



# OUTGROW CODEPENDENCY

Rediscover Your Self-Worth ~ Boost Your Self-Confidence ~ Create Healthy Relationships

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*Feel Good About Yourself*

# Make Sense of Your Story

You need to see that you're not broken so learn about what it takes for a human to grow up feeling loved, valuable and secure.

You need to make sense of your struggles so your brain can integrate all your experiences.



# Self-Worth Is Taught

As children we learn what it means to be in relationships from those around us. We also learn how to feel about ourselves from those around us.

Our sense of worth comes from how well we're taken care of: Are our parents responsive? Are they attuned? Are they loving? How well do they meet our needs?

We internalise this process - we learn how much we matter.

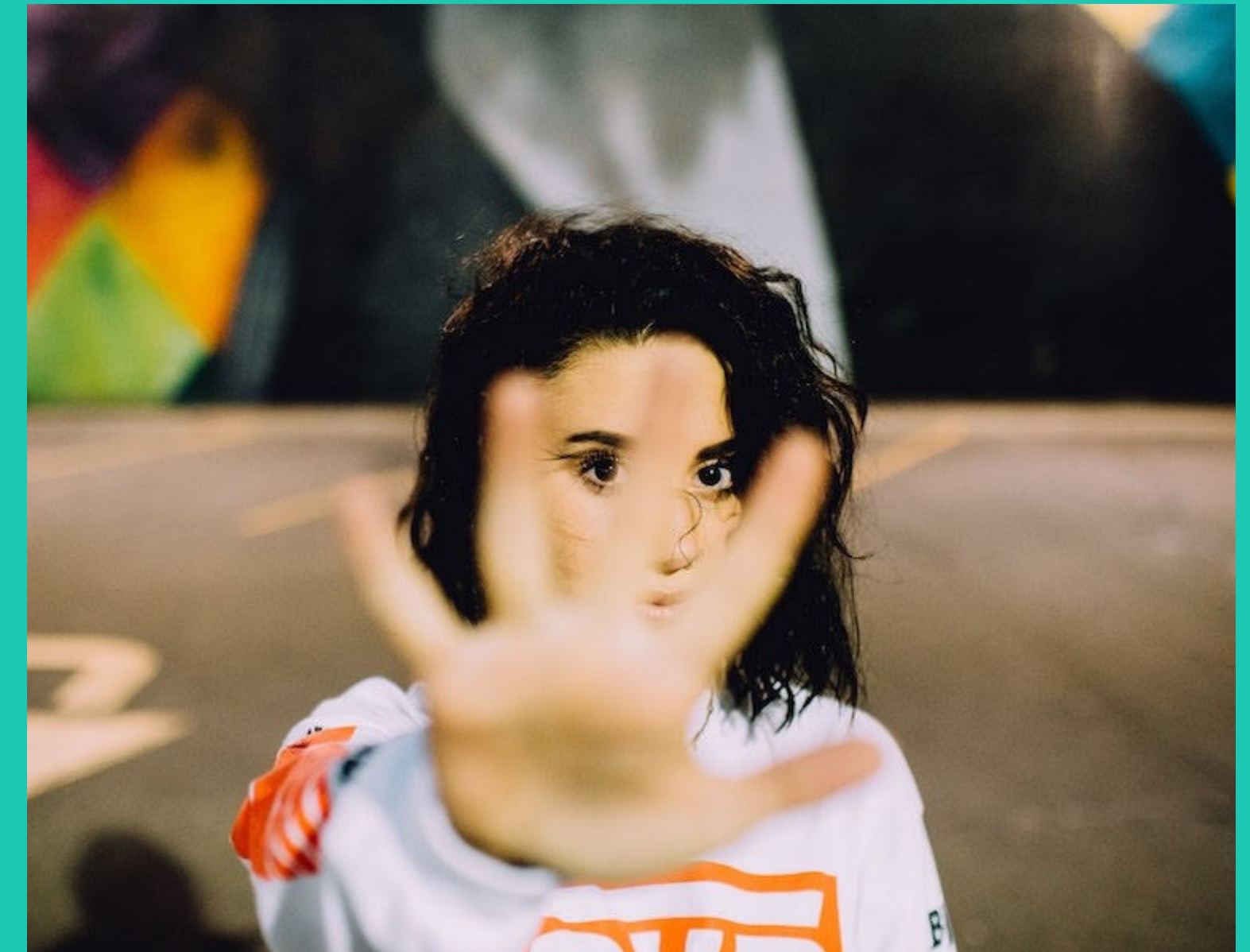




# Secure Attachment

**If our parents respond to us well and lovingly, we develop secure attachment and live life from our soothe system - we know how to take care of ourselves**

