Worksheet for Codependency Recovery with AVAIYA Teacher, Caroline Strawson

Dear AVAIYA Learners,

Are you struggling with codependency? Do you often find yourself people-pleasing or placing your happiness in others' hands? Discover the transformative path to self-love and inner healing with AVAIYA Teacher, Caroline Strawson's expert guidance!

In this enlightening class, Caroline shares her journey from a covert narcissistic marriage to living authentically.

Worksheets & Journaling: A Special Note

After almost twenty years of creating educational content at AVAIYA, we've learned that most people still prefer to do their personal development work with a pen or pencil…and often, you write in a separate journal. Because you receive these class worksheets in digital format, we've reduced the space between questions so that in the event you print the pages, it will help you limit the amount of paper pages you need to print out at home.

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Here are 5 Key Conceptual Takeaways in this class:

1. ***Authenticity and Trauma Response:***
    - ***Main Takeaway:***
      Living authentically can prevent trauma responses, which helps in reducing cortisol levels that are linked to many diseases and chronic illnesses.
2. ***Healing and Self-Care:***
    - ***Main Takeaway:***
      Addressing and healing past traumas involves reconnecting with one's body and understanding the importance of self-care. This contributes to healthier relationships and a more abundant life.
3. ***Core Beliefs and Self-Worth:***
    - ***Main Takeaway:***
      Understanding and shifting core beliefs about self-worth are crucial in overcoming codependency. Self-worth should be intrinsic and not dependent on external validation.
4. ***Inner Child Work:***
    - ***Main Takeaway:***
      Nurturing the inner child through techniques like reparenting, brain spotting, and somatic experiencing is essential in healing from codependency and affirming self-worth.
5. ***Attachment Styles:***
    - ***Main Takeaway:***
      Codependency is often related to anxious or avoidant attachment styles developed in childhood. Healing involves recognizing and addressing these attachment issues to break the cycle of seeking external validation.

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Here Is Your Worksheet For This Class:

Part 1: Self-Reflection on Codependency

1. **Understanding Codependency:**
    - Define codependency in your own words. How does it manifest in your life?
    - Reflect on your childhood and early relationships. Can you identify any patterns or behaviors that may have contributed to codependent tendencies?
2. **Self-Worth and Core Beliefs:**
    - List three core beliefs you have about yourself. Discuss whether these beliefs are positive or negative.
    - Write about a situation where you sought validation from others. How did it impact your self-worth?

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Part 2: Recognizing and Addressing Self-Abandonment

1. **Identifying Self-Abandonment:**
    - Describe moments in your daily life where you might be abandoning yourself. Use the phrase "I'm too busy to..." and replace it with "I'm abandoning myself by..."
    - How does self-abandonment manifest in your relationships? Are there times when you place others' needs above your own?

2. **Shifting Perspectives:**
    - Reflect on how valuing your time over money might change your approach to self-care. List three ways you can start prioritizing your needs.
    - Write a brief plan on how you can integrate moments of self-care into your daily routine. Consider both small, daily actions and larger, weekly commitments.

Part 3: Healing through Presence and Reconnection

1. **Reconnecting with Your Body:**
    - Take a couple of minutes to focus on your breathing. Write down how this exercise makes you feel both physically and emotionally.
    - Describe a situation where you felt dissociated or disconnected from your body. How can practices like mindfulness or somatic experiencing help you reconnect?
2. **Nurturing the Inner Child:**
    - Look at a childhood photo of yourself. Write a compassionate letter to this younger version of you, reassuring them of their intrinsic worth.
    - How can you use visual cues (like a childhood photo) to remind yourself of your intrinsic worth? Create a small affirmation that you can carry with you or display prominently.

Part 4: Addressing Trauma and Emotional Patterns

1. **Recognizing Trauma Responses:**
    - Identify a recent situation where you felt a strong emotional response that seemed disproportionate. What might be the underlying trauma contributing to this reaction?
    - Write about how understanding the limbic system's role in emotional reactions can help you transition towards a logical assessment of situations.
2. **Methods for Healing:**
    - List different therapeutic methods mentioned by Caroline Strawson (e.g., brain spotting, EMDR, breathwork). Which one resonates the most with you and why?
    - Create a personal action plan to explore one of these methods. Include steps such as research, finding a practitioner, or integrating practices into your self-care routine.

Part 5: Building Authentic Relationships

1. **Healthy Communication:**
    - Reflect on a recent interaction where you felt defensive or took someone's reaction personally. How can you reframe such situations to remain grounded?
    - Write down strategies for effective communication that prioritize understanding and self-worth.

2. **Prioritizing Self-Care:**
    - How does prioritizing self-care make you better in your relationships?
    - List three self-care practices that you can start implementing to support healthier relationships.

Part 6: Reflect and Integrate

1. **Personal Insights:**
    - Summarize the most valuable insights you have gained from this worksheet and how they apply to your life.
    - Commit to one change or action based on what you have learned. Write it down and plan when you will start.

Remember: Healing is a journey, not a destination. Small, consistent steps will help you move from self-abandonment to self-love.

