

FOREWORD BY BARBARA RUBEL, MA, BCETS

# **BREAKING CODEPENDENCY**

**HOW TO NAVIGATE THE TRAPS  
THAT SABOTAGE YOUR LIFE**

ONE WOMAN'S JOURNEY TOWARDS SELF-DISCOVERY, HEALING AND REDEMPTION

**DR. LESLY DEVEREAUX**

# Breaking Codependency How To Navigate The Traps That Sabotage Your Life

**Lesly Devereaux**



## **Breaking Codependency How To Navigate The Traps That Sabotage Your Life:**

**Breaking Codependency** Lesly Devereaux, 2014-09-18 Do you suffer from codependency Ask yourself these questions Have you found yourself in an endless web of confusion and stress because of your need to come to the rescue of undeserving people that you love Has helping the ones you love drained you and hurt them Do you need help overcoming your desire to rescue people who continue on a course of self destructive behavior If you answered yes to any of these questions you may be an enabler with the larger issue of codependency 10 Ways This Book Will Help You Search your family tree to see if your actions are a result of learned behavior Identify and address your pain from the past Embrace your nurturing instincts as a woman with healthy boundaries Examine your conduct and change habits which challenge your moral compass Challenge yourself to say no even when you want to say yes Focus on self care and not feel selfish Embrace the spiritual awakening which will take place Keep your head above the noise of fear shame and rejection Detach from people that cause harm to your emotional stability Identify the characteristics of an enabler Dr Lesly has been extremely transparent with us as she shares her experience and her perspective on breaking codependency What differentiates her book from other books on this topic is that you are brought into the life of the author as she navigates being incarcerated while reflecting on the enabling behaviors that put her there in the first place Dr Lesly s story shows us that we can break codependence at any point in time and the sooner the better Through the narrative of the author a courageous speaker coach and ordained minister we are provided a valuable reference on how to break codependency Its real value begins with the recommendations of how to stop enabling others This autobiographical journey keeps you on the edge of your seat while offering concrete solutions to the pitfalls of codependency and enabling Its uplifting inspirational message teaches lessons of hope and personal transformation It is a must read for males and females globally who are trapped in the web of codependency This easy to understand interactive book will reveal how codependency has sabotaged you and hurt others Each chapter ends with a series of reflective exercises to assess and challenge codependent behavior Step by step resolutions are given which help you navigate the traps of codependency and gain power and peace back in your life **Learning How To Leave** Michael Padraig

Acton, 2021-06-24 This popular book is dedicated to freeing those stuck within toxic relationships Compassionately grounded in science and embedded in the author s 30 years plus of clinical experience this is nevertheless an easy and powerful read

*Codependency in Relationships* Vincenzo Venezia, 2023 Are you constantly striving to please others leaving you feeling drained and unfulfilled Does your self worth hinge on the approval of others making you question your identity and desires Are you haunted by the nagging questions Am I good enough and Do they really care about me or am I just useful to them If these questions resonate with you it s time to confront a hidden adversary that s been silently sabotaging your relationships and happiness codependency Codependency is a complex pattern of behavior where one s self esteem and identity are inextricably linked to the approval and validation of others This relentless pursuit of external approval can lead to a life of

emotional camouflage where you suppress your true feelings and desires to maintain the illusion of being loved and accepted If you identify with any of the following statements this book is your beacon of hope You struggle to recognize and express your true emotions You tend to minimize alter or deny your emotional reality You fear the reactions of others to your emotions You feel controlled by others perceptions of you You constantly ask yourself Why can t I just be happy with what I do for myself Do you find your partner constantly striving to please protect or solve your problems even when it s not their responsibility Do they manipulate or subtly control your choices and actions These are just glimpses of the deeper dynamics that may be fueling your codependent relationship This book will empower you to break free from the shackles of codependency and reclaim your life You ll discover the subtle manipulations and control tactics often mistaken for caring gestures You ll understand the intricate interplay of codependency in relationships often hidden beneath false narratives You ll learn strategies to break free from the destructive cycles of codependency transforming your relationships and redefining your self worth Moreover you ll learn to challenge the internal dialogues that perpetuate your codependent patterns and replace them with empowering beliefs Begin your journey to emotional freedom today and discover the joy of living for yourself Transform your relationships from codependent to mutually enriching This comprehensive guide includes practical exercises step by step strategies and real life examples to guide you every step of the way Prevent the cycle from continuing into future generations ensuring that your children don t inherit the destructive behaviors that have held you back for so long The journey to reclaiming your life starts here Don t let codependency dictate your future Scroll up click the Buy Now button and embark on a path to healing empowerment and the life you truly deserve **Film & Video Finder** ,1997

