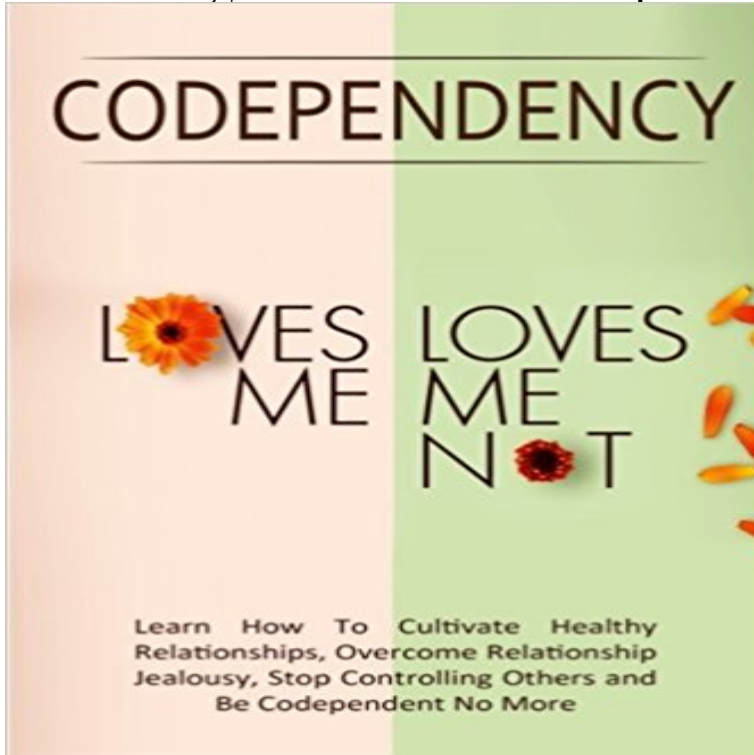


# Codependency - Loves Me, Loves Me Not: Learn How To Cultivate Healthy Relationships, Overcome Relationship Jealousy, Stop Controlling Others and Be Codependent No More



If you've had difficulty with starting or maintaining relationships, issues with feeling jealous and possessive or find that your connections with others are more a source of distress than anything else, this book is for you. By finding ways to be more mindful throughout the day, as well as exercises in improving your communication skills, this book will show you how to have relationships that are calmer and more stable and compassionate.

We'll begin with a look at the phenomenon of codependency, what it has traditionally meant in the psychological realm and how these traits and patterns can be traced back to issues of self-worth, compassion and more deliberate action. We'll examine how mindfulness can be the magic ingredient to getting a hold of the codependency cycle, and some of the characteristics of happy, mindful relationships. Finally, we'll explore a model for mindful communication and ways that you can begin to implement immediately in order to make a commitment to stronger, more compassionate relationships with others. It may feel sometimes that an intense and serious connection with someone is proof of the depth of the feeling you have for one another. But be careful, obsession and dependency is not the same as love. In the codependent relationship, our affection and attention is coming from a place of fear and need. As a result, the partners never really connect with each other. They do endless, complicated dances around each other's problems, but what they never do is make an honest human connection. In codependent relationships, manipulation, guilt and resentment take the place of healthy, balanced affection. Codependent partners are not necessarily together because they want to be, they are because they have to be, because they don't know how to live otherwise. One partner may bring a history of abuse, a personality disorder or mental illness into a

relationship; the ways the other partner responds to this may be healthy or not, but if they bring their own issues to the table too, they may find that the bond of their love is more accurately described as a shared and complementary dysfunction. Remember, the relationships we are in can never be better than the relationships we have with ourselves. Two unhappy people together never make a happy couple together. We cannot treat other people in ways we have never taken the time to consider before, and we cannot communicate properly if we are not even sure what it is we need to communicate in the first place. An individual with a mature, well-developed sense of themselves has the most to offer someone else. They have their own lives, their own sense of self-worth, their own strength. And when you remove need, fear, obsession and desperation, you open up the way for love and affection just for its own sake. Love is many things, but its cheapened when held hostage by the ego. Connections formed around ego and fear may be strong and lasting, but what keeps them going is mutual need. What could be more romantic than, I don't need to be with you. You don't complete me at all. I am happy and stable and fulfilled without you. But I still want to be with you, because you're awesome? On the ground, in the nitty gritty of life, we can reduce a massive thing like Relationships down to smaller, more manageable units. Everything from the deepest and most profound romantic and spiritual union to sharing a joke with the cashier at the supermarket rests on one thing: communication. Whether its through words or not, we are constantly communicating, and the accumulation of these little units creates this big thing we call a relationship. If you resonate with any of the above, I hope that this book will be of value to you and your relationship with yourself and others.

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