

INTERVENTION WEBINAR

How Does Codependency Impact Family Relationships and Roles?

 Starting Soon



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Does Codependency Impact Family Relationships and Roles?

Codependency With Family Relationships & Addiction May Prevent You From Independency

- Addicts can stop their family members from living happy lives.
 - Protecting the feelings of others can also mean that you're protecting your own feelings.
 - *"Being emotionally connected to the ups and downs of another can take away our identity, integrity, happiness, and individuality."*
 - You must ask yourself why you are choosing to be codependent with another family member.
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Recognizing Codependency

- Substance abuse can impact family relationships—such as parents, siblings, spouses, and children.
 - Codependency may be like lighting yourself on fire to keep another person warm.
 - Codependency to one person and their addiction may harm your whole family.
 - You feel personally responsible for others.
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Recognizing Codependency (cont'd)

- Your own needs are less important and not being met.
 - Your feelings of worth and contribution are dependent on others.
 - You're always at the mercy of someone else's drama or needs.
 - You feel powerless—even when you seem to be in control.
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Attention To One Person's Addiction Affects Many Other Relationships

When two or more people become connected in a relationship of any form, those in the relationship will do one or more of three things:

- A person will assume some of the qualities of the other.
- A person will assume a role that complements the qualities of the other.
- A person will assume a role that acts counter to the qualities of the other.

“When two people connect or enter into a relationship of any type, then both parties are changed as a result of that connection. In other words, all parties have been changed to some degree as a result of being connected and/or in a relationship with someone who has become dependent upon drugs or alcohol”



Addiction Codependency can create the fear of change and letting go of old behaviors

- Families can avoid intervention and therapeutic confrontation as often as addicts.
 - Families are fearful of the unknown that comes with change.
 - *“When a family acquires maladaptive coping skills over time, the coping skills often become the new normal.”*
 - A successful intervention means that roles and dynamics may change, and this can be scary.
 - Often, families avoid intervention to protect their own feelings and roles in the family system.
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
