

# 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 For Codependency

**Wenbin Ji**



## **Recovery For Codependency:**

Eventually, you will definitely discover a additional experience and exploit by spending more cash. yet when? complete you admit that you require to acquire those all needs later than having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more almost the globe, experience, some places, afterward history, amusement, and a lot more?

It is your no question own mature to pretend reviewing habit. among guides you could enjoy now is **Recovery For Codependency** below.

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