

Healing Co-Dependence For Weight Loss

with Jennifer Welch

*Hypnotherapist, Cellular Release Therapist,
Somatic Experiencing Practitioner in Training and Specialist with
The Gabriel Method*



Identifying Co- Dependence

- In your family of origin, was there any sort of addiction?
- Do you often feel frozen or numb?
- Was there abuse of any kind?
- Did you feel loved?
- Was continual shaming used to manipulate you?
- Do you have ongoing guilt even when there is no reason?
- Are you insecure?
- Do you say “yes” when you want to say “no”
- Do you consider yourself to be a caretaker/rescuer?

Identifying Co- Dependence

- Are you in a relationship with someone who has addiction issues?
- Is playing or laughter uncomfortable for you?
- Do you worry excessively?
- Do you find yourself trying to change people around you often?
- Is appearing perfect or just right highly important to you?
- Are you angry most of the time?
- Do you find it difficult to make even little decisions?
- Do you have a constant feeling of emptiness?
- Do you struggle with anxiety?
- Are you terrified of rejection or abandonment?

Identifying Co- Dependence

- If you answered yes to many of the questions, you may be living out of co-dependent patterns.

Defining Co- Dependence

Co-Dependence is not a diagnosis, but a *description of a type of personality characteristics* one takes on due to learned behaviors.

Acting in Co-Dependent ways means that you have **lost yourself** while trying to **fix and control** those around you.

The **root** of all codependent characteristics is the **unmet need for approval**.

Defining Co- Dependence

- A way to describe anyone who comes from a dysfunctional background where, as a child, the emotional needs are not met. Instead of a healthy environment where you are loved, nurtured, acknowledged and heard, you feel ignored, shamed, belittled and responsible for the adult's well-being
- In these families spontaneity and laughter are replaced by rigidity, the inability to engage in honest communication, and an abundance of secrets and rules

Defining Co- Dependence

- Individuals are often enmeshed (entangled in other's emotions), and often feel responsible for the other
- Boundaries are often over lapping or nonexistent
- Messages such as, "don't talk about it", "don't feel", "it's your job to protect me or keep me happy" "your bad", 'you're crazy" are common in co-dependent homes

Acting out Co- Dependence

- Codependence is a “disease” of lost selfhood. It can mimic, be associated with, aggravate and even lead to many of the physical, mental, emotional or spiritual conditions that befall us in daily life
- We become codependent when we turn our responsibility for our life and happiness over to our ego (false self) and to other people

Defining Co- Dependence

- Any suffering or dysfunction that is associated with or results from focusing on the needs and behaviors of others
- When we focus so much outside of ourselves we lose touch with what is inside of us: our beliefs, thoughts, feelings, decisions, choices, experiences, wants, needs, sensations, intuitions, unconscious experiences and even indicators of our physical functioning such as heart rate and respiratory rate. ~*Charles Whitfield*

- 96 percent of all families to be to some degree “dysfunctional”—that is, the system by which the family interacts is distorted by the addictions and compulsions of one or more members and, so, ignores the needs of each individual.
- As 96 percent of all families are to some degree emotionally impaired, the unhealthy rules we're living by are handed down from one generation to another and ultimately to society at large. Our society is sick because our families are sick. And our families are sick because we are living by inherited rules we never wrote." (Source: *Bradshaw, John, Bradshaw On: The Family*, Deerfield Beach, FL, Health Communications, 1988)

What Causes Codependence?

- Addiction
- Abuse
- Trauma
- Shame-based treatment



What Causes Codependence?

- Codependence is the most common of all addictions : the addiction to looking elsewhere. We believe that something outside of ourselves – outside of our True Self – can give us happiness and fulfillment.
- We neglect our own selves in this searching.





**Codependence is the
main culprit for
painful relationships**

- Addiction(s)
- Helplessness
- Numb
- Controlling
- Passive aggressive
- Overachievement/Care taker
- Delinquency and denial
- Isolation or Shyness
- Clowning
- Overwork
- Chronic Unhappiness
- Low Self Esteem
- Difficulty with intimate relationship

How Does CoDependence fuel Emotional Eating?

- When we are in emotional pain, feel ignored, or energetically depleted from giving too much (bypassing our own feelings, needs and desires), we turn to food as a way to comfort ourselves
- Many eating disorders or unhealthy eating patterns form as ways to feel “in control” when things around us are completely out of control





Recovery from Codependence IS Possible!

- Recovery begins with AWAKENING – something happens in your life and you begin to realize that this is an issue for you



Recovery from Codependence IS Possible!

- To rediscover our True Self and heal we go through a process
 - Discover and practice being our True Self or Child Within
 - Identify our ongoing physical, mental emotional and spiritual needs. Practice getting these needs met with safe and supportive people
 - Identify and grieve the pain of our ungrieved losses or traumas in the presence of safe and supportive people

Breaking Free from the Chains that Bind


- Befriend yourself
- Forgive yourself
- Find support with others with whom you feel heard, acknowledged, encouraged and supported
- Give yourself permission to have needs, feelings, and desires
- Practice meeting your needs or asking for support so that your needs are met
- Practice healthy boundary setting with safe and supportive others
- Say “no” when you want to say no



The background of the slide features a silhouette of three people standing on a dark, grassy hill. They are all facing away from the camera, looking towards a vibrant sunset sky. The person on the left is a woman with long hair, the middle person is a man, and the person on the right is a child. All three have their arms raised in a celebratory gesture. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The overall mood is one of hope and achievement.

Where you can receive support

- Self Help Books about recovery from Codependence and Setting Boundaries
- Find a therapist who specializes in codependence recovery or inner child work
- Recovery support groups such as Codependence Anonymous, Al-Anon, Overeaters Anonymous, Adult Children of Alcoholics/Dysfunctional Families
- Self Empowerment classes or workshops



Ask yourself this
important question

**What would I do if I
weren't afraid?!**

Healing Co-Dependence For Weight Loss

with Jennifer Welch

*Hypnotherapist, Cellular Release Therapist,
Somatic Experiencing Practitioner in Training and Specialist with
The Gabriel Method*