

# Steps of Recovery

*From "Codependency for Dummies"*

## Early Stage - Hit Bottom

- Learn about codependency
- Join 12-Step group and/or therapy
- Discover hope
- Refocus on yourself
- Accept recovery is for *you*
- Accept powerlessness
- Identify feelings and needs

## Middle Stage

- Grow trust in a spiritual source
- Begin to detach and not react
- Are self-aware and mindful
- Stop enabling and controlling
- Make new friends
- Develop outside activities

## Middle Stage

- Heal Childhood wounds
- Accept responsibility for self
- Develop emotional independence
- Assert needs and feelings
- Set boundaries and less reactive
- Improve self-care and self-esteem

## Final Stage

- Have interdependent relationships
- Are capable of intimacy
- Experience self-love
- Are expansive, creative, authentic
- Empowered and pursue your goals
- Have self-esteem and confidence
- Happiness not dependent on others

# Recovery For Codependency

**SA Dillow**



## **Recovery For Codependency:**

Ignite the flame of optimism with is motivational masterpiece, **Recovery For Codependency** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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