaviors To Healthy Interaction



**Let's Pause Here For A
Moment**



The Way Out



**Your Work Is To Identify When
You're Acting From A
Codependent Impulse And
Then Interrupt, Soothe, And
Intervene**



This Way You Don't Need To Focus On Getting Rid Of Codependency



**Instead You Use It To Trigger
Healthy Advocacy That Helps
You Create Lasting Safety,
Connection, And Value-
identity (Self-Worth)**



Here's How You Can Start Doing This:



The I-S-I Response

- **Step One: Interrupt** by pausing, acknowledging what is coming up for you, and observing it
- **Step Two: Soothe** the feelings and impulses you're aware of using The Daily Regulation Practices (more on this in a moment)
- **Step Three: Inquire & Intervene** about what you need. Is it safety, connection, value? Is it all three? What other ways can those be met in this situation (look at the previous slides or the quick-lists linked in the workshop guide)



Let's Look At It In The Workshop Guide



**I've Included Quick-list
Reference Guides That Show
You Alternative Behaviors To
Do Instead Of The
Codependent Habit**



First Step In Soothing



Soothing Is Crucial In Healing Codependency



This Starts With Nervous System Regulation



Regulation Is Achieved With A Practice Called, “The Daily Regulation Practice”



The Daily Regulation Practice Helps Calm Your Mind And Body Through Psycho- somatic (thought-and-felt) Practices



Here Are The Practices



Practice #1: Safety Check-in



- Developed by Me
- Uses 6 questions to ascertain physical safety (danger vs fear) using your 5 basic senses
- Helps your brain determine physical safety
- PDF and MP3 available to guide you through the questions



Practice #2: Orienting Yourself



- Allows yourself to settle into this present state gently, safely
- Helps the nervous system feel connected to the earth and feel like it has its feet back under it
- MP3 available to guide you



Practice #3, Tool #1: Touch Regulation

- Technique developed by Mark Waldman, PhD
- Involves a simple stroking of the forearm with the opposite hand
- May not be comfortable for some; if not, use the next tool, The Heart Shelter technique
- Video available to guide you using it



Practice #3, Tool #2: Heart Shelter



- This helps stimulate the Vagus Nerve, a nerve cluster that triggers a calming signal to the brain to calm the nervous system
- Video available to guide you through using it



Practice #4: The Bubble

- Creates your own mental-emotional perimeter and space where a sense of shelter and protection can be felt
- MP3 available to guide in creating and orienting to your own bubble/safety sphere



Practice #5: Regulating By Trusting The Change



- Developed by me
- Helps you return to self-trust and engage it a little deeper in your regulated state using the bit-by-bit approach and gentle questions
- Video or MP3 available to guide you through it



Now You Have The Steps That Help You Interrupt, Soothe, And Intervene In Your Codependent Habits



Next Steps



**To Heal Fully, You Must
Create A New Strategy That
Fulfills The 3 Necessities Of
Safety, Connection, and
Value-Identity Through
Healing Relationships With
Yourself, Others, And Life**



This Is The Purpose Of My Work



**If You Want To Continue Your
Healing Through My Work, I
Have 4 Prerequisites:**



The 4 Prerequisites

- **One:** You are not dealing with untreated bi-polar and borderline personality
- **Two:** Therapist: you are working with one, seeking one, or open to one if I recommend it
- **Three:** You have an online support community or a local support community
- **Four:** You resonate and like my teaching style and my work has made a positive change in your life



**If This Is Aligned With You,
Your Next Step Is The Healing
Codependency Essential
Trainings**





THE HEALING CODEPENDENCY ESSENTIAL TRAININGS

A FREE THE SELF™ SOLUTION



DECODING CODEPENDENCY: THE 6 HABITS



**These Trainings Expand On
What You've Learned Here,
Giving You The Essentials
You Need For Well-being And
Happiness After
Codependency**



**This Course Achieves This Through
Two Focuses:**

**Giving You The 4 Essential Healing
Practices**

And

Decoding Your Codependency



Focus One: The Core Concepts & Practices For Your Healing

- **Module One:** Origin of Codependency
Review & Regulation Of The Nervous System
- **Module Two:** Rediscovering Your Innate Legitimacy
- **Module Three:** Reconnecting To Your Natural Completeness
- **Module Four:** Restoring Your Power and Congruence



Focus Two: The Decoding Of Your Codependency

- **Module One:** Decoding Your Codependent Impulses (this class)
- **Module Two:** Identifying And Neutralizing Your Codependent Fantasies
- **Module Three:** Disengaging The Fawn Response
- **Module Four:** Taking Back Your Person-hood



Program Details:



Training Details:

- Fully self-study and go-at-your-own-pace
- Class recordings are 2 hours long on average
- Homework 20 -60 minutes a week
- Unlimited access to recordings
- Includes access to the Codependency Healing Meditations Library of 30 + Meditations and Practices (\$97 value)
- Includes access to the Reclaiming Innocence Course (\$197 value)



