

Episode Notes

CO-DEPENDENCY

REFLECTION:

“Let there be spaces in your togetherness, and let the winds of the heavens dance between you. Love one another but make not a bond of love . . . for the oak tree and the cypress grow not in each other's shadow.”

-Khalil Gibran, The Prophet

KEY POINTS:

- Part of growing up to become an adult is to learn independent living skills.
- If we have learned to be independent, the next challenge is to learn to be interdependent.
- Being interdependent means that both persons in a relationship have autonomous, independent living skills, and they can enhance each other's living experience by mutually supporting each other without compromising either person's independence.
- Co-dependency means one or both persons in a relationship believe that they cannot thrive, or even exist, without the other person.
- Co-dependent relationships are not healthy and can complicate the grieving process, which will often require additional help from a mental health professional.

STEPPING STONE:

Ask yourself, before you lost your loved one, was there anything about your relationship that seemed unhealthy? Was there a significant power differential between you and your loved one? Did one of you enable unhealthiness in the other (e.g., helping the other continue with unhealthy behaviors)? What did that look like if you are aware of a co-dependency dynamic in the relationship? Consider speaking to a counselor or therapist about how losing this person is impacting your healing from the loss.

HEART CHECK

Date:

What have you been thinking and feeling today?