- **Believe in ourselves and trust others**
- **Feel safe, supported and taken care of**
- **Know how to take care of ourselves by being connected to our feelings, needs and desires**
- **Want to connect to others and do so without fear**
- **Able to experience deep intimacy and real connection**
- **Present-focused with optimism for the future**
- **Take action, take risks & know how to have fun**
- **Resilient and emotionally mature**





# Insecure Attachment

Being insecure means we approach others from our threat system. We either avoid them out of fear or cling to them out of fear. Neither is loving or healthy.

- We don't feel safe with others, have trust issues, overly depend on them
- We push others away because we fear being controlled, enmeshed, suffocated
- We easily get triggered and don't know how to handle our emotions
- We are completely outward focused and focus away from ourselves
- We are emotionally numbing or looking to others to manage our internal processes which is impossible
- We lack emotional resilience and maturity





# External Focus

As children, our dependency is high so we have an external focus.

Due to our underdeveloped brains, we also cannot take different perspectives and so we take everything personally.

This leads to the development of toxic shame.



# Toxic Shame

I am bad

I am broken

I am a failure

I am not lovable

I cause others to feel bad

I am not good enough

There is something wrong with me

I can't get anything right



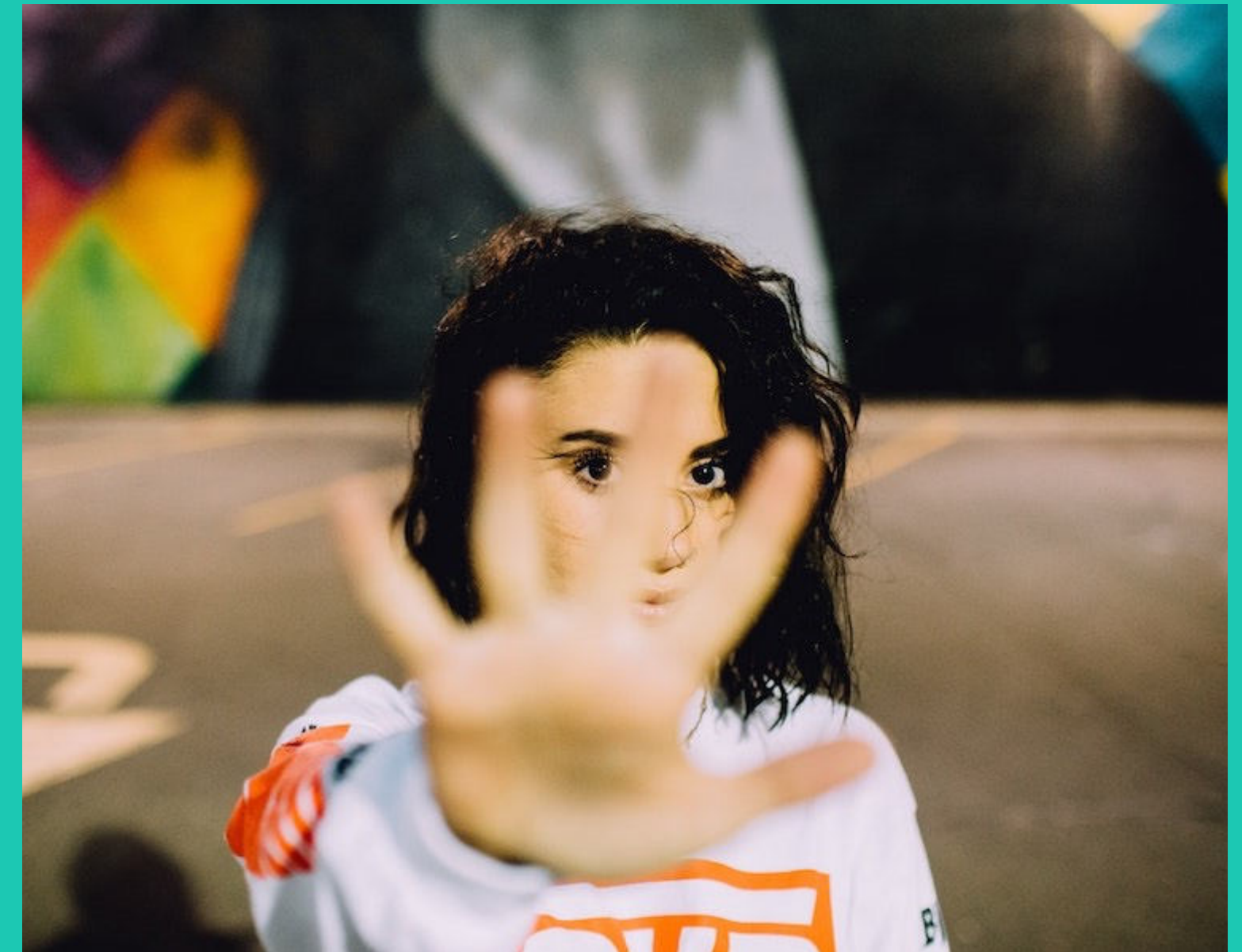


# It Looks True!

**Toxic shame infect and affects every area of our lives.**

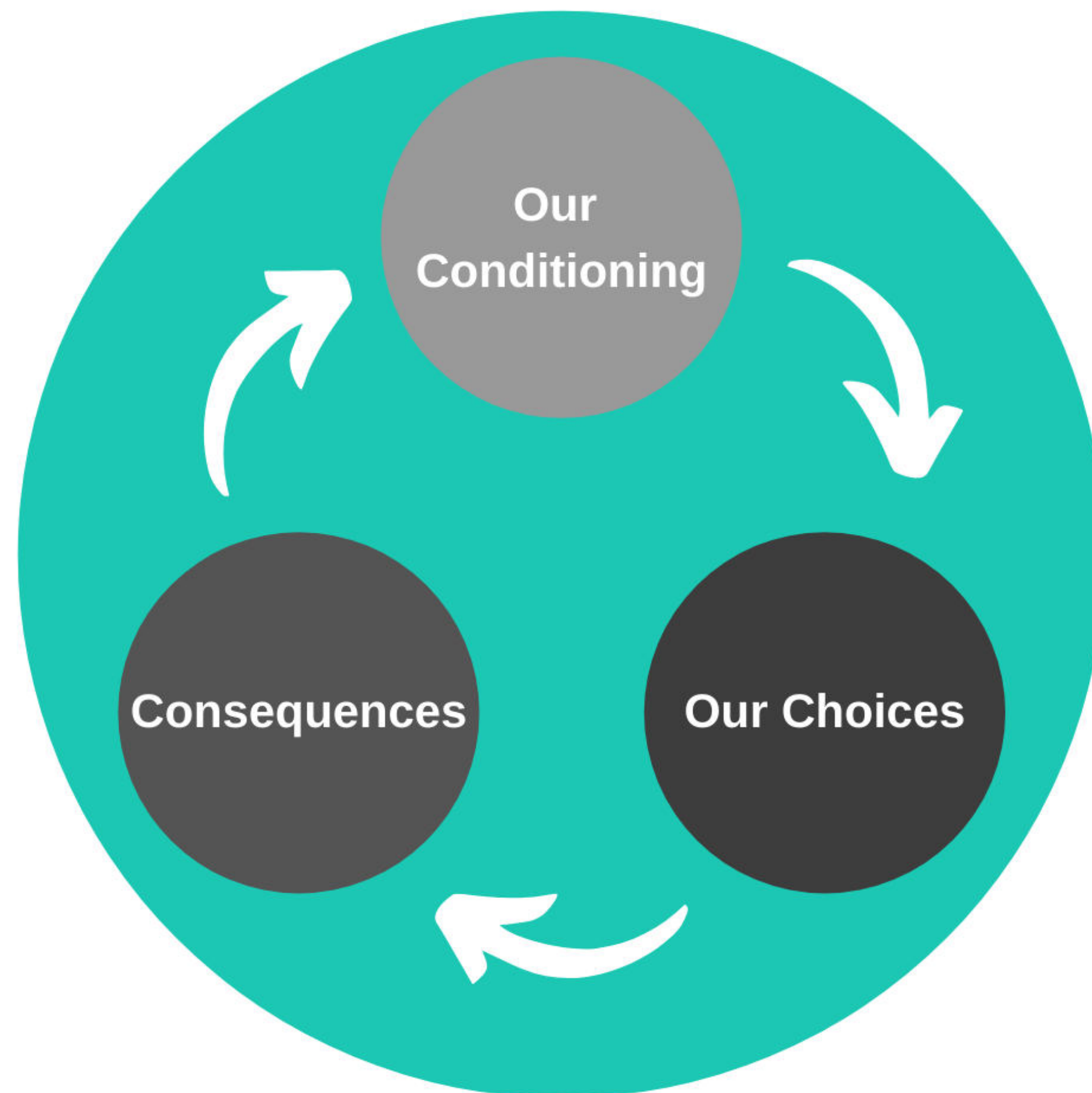
**Believing these lies makes us behave in ways that will create self-fulfilling prophecies.**

