BEYOND Codependency

Limiting Behaviors

What limiting behaviors keep you from living the life YOU want to live?

Stories

What stories are you telling yourself that cause you to have the limiting behaviors?
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What would you want LESS of in your life?
Health

What do you want MORE of in your life?
Health
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What would you want LESS of in your life?

What do you want MORE of in your life?

Relationships

Relationships
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What would you want LESS of in your life?

Career

What do you want MORE of in your life?

Career
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What would you want LESS of in your life?

What do you want MORE of in your life?

Finances

Finances
Instead of feeding into the chaos, which only makes things worse, immerse yourself, not into words but into the sounds instead. Is it loud? What other sounds do you hear? A dripping faucet, a dog barking, the TV or radio that is on, a buzzing mosquito. It is then that your brain releases dopamine which leads to inner peace.

If this cannot be accomplished where you are. I suggest taking a walk. Notice the sounds around you. A bird singing, someone mowing, smell the scent of the newly mowed lawn. Are children laughing and playing. Hum while you walk. Dopamine will cancel out the chaos and lead you to inner peace.
Listening For Your Inner Wisdom

As you sit quietly, here are a few questions you may ask when listening for your inner wisdom...

➢ What, in my life, am I holding onto so tightly, afraid to let go of?
➢ How does it serve ME to hold onto it?
➢ Am I afraid of success?
➢ How am I standing in my own way?
➢ What do I want to achieve in the next 3 months, 6 months, year?
➢ Where is fear controlling me?
➢ Do I feel guilty for wanting something more in life?
➢ If I change nothing, what will my life look like 3 months now, 6 months, 12 months from now?
5 Codependency Myths

Myth #1 Codependency is just about being really nice and helpful.

Truth: Traits of codependency do include pleasing and helping others, but codependents also want to feel needed and important - that’s the key distinction. They try to control and change people and situations... by being “helpful”.

Codependents do this over taking care of themselves and developing a strong, independent self. The key is to get to a place where you can be helpful, and nice and be unattached to the outcome.

Myth #2 Codependency only happens in families with an alcoholic family member.

Truth: Codependency can also happen in families dealing with other addictions, untreated mental illness, abuse, neglect. And even in families with exceptionally high standards... where you’re focus is all about living up to others expectations.

Myth #3 You’re either codependent or you’re not.

Truth: There are varying degrees of codependency and it may impact your life to varying degrees.

Myth #4 Codependents are weak.

Truth: Codependents are strong – very strong. They are survivors. It is a way to cope. They’re adaptive and strong.

Myth #5 You’ll always engage in codependent behaviors.

Truth: Thought and behavior patterns can be changed. You start by acknowledging the behaviors you’ve engaged in that are codependent and gradually take steps toward change.
Resources

Workbook Download: https://www.sylviachunt.com/beyond-codependency-workbook/

Discovery Session: HTTPS://WWW.SYLVIACHUNT.COM/BEYOND

Website: https://www.sylviachunt.com/
Email: Sylvia@sylviachunt.com
The IDEA Path To Moving "BEYOND" Codependency

- Asperation
  - Trust YOUR Inner Wisdom
  - Find YOUR True Purpose
  - Live YOUR Legacy

- Energy
  - Let The Chaos Happen
  - Set Boundaries
  - Seize Opportunities
  - Embrace Challenges

- Discovery
  - Increase Sense of Deserving
  - Identify What I Would LOVE
  - Write New Stories
  - Paint The Picture

- Inventory
  - Facts Of Life
  - Beliefs Behind Facts
  - Feelings Behind Beliefs
  - Stories
  - Limiting Behaviors

BEING IT
FEELING IT
SEEING IT
HEARING IT