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Advantage EAP offers expanded hours in the New River Valley!!!

Advantage EAP has added additional hours in Radford at 22 Montgomery Street.
Call 1-800-699-9396

Helpful online Resources (and articles where this information was retrieved) may be found at the bottom of this newsletter.

Codependency



So you may have heard of the negative factors that are associated with codependent relationships, but what exactly does codependency mean and how does it affect your relationships with others? Codependency refers a pattern of behavioral and cognitive interactions within a dysfunctional relationship. Codependency can occur in any type of relationships including families, work, friendships, romantic and even peer/community relationships. Codependent behavior is typically learned by watching others close to them in their own codependent relationships. This newsletter will help to explain more about codependency and identify signs of a codependent relationship.

What exactly does codependency mean?^{1 & 2}

Codependency is a blanket term that refers to a range of feelings, behaviors and symptoms that typically have a focus on another person. Someone who is codependent focuses on everyone else, rather than themselves, and typically the focus is towards a loved one. A codependent person is a “people pleaser”, and is usually compliant and passive. This codependent person eventually begins to put the needs of others first so much that they forget their own needs.

Codependent behavior is usually learned from a previous generation or is the result of not getting our emotional needs met as kids, however originally codependency was used as a term that was the result of studying interpersonal relationships in families of alcoholics. The term described partners in chemical dependency, persons living with or in a relationship with an addicted person. Today however, codependency is applied to those who are excessive caretakers, and who act in such a way that it negatively impacts one’s relationships and life.

Persons who exhibit codependent symptoms typically have good intentions, trying to become a “rescuer” or caregiver to persons who appear needy. While they are truly trying to help, their behavior comes compulsive and defeating. If the one being taken care of exhibits reliance on the codependent, then they begin to feel a sense of satisfaction from being needed. Although a codependent person feels a sense of fulfillment from taking care of that person, they also begin to feel like there is no other choice but to take care of that other, and breaking away from that relationship is impossible. Codependent persons typically see themselves a victim, and frequently feel a sense of helplessness.

Locations:

2727 Electric Road, Ste 100
Roanoke, VA 24018

200 Professional Park Drive
Unit 1
Blacksburg, VA 24060

Alleghany Regional Hospital
1 ARH Lane, Room 529
Low Moor, VA 24457

22 Montgomery Street
Radford, VA 24141

Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

Signs and Symptoms of a codependent person¹

It is important to be able to recognize the signs and symptoms of codependent people, and especially even more important for the codependent person themselves. The following are some typical symptoms of a codependent:

- Low self-esteem
- Tendency to do more than their share all the time
- Feelings of needing to rescue others
- Tendency to confuse love and pity
- A sense of needing to hold onto relationships and avoid feelings of abandonment
- Lack of trust in themselves or others
- Feelings of guilt when being assertive
- Poor communication
- Difficulty identifying feelings




Ways to help²

There are definite ways to help with codependency, but helping to make recovery an active part of life is important. Helping to control codependency rather than letting it control you is a vital part of helping manage this issue. The following offer some suggestions to help:

- Make recovery a first priority by recognizing symptoms and behaviors.
- Find alternate behaviors to the helping or controlling and implement them.
- Make your own priorities of needs, rather than letting other's issues come first. Implement these needs in your day-to-day life.
- Stop managing and controlling others. This may will take a very conscious effort.
- Recognize all the life has to offer, and realize that you are worthy of this.
- Increase your self-esteem, through knowledge about yourself such as strengths, weaknesses and even acceptance.
- Learn more about codependency. The more you learn the more you will be able to take control of your own life again.

Codependency is a very complex term which encompasses a variety of relationships. Codependency not only affects that person, but also begins to make a whole family or group of people dysfunctional. Persons who may be suffering from codependency should be aware that help is available.



Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with a variety of issues, including those in dysfunctional or codependent relationships.

Please contact your Advantage EAP at:

(540) 989-6605 or 800-699-9396

Or visit our website at: www.psychhealthroanoke.com

Or our Blog at: <http://psychhealthroanoke.blogspot.com/>

Resources:

- 1) Mental Health America: Codependency;**
<http://www.mentalhealthamerica.net/go/codependency>
- 2) Planet Psych: Codependency;**
http://www.planetpsych.com/zPsychology_101/codependency.htm