

Love Is A Choice Recovery For Codependent Relationships

Love is a Choice : Recovery for
Codependent Relationships -

Robert Hemfelt 1989

The doctors of the Minirth-Meier Clinic help the readers of this book examine their life to correct the problems of codependency.

*Codependency - "Loves Me,
Loves Me Not"* - Simeon

Lindstrom 2014-09-08

If you've had difficulty with starting or maintaining relationships, issues with feeling jealous and possessive or find that your connections with others are more a source of distress than anything else, this book is for you. By finding ways to be more mindful throughout the day, as well as exercises in improving your communication skills, this book will show you how to have

relationships that are calmer and more stable and compassionate. We'll begin with a look at the phenomenon of codependency, what it has traditionally meant in the psychological realm and how these traits and patterns can be traced back to issues of self-worth, compassion and more deliberate action. We'll examine how mindfulness can be the magic ingredient to getting a hold of the codependency cycle, and some of the characteristics of happy, mindful relationships. Finally, we'll explore a model for mindful communication and ways that you can begin to implement immediately in order to make a commitment to stronger, more compassionate relationships with others. It

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may feel sometimes that an intense and serious connection with someone is proof of the depth of the feeling you have for one another. But be careful, obsession and dependency is not the same as love. In the codependent relationship, our affection and attention is coming from a place of fear and need. As a result, the partners never really connect with each other. They do endless, complicated dances around each others problems, but what they never do is make an honest human connection. In codependent relationships, manipulation, guilt and resentment take the place of healthy, balanced affection. Codependent partners are not necessarily together because they want to be, they are because they have to be, because they don't know how to live otherwise. One partner may bring a history of abuse, a "personality disorder" or mental illness into a relationship; the ways the other partner responds to this may be healthy or not, but if they bring their own issues to

the table too, they may find that the bond of their love is more accurately described as a shared and complementary dysfunction. Remember, the relationships we are in can never be better than the relationships we have with ourselves. Two unhappy people together never make a happy couple together. We cannot treat other people in ways we have never taken the time to consider before, and we cannot communicate properly if we are not even sure what it is we need to communicate in the first place. An individual with a mature, well-developed sense of themselves has the most to offer someone else. They have their own lives, their own sense of self-worth, their own strength. And when you remove need, fear, obsession and desperation, you open up the way for love and affection just for its own sake. Love is many things, but it's cheapened when held hostage by the ego. Connections formed around ego and fear may be strong and lasting, but what keeps them going is

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mutual need. What could be more romantic than, "I don't need to be with you. You don't complete me at all. I am happy and stable and fulfilled without you. But I still want to be with you, because you're awesome"? On the ground, in the nitty gritty of life, we can reduce a massive thing like "Relationships" down to smaller, more manageable units. Everything from the deepest and most profound romantic and spiritual union to sharing a joke with the cashier at the supermarket rests on one thing: communication. Whether it's through words or not, we are constantly communicating, and the accumulation of these little units creates this big thing we call a relationship. If you resonate with any of the above, I hope that this book will be of value to you and your relationship with yourself and others.

Codependent No More -
Melody Beattie 2009-06-10

In a crisis, it's easy to revert to old patterns. Caring for your well-being during the

coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime

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of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

A Healing Journey - Ron P. Pagel 2010-03

Psalm 19:14 "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer." I cannot heal anyone, none of us can. I am His obedient instrument, His servant, His hands & feet ... Jesus Christ through the power of the Holy Spirit in me is the Healer, the Great Physician. I am not a theologian, but I am a willing student of the Book. There is little I can offer; no words or wisdom or experience, technique or method, none of my own very limited knowledge, no natural gifts ... beyond my humble heart to try to love His children as He does; to see, feel and hear their pain enough to intercede on their behalf (See Matthew 5 - the

Beatitudes). Christ Jesus called us to a life of holiness; any brokenness or unrepented sin is a barrier that the enemy will use to keep us from that life of holiness. Paul challenges us to be imitators of Christ through the Redemptive nature of Jesus. He calls us, the saints, His sons & daughters, heirs of Christ, to be the instrument of healing by His power, grace and mercy. This (our) generation needs an infusion of the Good News of Jesus Christ and a restoration ... and a Savior. Join me on this journey - to study His Word and seek His guidance as He calls His Church to wholeness.

