

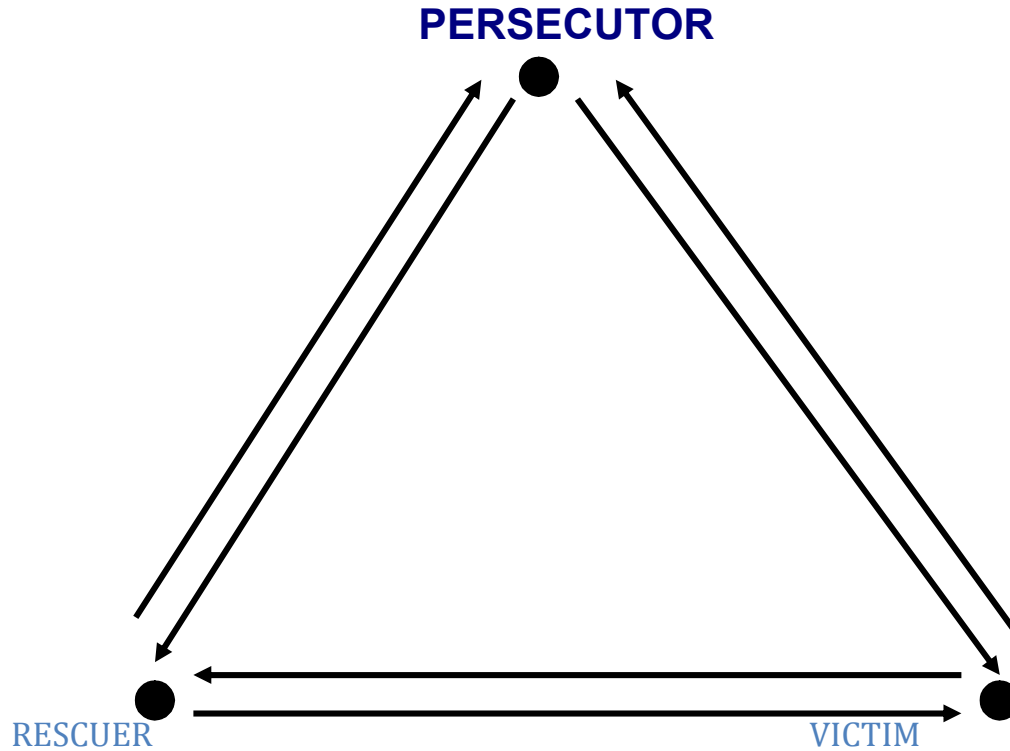


2GetHelp Wellness Center

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CO-DEPENDENCE



There has been a lot written about co-dependency, and, after reading all the books, it is easy to become confused. Co-dependency does not have to be confusing if you think about it as a game played by two people on three bases (baseball diamond without home base). The bases are labeled *Persecutor*, *Victim* and *Rescuer*. Now, only one person can be on any single base at a time, and the base you are on will determine the role you play.

To play the game correctly, you cannot have two *persecutors* going at the same time. Someone has to be the *victim*. Then the other person is left to run between the *persecutor* and the *rescuer* bases. The players are constantly changing roles, with the *victim* becoming the *persecutor* or the *rescuer*, while the *persecutor* becomes the *victim*. And on and on it goes.

The only way to get out of the Co-dependency game, is not to play it. Do not allow anyone to make you their *victim* and don't become someone's *rescuer* or *persecutor*.

Instead of rescuing someone, you might say, "That sounds bad, how do you think you are going to handle it?"

If someone is trying to make you into the *victim*, try saying, "When you treat me the way you are treating me, it tells me it is time for me to leave." Or, "If I do what you are asking, I will feel angry, bitter and resentful and I care about you, so I won't do that."

You become the *persecutor* when you have been in a relationship in which you were made the *victim* and have "had it up to here".

If you want to be a rescuer, plan on being a victim.

The opposite of being Co-Dependent is to empower yourself and then empower the ones you love and care about. To be empowered requires that you KNOW four things:

1. I am capable, capable of taking care of myself. I capable of living without drugs/alcohol. I do not need a man/woman in my life, but I may want a mate. Etc.
2. There is cause and effect for the good and for the bad. I do not need to blame others or wait for my ship to come in.
3. I make a difference in my own life and in the lives of those around me.
4. I can accept delayed gratification; I can put off today to get what I want in the future.

People who do not know these four concepts are dependent. They see themselves as victims to others and to the world.

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