Price: \$197 (normally \$297)
For The Next Seven Days



**Enroll By Going To:
<https://join.freetheself.com>**



**Or You Can Take The Big Dive
Into Your Healing By Joining
The Healing Codependency
Self-Study System**





HEAL CODEPENDENCY SELF-STUDY SYSTEM

A FREE THE SELF™ SOLUTION

DECODING CODEPENDENCY: THE 6 HABITS



**The Heal Codependency Self-
Study System Is The
Complete System For
Creating Lasting Safety,
Fulfilling Purpose, And Loving
Relationships In Your Daily
Life**



It Achieves This By:





SOLVES ANXIETY, CRAZY-MAKING, EMOTIONAL DISTRESS & POWERLESSNESS

SOLVES DISTRUST AND DOUBT IN YOURSELF, YOUR WORTH & YOUR POWER

SOLVES LOW SELF-ESTEEM, EMPTINESS, AND FEELING LOST IN LIFE

SOLVES CONFUSION & PAIN IN BUILDING SAFE RELATIONSHIPS

For Individuals That:

For Individuals That:

For Individuals That:

For Individuals That:

- Feel crazy and wondering what is real
- Recently exited a toxic relationship or culture
- Are dealing with a lot of emotional dysregulation, anxiety, and feeling unsafe
- Are seeking a foundation to soothe pain and anxiety
- Are feeling powerless and lost
- Are seeking to soothe attachment and relationship loss
- Dealing with trauma bonds and being discarded

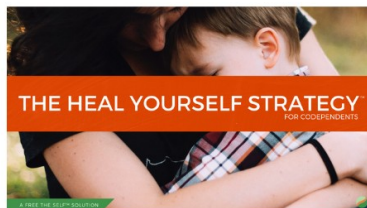
- Distrust themselves
- Doubt the validity and importance of their emotions, needs, wants, feelings, and lived experiences
- Struggle with trusting their senses, perceptions, and hunches
- Constantly talk themselves out of their perceptions
- Doubt they have worth or they are naturally whole
- Sabotage themselves
- Are Perfectionists, and Over-Achievers

- Struggle to like or love who they are
- Wonder who they are
- Struggle to identify their own wants, needs, boundaries, and desires
- Are people-pleasers
- Feel a sense of shame or worthlessness about themselves
- Are unable to find their own path, direction, and purpose
- Easily lose themselves in relationships
- Feel "not real" to themselves

- Want to have trustworthy, loving relationships of any type
- Don't know how to identify trustworthy and compatible people
- Struggle with communication and want clearer communication
- Struggle with insecurity in their attachments with others
- Fear conflict
- Wonder how to build a relationship and how to navigate it
- Don't know what they want in a relationship

www.freetheself.com





RESTORE SAFETY, SANITY,
AND SOVEREIGNTY

- **SECTION ONE:** Restoring Emotional Safety and Regulation; 8 Modules
- **SECTION TWO:** Restoring Sanity; 5 Modules
- **SECTION THREE:** Regulation Of Attachment & Needs; 5 Modules
- **SECTION FOUR:** Restoring Sovereignty; 6 Modules

Length: 24 Modules



RESTORE TRUST IN YOUR
LEGITIMACY, WHOLENES
AND POWER

- **SECTION ONE:** Restore Trust In The Legitimacy Of Emotions, Capacity, Reactions, Lived Experiences; 8 Modules
- **SECTION TWO:** Restore Natural Completeness; 2 Modules
- **SECTION THREE:** Restore Congruence (Personal Power); 2 Modules

Length: 12 Modules



KNOW, LOVE, AND BE
WHO YOU ARE

- **SECTION ONE:** Foundation Of The Self; 5 Modules
- **SECTION TWO:** The Voice; 4 Modules
- **SECTION THREE:** Innate Value; 2 Modules
- **SECTION FOUR:** Vision; 2 Modules
- **SECTION FIVE:** Root Conclusion Shifting; 1 Module
- **SECTION SIX:** Application Practices; 4 Modules

Length: 18 Modules



BUILD REAL,
SUSTAINABLE
RELATIONSHIPS

- **SECTION ONE:** Foundation Of Healthy Relationships; 5 Modules
- **SECTION TWO:** Attachment, Communication, & Conflict Care; 3 Modules
- **SECTION THREE:** Building & Navigating Relationships; 4 Modules

Length: 12 Modules

www.freetheself.com



**You Are Supported,
Celebrated, And Guided
Through Each Course Via
Recorded Instruction, Email
Support, and Online
Community Support**



**This Gives You Everything
You Need To Have More
Reliable, Concrete Self-Love,
Happy Relationships, And The
Peace And Success You Seek
In Your Life**



Course Details



Course Details

- Each are Go-at-your-own pace. You don't have to keep up with the weekly notices
- Classes average 1.5 hours; homework 20-60 minutes each
- PDF printable guide for each course included
- Support materials and bonus courses included



Price:



Price Info:

- **Complete Self-Study System:** \$750 for all 4 courses (\$250 discount) if paid in full; \$997 total if paid via pay-plan **for the next seven days**
- Payment plans available: 2-month, 3-month, 6-month, and 12-month options
- **Individual Courses:**
 - Heal Yourself Strategy: \$250
 - Self-Trust Course, Know Yourself Strategy, and Relationship Strategy: \$500 each



**Enroll By Going To:
<https://join.freetheself.com>**



Q&A



Regulation & Class Closure