**The consequences of our inactions or actions will make our fears and our toxic shame beliefs look like they're true.**



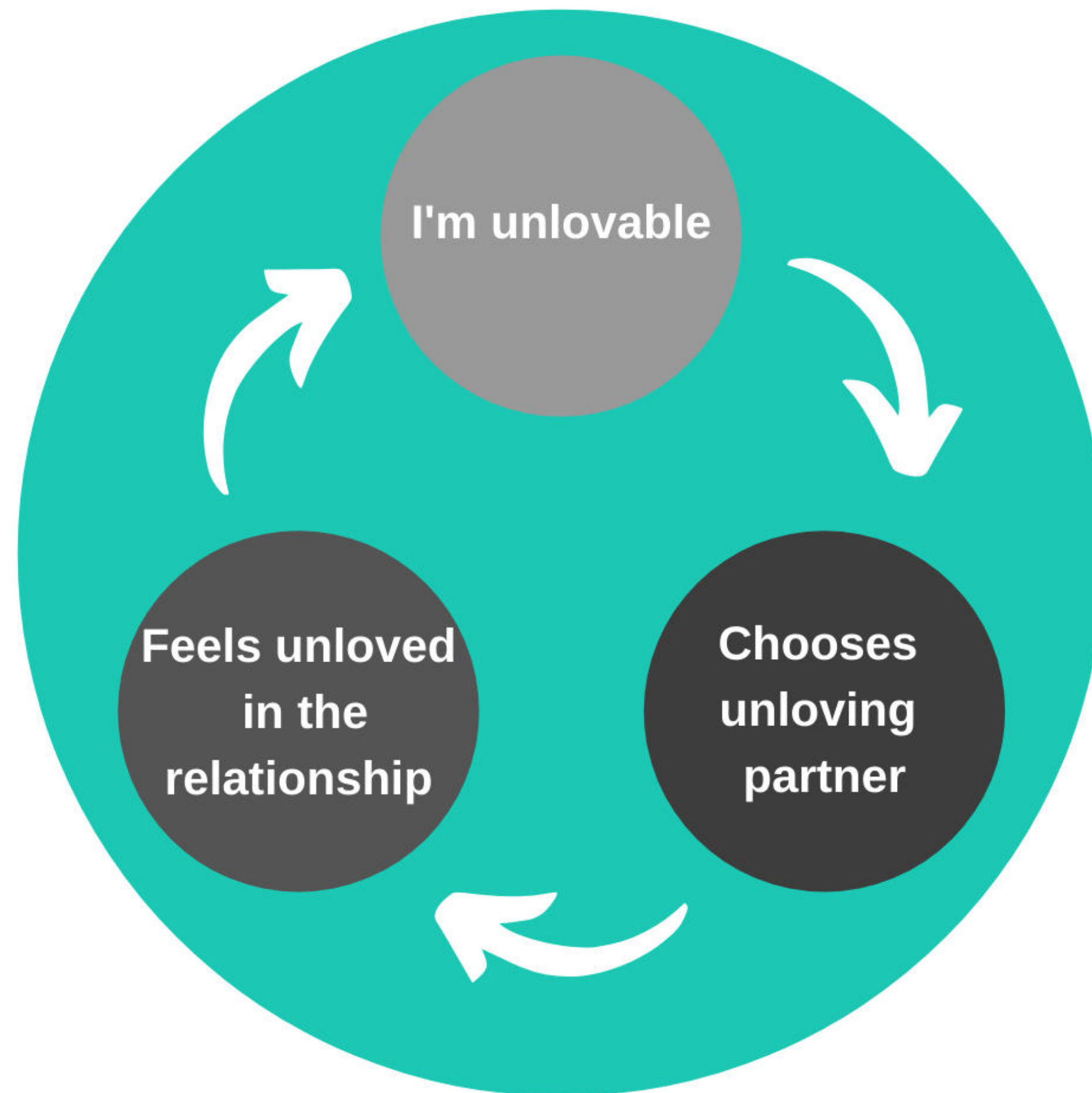


# Beliefs Create Reality



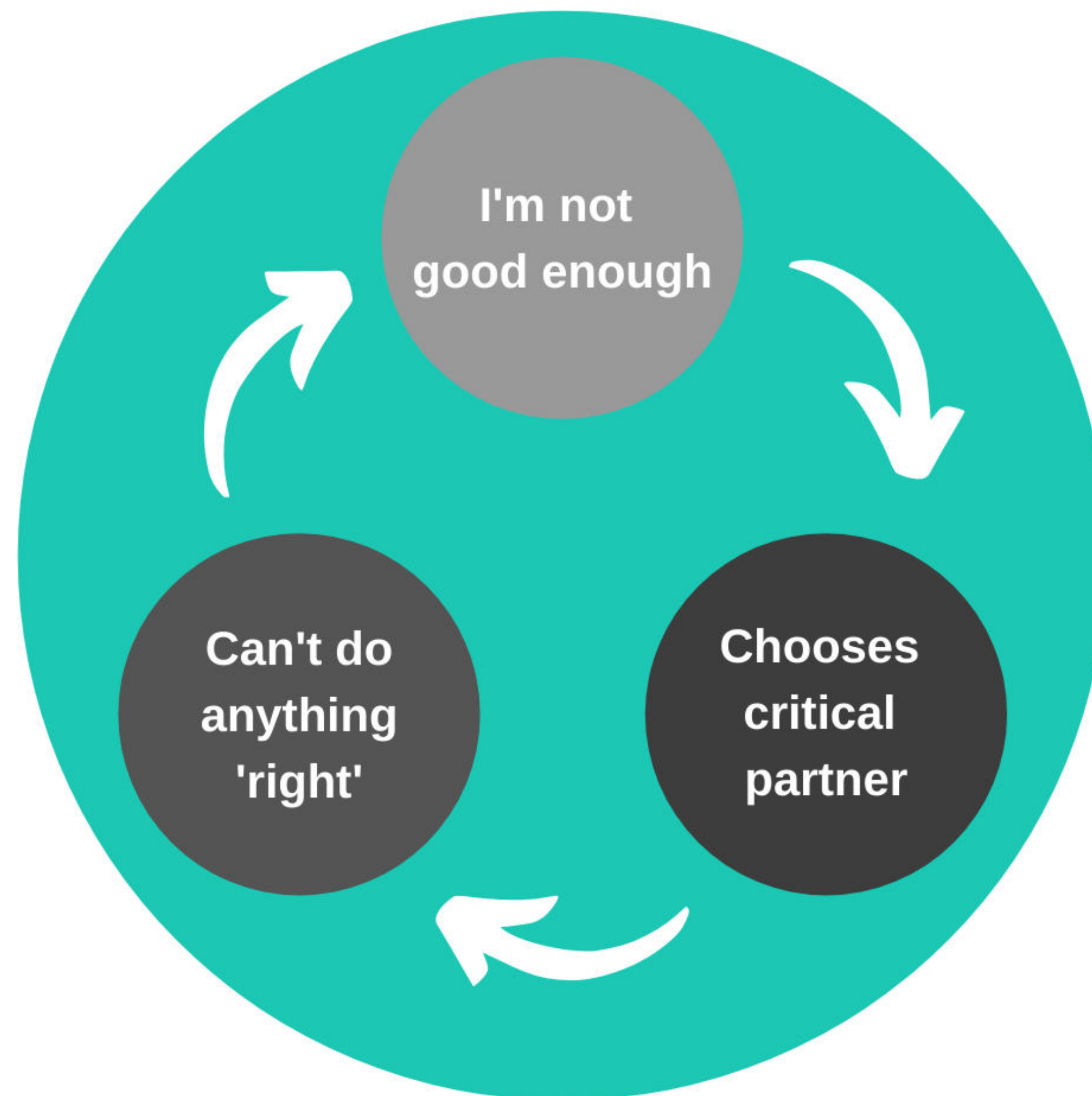


# Beliefs Create Reality





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# What Belief Informs My Choice?

Our beliefs inform our choices and our choices have consequences.

Empowered recovery is about owning our choices, seeing that they stem from toxic shame and to challenge and dissolve them.

