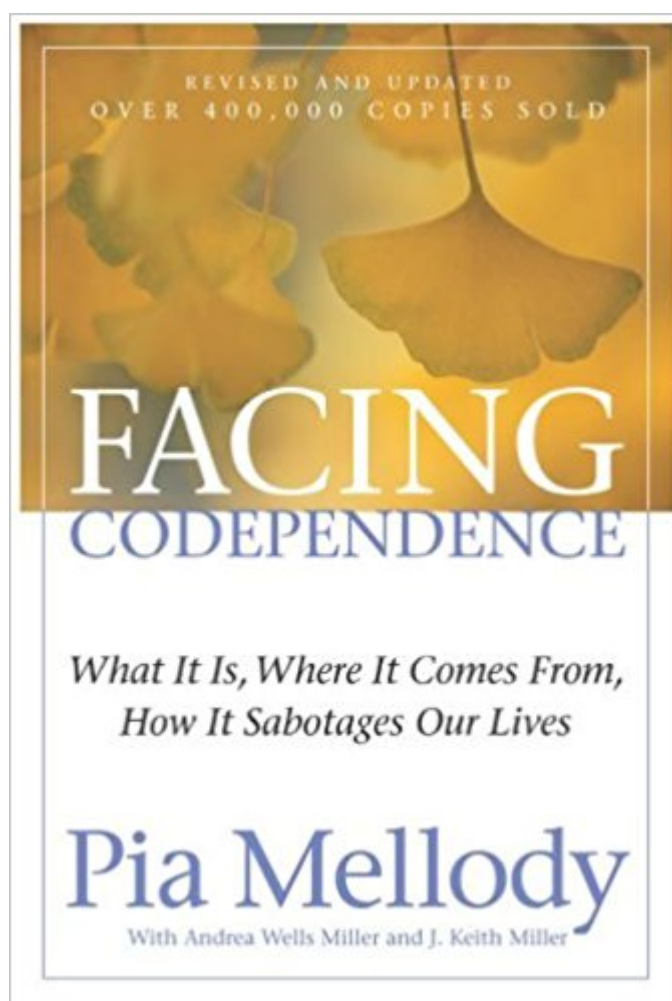


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# Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives



## Synopsis

Revised and Updated With Over 600,000 Copies Sold Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

## Book Information

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## Customer Reviews

This book stands out among the current glut of material on codependence because it claims the realm of parenting for its vantage point. The authors believe that codependents must heal themselves in order not to repeat the "less than nurturing" behaviors of their own addicted or emotionally dysfunctional parents. Hence, they couple strategies for recovery with guidelines on what is and is not "normal" in the parent-child relationship. The authors' conclusions will invite controversy; for instance, they suggest that "emotional sexual abuse" of children may lead to homosexuality in adulthood. Nor are they reluctant to generalize: "Although physical and mental illness aren't addictions, their effect on the family is the same." Offsetting the opinionated commentary is great compassion for the helpless, hurt children who live inside adult codependents. Mellody and Andrea Wells Miller are coauthors of *Breaking Free: A Recovery Workbook for Facing Codependence*; J. Keith Miller is a freelance writer. Author tour. Copyright 1989 Reed Business

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“Melody is a true pioneer...she offers tried and effective ways to treat codependency. This is a splendid offering.” (John Bradshaw, national director of Codependency TreatmentLife Plus Institute, author of *Healing the Shame That Binds You* and *Bradshaw On: The Family*.)

This book has completely changed my life. I didn't realize that my "normal" life is actually not normal at all and needed to be addressed. I've already purchased 5 other copies for family and friends. I would stand on a street corner and hand these out for free if I could afford it.

The real life scenarios on how we accept abusive behavior and in turn abuse others through our codep was eye opening for me. I also found the realization that the things I felt were functional about my family could actually be considered dysfunctional to be eye opening as well. I really enjoy how she doesn't build the higher power concept around and religious basis and just keeps it neutral. Everyone's idea of the power higher than themselves is different and this makes it easy to relate to and work through without the fall back of it being too "preachy" which many co dep books have a habit of doing.

*Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives* This is a book intended for people who want to change their behavior in some significant way and are serious about learning to help themselves do so. Changing one's behavior is admirable and can be exceedingly difficult. The biggest problem with this book is the use of the word, "abuse". Ms. Melody defines abuse as almost anything which in her views leads a person into a codependent relationship. The problem with this word, particularly as it is used today, is that "abuse" has a literal legal definition as well as a societal notion of relatively harsh meaning. For this reason alone, I believe many readers will either stop reading this book or read it and become defensive either about the actions of their parents or themselves and fail to see the actual contributions of those actions to behavior that later became codependent. Consequently, for this book to work for you, you must make that mental leap and accept Ms. Melody's definition without involking defensiveness, which is not simple. This book is about parenting most of all; helping you understand what should have been done to you or what you should have done with your own children so that you can begin to understand why you or your children interact with others the way they do. From understanding / knowledge you are presented the opportunity to begin to change. Behavioral change starts one step

at a time and involves mistakes - nothing ventured, nothing gained. Ms. Mellody describes her journey of frustration (with professionals), self-discovery (through interviews and groups) and eventual change. None of this is easy just as this book is not a roadmap, but an illustration to illuminate a possible journey for you, to help ease your path which will be difficult enough without reinventing the wheel.

It goes deeper than any other codependency book I have read so far. For years I struggled to understand why I have such a codependency problem, as well as my siblings. We weren't physically abuse but with this book I was able to see how exactly I became codependent and everything that went into me becoming codependent. It created a clear picture of why I became who I am and what I can do now to heal and the truth just knowing the root cause and the core reasons was a huge big step into recovery. I no longer question how did I get here but can look forward on how to recover from it. So grateful for this book and making me see clearly how I became someone that sabotage her life without even knowing it.

This book has some amazing ideas about pain and woundedness from early childhood. I have never been able to explain what co-dependence is, and although Melody Beattie seems to be the queen when you think of this topic, Pia Mellody goes beyond Melody's work by offering a deeper, more intense journey into the heart of pain (on multiple levels). I find it very different from Melody's teaching on co-dependence. I am so grateful this book is out there.

This book is the best book on codependence I've read. It describes and talks about the effects of more types of abuse than I've ever seen in any other book, too. My one major complaint about this book is that the author randomly believes that spanking your children is fine--she reviles and describes the harm of every other form of mistreatment, intentional or not, but makes a bizarre and inexplicable exception for spanking?? Otherwise an excellent resource, but please disregard the parts where she talks about spanking.

I have struggled all of my life with abuse and recovery. I was told many times I needed to read a certain codependency book. I was in therapy for years and finally read that book. I suffered a domestic violence incident right after. I didn't pick it up again. I was told recently about this book and that I really needed to read it. I dreaded the task but need the help. I was pleasantly surprised it wasn't your normal self help book. It's actually written by a person who has dealt with

codependence and abuse herself. It has been painfully spot on at times with my life but I think it's wonderful this book was written based on personal experience with many others for examples who suffer and survive these issues. It really helps to explain some of the behaviors and how they sabotage our lives subconsciously. It's awful but the author is proof you can find your way through life with these problems and be successful.

Some difficulties relating to "abuse" terminology, but once I accepted that it wasn't physical abuse, nor even intended abuse by loving parents, I came to understand that we all carry baggage from generation to generation, and accepting that fact - and working toward changing the future, is integral to both recovery and reconciliation, as well as giving future generations a much better platform from which to operate. This book (after I got over my preconceived prejudices and "counseling aversion" proved to be quite insightful and helpful.

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