Dependence &
It’s Dear Friend
Codendence

By Jeanne Hayes LMHC,
LCAC, ICACII
History of Recovery in AA, NA, and Al-anon
The 12-step Path to Spiritual Living

Loss of spirituality noted by the loss of wonder and awe.
The Disease – Quitting vs. Staying Quit

If focus is on using it is not on recovery
Friends of Lois

Recognize tendency to fix, manage, and control.
The Family Disease

Is it the magnetic pull of hope or is it magical thinking?
Working Steps with a Sponsor

The program works if you work it.
Fear

Visit. Don’t live there.
Acceptance

If the focus is not on recovery, it is on relapse.
Though death is the great and honest fear, spiritual death is the more frequent reality.
Is it that magnetic pull to hope or is it an attack of the “if onlys”? 
All drugs are equal if they activate a person’s addiction.
Fix, Manage and Control

The gifts that helped us in illness no longer work.
Addiction, The Family Disease

Craving – the need to change someone else.