Spot and dissolve the lies of the mind!



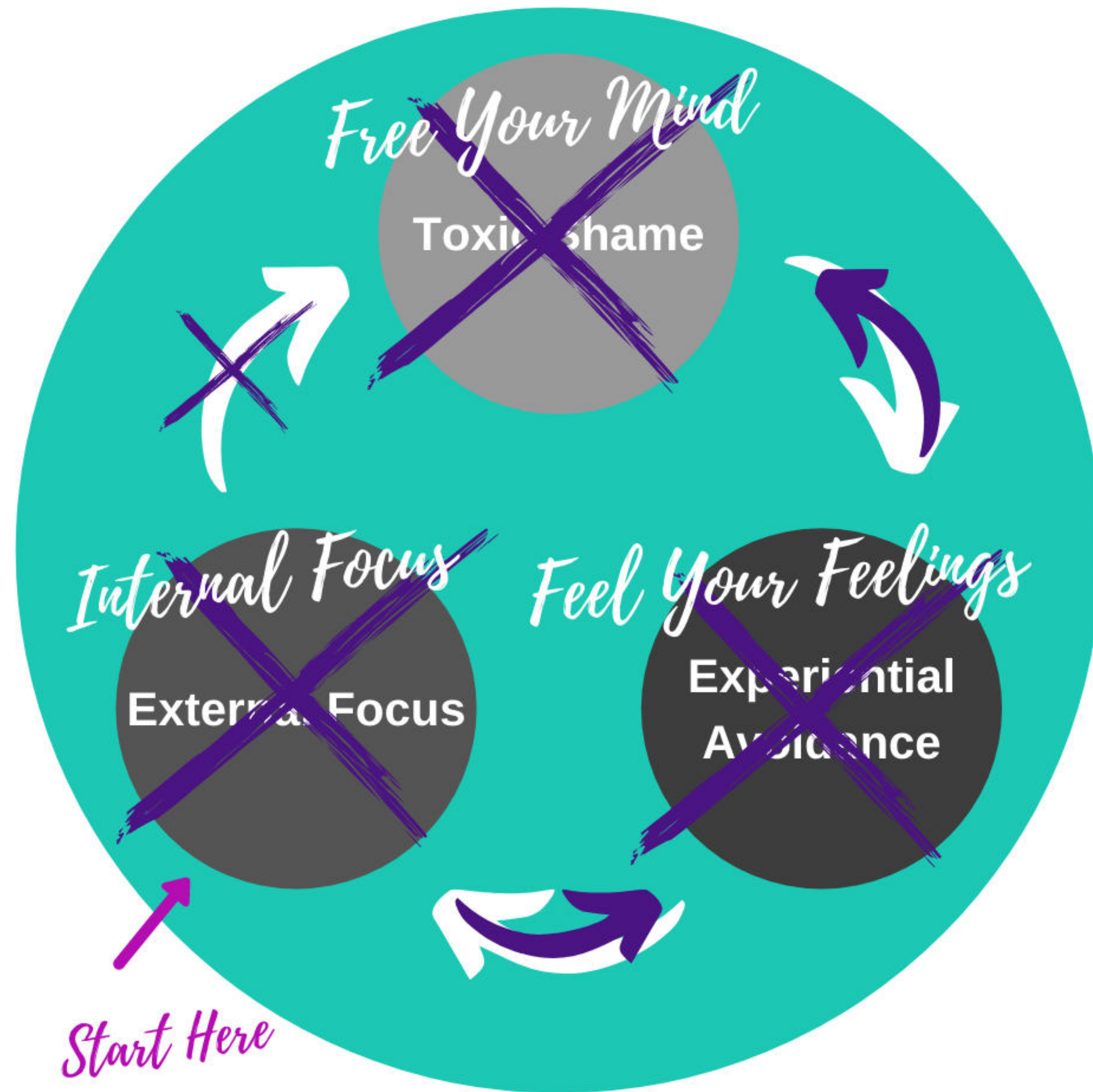


# Toxic Shame Is A Trap

Toxic shame feels horrible but isn't true.  
The pain we experience is meant to  
move us away from the painful thought.  
But we stay with it.  
We believe the thought and instead we  
focus away from ourselves to avoid the  
pain and leave us unable to challenge  
and dissolve it.









# Dissolve Your Toxic Shame

Get honest with yourself.

What beliefs are evident in your choices?

Face the painful beliefs and find reasons for why they are not true.

