

Steps of Recovery

From "Codependency for Dummies"

Early Stage - Hit Bottom

- Learn about codependency
- Join 12-Step group and/or therapy
- Discover hope
- Refocus on yourself
- Accept recovery is for *you*
- Accept powerlessness
- Identify feelings and needs

Middle Stage

- Grow trust in a spiritual source
- Begin to detach and not react
- Are self-aware and mindful
- Stop enabling and controlling
- Make new friends
- Develop outside activities

Middle Stage

- Heal Childhood wounds
- Accept responsibility for self
- Develop emotional independence
- Assert needs and feelings
- Set boundaries and less reactive
- Improve self-care and self-esteem

Final Stage

- Have interdependent relationships
- Are capable of intimacy
- Experience self-love
- Are expansive, creative, authentic
- Empowered and pursue your goals
- Have self-esteem and confidence
- Happiness not dependent on others

Recovery From Codependency

Clifford Lane



Recovery From Codependency:

Embark on a transformative journey with Written by is captivating work, **Recovery From Codependency** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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