

A Model of Codependency

How We Start Out

As babies, we are blank slates except for our DNA and personality.



The fundamental truths about us at birth are that we are...

- 1) Valuable
- 2) Vulnerable
- 3) Imperfect
- 4) Dependent
- 5) Spontaneous

Common Influencers

The fundamental truths will soon shift from the child's perspective due to external influences.

Religion

Family

Culture

Education

Media

Peers

...Many More

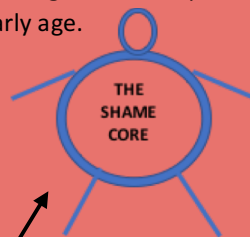
This is part one of the codependent personality.

The wounded child is the container for all of our shame-filled thoughts and feelings.

1.

Wounded Child

We take on shame and start beating ourselves up at a very early age.



Container of Wounds

Our shame has a voice and tells us:

"I'm not good enough."
"I'm not smart enough."
"I'm defective."
"I don't fit in."

Stores up & contains all the hurts and wounds of our life where we felt not good enough.

Because we don't like ourselves, we create a false persona – "This is who I **think** I *should* be":

Pleasers, perfectionists, over-achievers, caretakers, knights in shining armor

2.

Adult Adapted Child (AAC), also known as 'Rebellious Teenager'

Characteristics:

Arrogant, aggressive
Addict, protective
Hell-raiser
Super-mature,
Attacks, defends
Shuts down
Walks away
Acts unfazed
Punishes, refuses to cooperate, pouts

This is part two of the codependent personality.

When you have a shame attack, the response is from the AAC and is called a **TRAUMA REACTION**.

3.

Functional Adult

Features:

Loving,
Reasonable,
Self

Characteristics:

Curious, confident,
courage, compassionate
to self and others

Emotional intimacy & connection are only found here.

This is part three of the codependent personality.

Initial recovery to shame attacks:

Goal is to respond 51% of time out of Functional Adult