Develop self-compassion.

Be understanding towards yourself.

Detach your worth - it's indisputable.





# The Solution

**Start to turn towards yourself.**

**Learn to be there for yourself.**

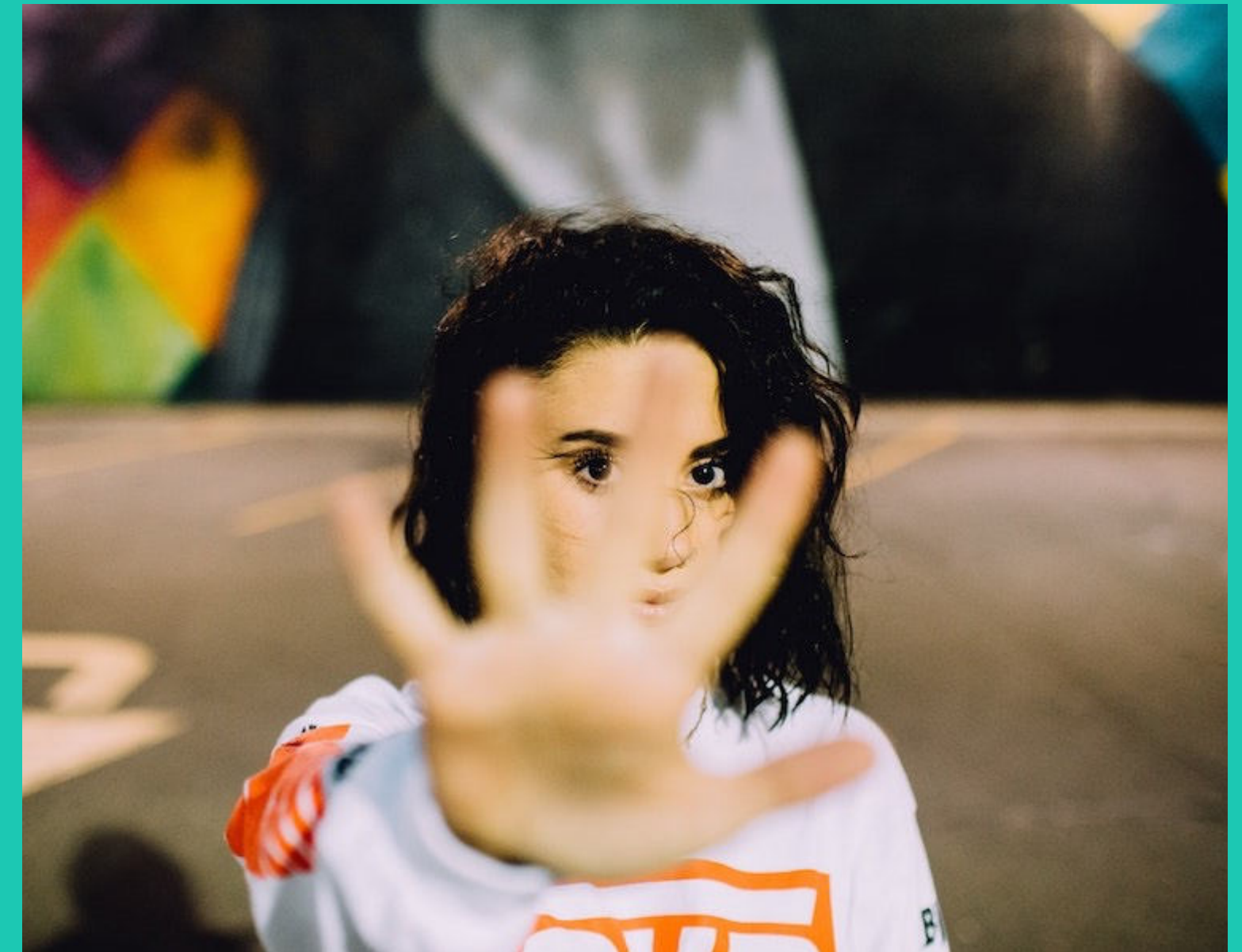
**Get honest with yourself.**

**Focus within.**

**Give yourself the attention you need.**

**Get to know yourself.**

**Learn how to take care of yourself.**



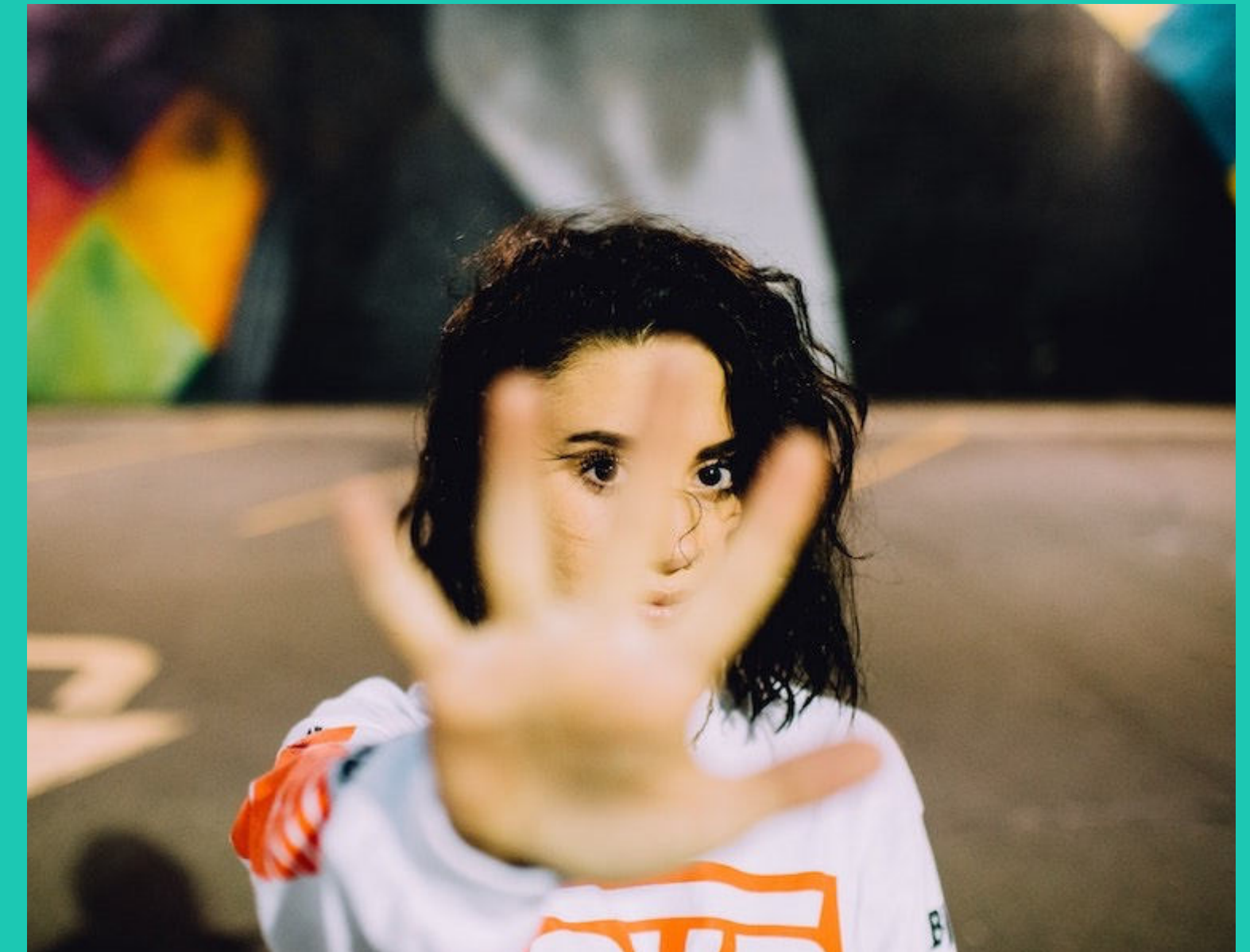


**Without toxic shame, you become free to love yourself. It is no longer blocked.**

**Shame and fear no longer stand in your way of developing a healthy, loving, caring, respectful and intimate relationship with yourself.**

**Ask yourself, “Without this thought, how would I feel about myself? What would I do for myself? How would I take care of myself?”**

**The true you lies behind the toxic shame. Get ready to meet it.**





# The Truth

You are lovable.

You are a good person.

You are enough.

You are valuable.

You are complete.

You have worth.

You are beautiful.

You are not alone.

You can be loved.





# Also the Truth

**You must realise this first.**

**Others only reflect what you are open,  
able and willing to see.**

**Reconnect with your inherent worth  
and the rest will fall into place.**

**Stop believing the lies of the mind.**

