

## **AM I OR SOMEONE I KNOW – I N OR HEADED TOWARDS ADDICTION?**

### **Symptoms of ADDICTION**

- An inability to stop.
- Changes in mood, appetite, and sleep.
- Continuing despite negative consequences.
- Denial.
- Engaging in risky behaviors.
- Feeling preoccupied with the substance or behavior.
- Legal and financial problems.
- Losing interest in other things you used to enjoy.

## **CODEPENDENCY – GET THE FACTS**

### **Signs of codependency include:**

- Difficulty making decisions in a relationship.
- Difficulty identifying your feelings.
- Difficulty communicating in a relationship.
- Valuing the approval of others more than valuing yourself.
- Lacking trust in yourself and having poor self-esteem.

### **What are the characteristics of a codependent person?**

The Key Point: Codependency traits represent one's **difficulties in loving, accepting, trusting, and being true to Self**. Codependents carry , shame, guilt, and feelings of inadequacy which lead to constantly try to please others, prove worth of Self, and seek external validation at great costs, but little reward.

### **What is the root of codependency?**

Codependency is **usually rooted in childhood**. Often, a child grows up in a home where their emotions are ignored or punished. This emotional neglect can give the child low self-esteem and shame. They may believe their needs are not worth attending to.