**Codependency in Relationships** Vincenzo Venezia,2023-12-16 Are you constantly striving to please others leaving you feeling drained and unfulfilled Does your self worth hinge on the approval of others making you question your identity and desires Are you haunted by the nagging questions Am I good enough and Do they really care about me or am I just useful to them If these questions resonate with you it s time to confront a hidden adversary that s been silently sabotaging your relationships and happiness codependency Codependency is a complex pattern of behavior where one s self esteem and identity are inextricably linked to the approval and validation of others This relentless pursuit of external approval can lead to a life of emotional camouflage where you suppress your true feelings and desires to maintain the illusion of being loved and accepted If you identify with any of the following statements this book is your beacon of hope You struggle to recognize and express your true emotions You tend to minimize alter or deny your emotional reality You fear the reactions of others to your emotions You feel controlled by others perceptions of you You constantly ask yourself Why can t I just be happy with what I do for myself Do you find your partner constantly striving to please protect or solve your problems even when it s not their responsibility Do they manipulate or subtly control your choices and actions These are just glimpses of the deeper dynamics that may be fueling your codependent relationship This book will empower you to break free from the shackles of

codependency and reclaim your life You ll discover the subtle manipulations and control tactics often mistaken for caring gestures You ll understand the intricate interplay of codependency in relationships often hidden beneath false narratives You ll learn strategies to break free from the destructive cycles of codependency transforming your relationships and redefining your self worth Moreover you ll learn to challenge the internal dialogues that perpetuate your codependent patterns and replace them with empowering beliefs Begin your journey to emotional freedom today and discover the joy of living for yourself Transform your relationships from codependent to mutually enriching This comprehensive guide includes practical exercises step by step strategies and real life examples to guide you every step of the way Prevent the cycle from continuing into future generations ensuring that your children don t inherit the destructive behaviors that have held you back for so long The journey to reclaiming your life starts here Don t let codependency dictate your future *Ending Unhealthy*

*Codependency for Good* Cassandra McBride,2023-04-08 Do you ever feel like you re losing your sense of self or that your self identity is shrinking as the years go by Are you at risk of becoming codependent and losing your own life in the noise of the rest of the world Breaking free stepping forward and taking control of your life are all things we dream of when our self identity starts to retreat The problem is that while these phrases sound like anything is possible you feel like the gap you have to cross is so vast you ll never get to the other side But don t worry this is a natural way to feel You re someone who knows that you want to change your life and that s the first step on your journey Now you need to open your eyes and take in what I m about to tell you from this moment you CAN break free live a more emotionally healthy life and start setting the boundaries that will reshape the rest of your life Don t believe me With *Ending Unhealthy Codependency For Good* you ll understand the root causes and core issues find new ways of looking at relationships and discover what healthy emotional boundaries look like Here s what s inside *Ending Unhealthy Codependency For Good* What unhealthy codependency is all about Learning how to focus on and love yourself without feeling guilty The psychology of people pleasing How to identify codependent relationships Breaking free from codependent relationships How to identify codependent family members Breaking free from a codependent family member How to use your positive qualities without overdoing things The difference between codependency and interdependency Keeping healthy interdependent relationships Building healthy boundaries Moving on and thriving after breaking free from a codependent relationship Exercises journal prompts and activities to move on And a whole lot more By turning letting go into your superpower and understanding what a healthy connection looks and feels like you ll be able to reshape your life in a truly authentic way Act now **Codependency Recovery Workbook** Mind Change Academy,2023-12-15 Do you tend to lose sight of who you truly are as a result of investing so much time and energy into another person Do you continue to cling to toxic relationships that cause you anxiety and sadness Do you tend to base your identity on someone else If yes this is an addiction This is codependency And this is the right book for you Whether you are afraid to be alone or afraid of being hurt you might be struggling with codependency issues Codependency is a

destructive relationship that causes you to put the needs of someone else before your needs The addict almost always female relies heavily on her partner or spouse for acceptance belonging and stability If you experience codependency you are not alone Millions of women and men worldwide have codependency issues and millions struggle with addictions The present Codependency Recovery Workbook can help you break free from this pattern Thanks to this manual and its practical proven tools you will live a happier healthier life Balance in fact is necessary to have healthy relationships with others and ourselves This guide presents an enlightening look at codependency offering guidance on how to recognize its signs and behaviors and then point you toward the best way out By following the suggested path you can become a better communicator set boundaries mend romantic relationships and boost your self esteem Chapter exercises provide a working space for self reflection so you can see your situation with fresh eyes and gain a new perspective on your life More precisely this book includes Identify the problem Learn what codependency is and how to look inside yourself Understand the problem what are the causes of codependency and how it develops Accept the problem Learn the power of self awareness and change the way you think Evaluate the solution Self Therapy Group Therapy for Codependency Recovery and many more Breaking free from the cycle of codependency and rebuild self confidence Practical Exercises That Will Transform the Way You Think This is the ONLY comprehensive guide that will take you step by step on this journey to a life without codependency from identification all the way to recovery By reading this Codependency Recovery Workbook you will learn how to establish happy healthy relationships with yourself others and the world around you to enjoy a happier healthier way of living You will also get 2 BONUS that will help you on your way 1 BONUS 1 Emotion Diary 2 BONUS 2 Time Management Problem Solving and Critical Thinking Start building a better relationship with yourself and the people around you using this guide So what are you waiting for Click BUY NOW and start reading immediately

