



Codependent No More

DON'T LET SOMEBODY ELSE'S PROBLEM
BECOME YOUR OWN

Codependency describes someone who becomes the “caretaker” of an addicted or troubled person. The person can be addicted to alcohol, drugs, or gambling or have a physical or mental illness. Often, the codependent is the person’s mate, parent, child, sibling, or friend. Instead of helping the person get the right help, the codependent enables the destructive behavior by rationalizing and making excuses.

CAUSES OF CODEPENDENCY

A person is more likely to become codependent if he or she:

- Puts other people’s wants and needs before his or her own
- Is afraid of being hurt or rejected
- Has low self-esteem
- Feels responsible for the other person’s addiction or behavior

GET HELP

Most codependents don’t think they have a problem. They see themselves as loving, caring people just trying to help. Counseling may be needed to help them regain a healthy life.



SELF-HELP TIPS

- Focus on the three **C**’s:
 - You did not **C**ause the other person’s problem.
 - You can’t **C**ontrol the other person
 - You can’t **C**ure the problem.
- Don’t make excuses for the other person’s behaviors. Accept that he or she has a problem and needs to get professional help.
- Refuse to come to the other person’s aid. That means no more bailing them out of jail or giving them money for drugs or booze. If your loved one is a problem drinker contact Al-Anon and Alateen at 888.4AL-ANON (425.2666) or www.al-anon.org.
- Get help for verbal, physical and/or sexual abuse. Call the National Domestic Violence Hotline at 800-799-SAFE (7233).
- Take care of your own feelings, desires, and needs.
- Set and stick to limits on what you will and won’t do.
- Find diversions to keep you from obsessing on your loved one’s problem.