Blessings; Ron

Facing Codependence - Pia Mellody 2011-11-22

Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and

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sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

Beyond Codependency -

Melody Beattie 2009-06-21

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic *Codependent No More*, help you along your way. A guided tour past the pitfalls of recovery, *Beyond Codependency* is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain

has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

Triumph Over Darkness -

Wendy Ann Wood 2012-05-01

This collection of prose and therapeutic insights creates a powerful commentary on incest, rape, abuse, and the recovery process. Women and men share their personal experiences of childhood abuse and walk with the reader along the path toward wellness. They reflect each stage of healing with a clarity that, while often painful, is also hopeful.

Addressing various aspects of

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abuse, including ritualistic abuse, multiple personality disorder, and partnering as well as providing a therapist's insights on the stages of healing, Triumph Over Darkness helps readers to understand recovery as a predictable process and see that healing is possible.

Love Is a Choice - Robert Hemfelt 2003-02-02

Do you want to reclaim your independence? Are you looking for guidance as you learn to set boundaries that actually serve you? If you're ready to let go of unhealthy relationships and begin your journey to healing, join Drs. Frank Minirth, Paul Meier, and Robert Hemfelt in Love Is a Choice as they walk you through their ten proven steps to recovering from codependency. In Love Is a Choice, Drs. Minirth, Meier, and Hemfelt combine decades of research with timeless biblical wisdom to show you that the most effective means of overcoming codependent relationships is to establish or deepen your relationship with Christ Himself. Love Is a

Choice will teach you why God wants us to be independent and why you deserve to have healthier, more fulfilling relationships. Throughout Love Is a Choice, Drs. Minirth, Meier, and Hemfelt will lead you through their method to overcoming codependency once and for all. Along the way, Love Is a Choice will give you the tools and encouragement you need to: Discover the root causes of codependency Surround yourself with a loving, supportive community See yourself in a new light Uncover your unmet emotional needs It's time to break the cycle of codependency. Let Love Is a Choice be your guide every step of the way.

Codependency For Dummies -

Darlene Lancer 2012-04-06

Codependency is much more widespread than originally thought. You don't even have to be in a relationship.

Codependents have trouble accepting themselves, so they hide who they are to be accepted by someone else.

Codependency for Dummies is the most comprehensive book

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on the topic to date. It describes the history, symptoms, causes, and relationship dynamics of codependency and provides self-assessment questionnaires. The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises, practical advice, and helpful daily reminders to help you know, honor, protect, and express yourself. It clarifies deep psychological dynamics that underlie codependency, yet is written in a conversational style that's easily understandable by everyone. You will learn: How to raise your self-esteem The difference between care-giving and codependent care-taking The difference between healthy and dysfunctional families How to set boundaries How to separate responsibility for yourself and for others How to overcome guilt and resentment

Conquering Shame and Codependency - Darlene Lancer 2014-05-16

A nationally recognized author and codependency expert examines the roots of shame

and its connection with codependent relationships. Learn how to heal from their destructive hold by implementing eight steps that will empower the real you, and lead to healthier relationships. Shame: the torment you feel when you're exposed, humiliated, or rejected; the feeling of not being good enough. It's a deeply painful and universal emotion, yet is not frequently discussed. For some, shame lurks in the unconscious, undermining self-esteem, destroying confidence, and leading to codependency. These codependent relationships—where we overlook our own needs and desires as we try to care for, protect, or please another—often cover up abuse, addiction, or other harmful behaviors. Shame and codependency feed off one another, making us feel stuck, never able to let go, move on, and become the true self we were meant to be. In *Conquering Shame and Codependency*, Darlene Lancer sheds new light on shame: how

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codependents' feelings and beliefs about shame affect their identity, their behavior, and how shame can corrode relationships, destroying trust and love. She then provides eight steps to heal from shame, learn to love yourself, and develop healthy relationships.