**Codependent No More** Grace Bennett, 2021-04-23 An estimated 90% of the American population have been labelled as codependent to some extent continue reading to find out more Codependency is defined by an excessive reliance on a partner person or significant other emotionally psychologically either physically or spiritually or holistically It leads to the continued and self limiting need for support further leading to depression illness or addiction Low self esteem and self worth are characteristics of both codependency and depression Living through these types of relationships can transform your whole life for the worse without you even realizing it that's why it's important to have the information you need to be empowered to break the pattern In this book the author Grace Bennett guides you through your journey to freedom and self love looking at the main self limiting and sabotaging behaviors in codependency and the key ways to overcome them Talking about transcending behaviors patterns habits and reactions Showing you how to let go of things that keep you stuck in a cycle of codependency and the sadness pain trauma and self guilt that accompanies it Grace Bennett helps you to Discover how to Recognize the signs of a codependent relationship Become less dependent on what others think of you Set healthy boundaries and limits with others Manage anxiety caused by

arguments Put less time and energy into unhealthy relationships Create a balance between your partner's needs and how much you sacrifice Gain a sense of self sufficiency Express your own needs and feelings Practice self care If you are wondering whether you are in a codependent relationship and want to unlock the secret of how to let go escape your cycle of codependency and create your own happiness then scroll up and click the Add to Cart Button **Codependency Breaking**

**the Patterns: The Codependent Recovery Guide to Cure Your Soul Against Narcissistic Abuse, Toxic**

**Relationships, and Sociopaths. Improve Communication Skills, Confidence, and More.** Eva Spencer, 2022-05-04

Break Free from Codependency and Heal from Narcissistic Abuse Toxic Relationships and Sociopaths Are you ready to break the patterns of codependency and reclaim your life Codependency Breaking the Patterns is your ultimate recovery guide to curing your soul from the grips of narcissistic abuse toxic relationships and sociopaths This book empowers you to improve communication skills build confidence and set strong boundaries leading to healthier and happier relationships Master the Art of Overcoming Codependency and Protect Yourself from Future Abuse If you're tired of feeling unworthy or trapped in a cycle of emotional abuse this guide offers practical strategies to help you break free and start your journey to recovery With a focus on overcoming codependency this book provides you with the tools to heal from trauma rebuild your self esteem and protect yourself from future harm What You'll Discover in Codependency Breaking the Patterns The Road to Recovery Begin with simple actionable steps to help you take that crucial first step away from abusers and toward a brighter future Build Happy and Healthy Relationships Learn to set boundaries and cultivate relationships where you are respected and loved Heal from Trauma Discover how to rebuild your self esteem and rediscover your self worth putting an end to self doubt and vulnerability to manipulation End the Cycle Identify the signs of a codependent cycle and learn how to break free with proven techniques and expert advice If you enjoyed Codependent No More by Melody Beattie The Empath's Survival Guide by Judith Orloff or Dodging Energy Vampires by Christiane Northrup you'll love Codependency Breaking the Patterns Start Your Journey to Freedom and Healing Today Scroll up click on Buy Now and begin reading to transform your life with Codependency Breaking the Patterns **Codependency Recovery** Martin Walter, 2019-11-06

How to escape the codependency trap even if you don't see a way out Do you feel trapped yet 100% reliant on another person Are their toxic behaviors affecting your quality of life but you can't seem to make yourself leave Do you often give up your own happiness in favor of the happiness of others If you answered yes you may be codependent or in a codependent relationship It's not too late to find freedom though Codependency doesn't have to become your identity If you're ready to stand on your own two feet live life for yourself and let go of toxic connections you're ready for the techniques in this book Codependency Recovery teaches you what it means to be codependent and why it's necessary to take steps towards being independent In addition to learning about Dependent Personality Disorder and the origins of codependency you'll also discover Why narcissists seek out codependent partners and how they fuel toxic relationships How to identify if you're in a toxic codependent relationship What

toxic parenting styles do to a child's psyche How to move past unhealthy relationships What it takes to become independent after a lifetime of codependency And so much more Recognizing the symptoms of codependency and making the decision to break free are the first steps towards healthier relationships a healthier life and a healthier you It's time to get on the road to recovery reframe your mindset and break away from codependency Click add to cart if you're ready to escape your toxic past and build a brighter future



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