

Guidance for Breakout session #1

With your greater understanding of the five core symptoms of Codependency, select the one which feels the most overwhelming now.

Focusing on that symptom, spend 5 minutes by yourself listing personal experiences where you can see your codependency.

Now, as a group let each share at least 2 examples. Brainstorm together some tools which will lessen their power over you. Use 15 minutes, so be as efficient as possible!

For example, you might choose low self-esteem. An illustration might be that I constantly put myself down. Another could be that I have trouble acknowledging compliments.

Be sure that each person in the group has time to share!

As you share your thoughts and feelings with the group, know that you are in a safe environment. Strong feelings may come up for you. Please jot down a few notes and, should you care to, share these when we resume our general meeting by putting these, thoughts, the AH-HA moments, in the group chat. No doubt, we will all benefit from these insights.

A structure for this sharing in the chat might be:

1. Characteristic selected
2. Tools to lessen its hold over me
3. Next steps for my follow-up