Self on the Shelf, The - Gary Greenberg 1994-01-01

The Self on the Shelf examines the cultural and philosophical determinants of popular "recovery" books.

Greenberg argues that this literature can be read as documents of the prevailing understanding of the self in American society. The construction of the self promoted by recovery literature is seen as a nihilistic one insofar as it denies the significance of what continental philosophy calls the Other. In this sense the self-help books are correct in their assertion that we have lost sight of how to love, but their proposed solution shows up as a recapitulation and strengthening of the conditions that gave rise to this situation

in the first place.

Greenberg's critique provides a commentary on the difficulties that face our culture in achieving any sense of meaningful community, and on the way that this problem surfaces in a highly popular discourse.

Love Is a Choice - Robert Hemfelt 2004-11

Love Is a Choice Workbook provides a ten-stage plan to help you find healing from the pain that created your codependency and then guides you through the plan using interactive questions, self-tests, exercises, and journaling. This workbook helps you to step back and examine your life and then effectively deal with your codependency at your own pace. It can be used independently, or with Love Is a Choice, to help you break the cycle of codependency and be free to make new choices-free to choose love.

Codependent No More Workbook - Melody Beattie 2011-03-09

This highly anticipated workbook will help readers put

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the principles from Melody Beattie's international best seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine love and forgiveness; and letting go and detaching from

others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

[Loving Someone in Recovery](#) - Beverly Berg 2014-02-02

Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners. During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. While there are many resources available to recovering addicts, there are limited resources for the people who love them. In *Loving Someone in Recovery*, therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment

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theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy. The material in this book is drawn from the author's successful Conscious Couples Recovery Workshop. With more than 25 years in the field, she has developed a unique set of exercises that address the issues faced by couples in recovery. This book addresses the roles that both partners play in recovery, and aims to help readers develop a new appreciation for one another and improve self-confidence and acceptance. The road to recovery is never an easy one, but by building a strong support system, the chances of success are exponentially greater. For more information on Berg's work, visit consciouscouplesrecovery.com
Love is a Choice - Robert Hemfelt 1989-01-01
This number one bestseller and groundbreaking book on

recovery for codependent relationships is newly repackaged.

Codependence and the Power of Detachment - Karen Casey 2022-02-15

Find Boundaries and Peace from Codependent Behaviors
"This book is bound to become a codependence classic. It should be required reading for all who seek to create healthy, balanced relationships."

-Claudia Black, PhD. Free yourself from codependency and reclaim your sanity, peace, and inner strength with this codependency book by Karen Casey, the bestselling author of *Each Day a New Beginning*. Learn how to value your own opinion over those of others. Codependency books are perfect for those of us who live as if what other people think matters more than what we think. This thinking leads to constantly trying to please or even to change others. Codependent behaviors can have negative effects on us and those around us, even leading to a dysfunctional family. It can be difficult to say no to those

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we love. A codependency book on improving your life through boundaries and peace. Karen Casey, bestselling author of *Let Go Now* and *Each Day a New Beginning*, has had her own experience with codependent behavior, and she is here to share what she has learned along the way. Through her own stories and the stories of those she has met through Al Anon meetings and elsewhere, she shows you how to detach from unhealthy codependency, create more positive relationships and, ultimately, lead a less stressful life. Inside, you'll learn how to: Recognize and acknowledge your own attachments and codependency Set boundaries, find peace, and engage in healthy detachment Nurture positive relationships with the people in your life—both new and old If you liked codependency books such as *The Language of Letting Go*, *Facing Codependence*, or *The Codependency Recovery Plan*, you'll love *Codependence and the Power of Detachment*. [Love is a Choice Workbook](#) - Robert Hemfelt 1991

The doctors of the Minirth-Meier Clinic counsel readers directly using their proven interactive techniques in this unique workbook based on the recovery principles from the bestseller *Love Is a Choice*.

