



## The Eight Myths of Codependency

### CODEPENDENT MYTH #1

**IF I HAVE A CONFLICT WITH SOMEONE THEN THE RELATIONSHIP WILL END.**

If a relationship cannot endure periodic conflicts then it is not much of a relationship. A relationship needs to be based on love and respect not fear.

### CODEPENDENT MYTH #2

**THE ONLY WAY TO HAVE A FRIENDSHIP IS TO GIVE MORE EFFORT THEN THE OTHER PERSON.**

If you find you are doing all the work to keep a friendship going then you are trying to win the other person's approval by undervaluing yourself. Find someone with whom to share mutual respect.

### CODEPENDENT MYTH #3

**THE ABSENCE OF CONFLICT IS A SIGN OF A LOVING, HEALTHY FRIENDSHIP.**

The absence of conflict is based on the fear of abandonment. Healthy relationships need occasional friction to stay honest. If two people agree on everything all of the time, one of them is not needed.

### CODEPENDENT MYTH #4

**PEOPLE THAT I AM ATTRACTED TO WILL ALWAYS BE ATTRCTED TO ME.**

Fantasies get us into more trouble than anything else. It takes risks to get to know people. We may find that being attracted to someone is more a matter of hormones or wanting to be rescued than compatibility.



### CODEPENDENT MYTH #5

**IF SOMEONE PROMISES TO DO SOMETHING FOR ME OR WITH ME AND DOESN'T FOLLOW THROUGH, FOR WHAT EVER REASON, IT'S PROBABLY MY FAULT.**

There I go again, thinking that the entire universe revolves around me. How long are we supposed to put our lives on hold waiting for someone else to take the lead or make the first move? We can't be responsible for everything. If we were then we would be God and we wouldn't be having these problems.

### CODEPENDENT MYTH #6

**A REAL FRIEND WILL NEVER CONFRONT INAPPROPRIATE BEHAVIOR.**

A real friend will care enough about you to be honest. If honesty is not present in a friendship, then something fundamental is missing. It takes courage for a friend to confront. There is a fear of loss but realistically, if we take the risk to confront it, we always gain from the experience.

### CODEPENDENT MYTH #7

**IT'S BETTER TO BE WITH SOMEONE IN AN UNHEALTHY RELATIONSHIP THAN TO BE HEALTHY AND ALONE.**

It is never better to be in an unhealthy environment. If you are in an unhealthy situation with someone else, then you are already alone. If you are alone and healthy then you will attract healthy people.

### CODEPENDENT MYTH #8

**IF YOU CARE ABOUT ME YOU WILL KNOW WHAT MY NEEDS ARE WITHOUT ASKING. (Short version: Codependents can read minds.)**

First, we have to discover what our needs are then we have to learn to ask for what we need. If we expect others to know what is important to us, then we start taking them for granted. If this myth were true, then we wouldn't be attracted to the people we have been attracted to. Either we would run from them, or they would run from us.