[The Codependency Recovery Plan](#) - Krystal Mazzola
2019-03-05

Break away and recover from patterns of codependency It could start as lending an occasional hand, but over time, escalates into putting someone else above everything else—even our own well-being. Balance is needed for healthy relationships with others and ourselves. The *Codependency Recovery Plan* presents an enlightening look at codependency, where it comes from, and a detailed pathway out. The *Codependency Recovery Plan* fully explains codependency, its symptoms, and the factors that contribute to its development. It offers guidance on ways to recognize codependent behavior, become a better communicator, set boundaries, mend romantic relationships, and raise your

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self-esteem. Chapter exercises provide a workspace for self-reflection so that you can see your situation with fresh eyes, and gain a new perspective on your own life. Independence starts with a step-by-step plan: Step 1: Get in Touch with Your "Self"—Learn to look inward and become self-reliant. Step 2: Prioritize Self-Care—Honor and value your own self-worth and be kind to yourself. Step 3: Build Boundaries—Set limits for giving your life and love to others. Step 4: Maintain Open Communication—Speak comfortably and confidently with your support network. Step 5: Nurture Intimacy—Create healthy and constructive connections. Start building a better relationship with yourself and the people around you using The Codependency Recovery Plan.

The Human Magnet Syndrome - Ross A. Rosenberg
2013-04-01

"Born in the cauldron of personal experience of suffering and healing and honed through years of professional experience, this

book will help anyone understand the attractors of love and consequent suffering. I recommend it to couples who are mystified by the depth and repetition of their pain and joy and to therapists whose destiny is to help them." ~ Harville Hendrix, Ph.D., co-author with Helen LaKelly Hunt of *Making Marriage Simple: Transform the Relationship you Have Into the Relationship you Want* Since the dawn of civilization, men and women have been magnetically and irresistibly drawn together into romantic relationships, not so much by what they see, feel and think, but more by invisible forces. When individuals with healthy emotional backgrounds meet, the irresistible "love force" creates a sustainable, reciprocal and stable relationship. Codependents and emotional manipulators are similarly enveloped in a seductive dreamlike state; however, it will later unfold into a painful "seesaw" of love, pain, hope and disappointment. The soul mate of the codependent's dreams will

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become the emotional manipulator of their nightmares. Readers of the Human Magnet Syndrome will better understand why they, despite their dreams for true love, find themselves hopelessly and painfully in love with partners who hurt them. This book will guide and inspire both the layman and the professional.

So You Love an . . . Alcoholic? - Grace W. Wroldson 2018-05-31
When Grace Wroldson first discovered that she was in love with an alcoholic, she sought treatment and help for him. As the years passed and the alcoholic continued to choose alcohol over her, she instead sought treatment for herself to overcome her own battles of love addiction and codependency. When her child was born, she was inspired to completely break free from the disease of alcoholism. She shifted her focus away from the alcoholic and found a path of recovery for herself. Now, Grace shares a firsthand account of her journey to living a healthier life full of self-love,

acceptance, and truth. So You Love an . . . Alcoholic? compiles the hard-learned lessons and realizations she faced during recovery. From lessons on boundaries, forgiveness, and self-love comes a triumphant tale of a woman who learned. Grace brings the message of hope for women in a similar situation by sharing her secret lessons. This is one woman's recovery story of loving and leaving an alcoholic man successfully. The lessons found in *So You Love an . . . Alcoholic?* inspire women to take action and seek help for themselves--not just their alcoholics. These lessons tell a story of bravery, dedication, hard work, and love that validate those who find themselves in a similar situation. Grace's lessons serve as a reminder to all of us that you can't take care of anyone else until you've taken care of yourself. This book will bring healing, affirmation, relief, and wisdom to women who love an alcoholic. By sharing her true story, she strives to reach out to women who are surviving

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this predicament so that they
can free themselves from the

disease and extend that
freedom to their children.

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