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Here Is Your Quiz For This Class:

Question 1:
What does Caroline Strawson emphasize as crucial in the process of healing from codependency? a) Ignoring one's emotional parts
b) Befriending all parts of oneself
c) Increasing social media use
d) Focusing solely on physical health

Correct Answer: b) Befriending all parts of oneself
Rationale: Caroline emphasizes that every part of oneself serves a purpose and healing involves understanding and befriending these parts.

Question 2:
How can living authentically impact one's health according to the recording? a) It has no significant effect on health
b) It can increase cortisol levels in the body
c) It can reduce cortisol levels, preventing many diseases
d) It ensures constant happiness

Correct Answer: c) It can reduce cortisol levels, preventing many diseases
Rationale: Caroline notes that living authentically can prevent trauma responses and reduce cortisol levels, which are linked to over 80% of diseases and chronic illnesses.

Question 3:
Which of the following does Caroline Strawson recommend to help heal from codependency? a) Ignoring childhood trauma
b) Putting others' needs first
c) Reparenting the inner child
d) Avoiding introspection

Correct Answer: c) Reparenting the inner child
Rationale: Caroline discusses methods like reparenting the inner child as essential for healing from codependency.

Question 4:
According to Caroline, what is often the root cause of chronic illnesses such as fibromyalgia? a) Poor diet
b) Lack of exercise
c) Prolonged trauma responses and excessive cortisol
d) Bacterial infections

Correct Answer: c) Prolonged trauma responses and excessive cortisol
Rationale: Caroline explains that chronic illnesses like fibromyalgia may be linked to prolonged trauma responses and excessive cortisol, rather than purely physical origins.

Question 5:
How does Caroline Strawson suggest one should react to others' defensive or angry outbursts to maintain effective communication? a) Take it personally
b) Ignore them
c) Understand it's not about you and stay grounded
d) React with anger

Correct Answer: c) Understand it's not about you and stay grounded
Rationale: Caroline recommends not taking defensive or angry reactions personally to maintain effective communication and stay grounded.

Question 6:
Why does Caroline Strawson use a visual cue, like a childhood photo on her watch? a) To remind herself of her financial goals
b) To stay connected to her inner child and its needs
c) To track time efficiently
d) To remember daily tasks

Correct Answer: b) To stay connected to her inner child and its needs
Rationale: Caroline uses visual cues like a childhood photo to practice reparenting her inner child and maintain awareness of its needs.

Question 7:
What core belief can manifest in everyday situations such as dog grooming, according to Caroline? a) Other people's opinions matter more
b) Self-worth should come from others
c) True self-worth is independent of external validation
d) Always prioritize tasks over emotions

Correct Answer: c) True self-worth is independent of external validation
Rationale: Caroline illustrates that core beliefs about self-worth should be independent of external validation, as demonstrated in everyday situations like dog grooming.

Question 8:
What does Caroline Strawson highlight as necessary for resolving past issues to live in the present? a) Distracting oneself with social media
b) Acknowledging and addressing trauma
c) Avoiding self-reflection
d) Seeking constant external approval

Correct Answer: b) Acknowledging and addressing trauma
Rationale: Caroline emphasizes the need to resolve past issues by addressing trauma to live in the present and reconnect with oneself.

Question 9:
According to the recording, what tends to mask self-abandonment? a) Active social engagement
b) Busy lifestyles and excuses
c) A strong sense of self-worth
d) Regular self-care routines

Correct Answer: b) Busy lifestyles and excuses
Rationale: Busy lifestyles and excuses can mask self-abandonment, making it hard to acknowledge unmet personal needs.

Question 10:
How does Caroline Strawson suggest shifting perspective to recognize self-abandonment? a) Ignoring personal needs
b) Saying "I'm too busy"
c) Changing the language to "I'm abandoning myself"
d) Accepting it as a normal part of life

Correct Answer: c) Changing the language to "I'm abandoning myself"
Rationale: Caroline suggests changing the language to "I'm abandoning myself" to shift perspective and acknowledge self-neglect.

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Key Takeaways from "Codependency Recovery Made Easy with Caroline Strawson"

Dear Learners,

It's iKE ALLEN, Co Founder of AVAIYA

As we delve into the complexities of codependency recovery, it's paramount to absorb and reflect upon the invaluable insights shared by Caroline Strawson in this AVAIYA class. This lesson is rich with practical wisdom, transformative healing techniques, and personal anecdotes that can profoundly impact your journey towards self-love and authentic living.

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Below, Ande & I outline the major concepts that you should carry forward from this session.

1. Understanding the Parts of Oneself

Caroline emphasizes the importance of befriending every part of oneself. Recognize that each facet of your identity serves a purpose in your overall well-being and healing process. This understanding lays the groundwork for living authentically and mitigating trauma responses that elevate cortisol levels—elements linked to the prevalence of various diseases and chronic illnesses.

2. Effective Communication and Grounded Relationships

A critical insight shared is the ability to nurture relationships and communicate effectively by not taking others' defensive or angry reactions personally. By remaining grounded and composed, one can foster healthier interactions and maintain emotional equilibrium.

3. Presence and Dissociation

Caroline recounts her personal journey of overcoming a covert narcissistic marriage. Her focus shifted towards recognizing and addressing dissociative states, emphasizing the significance of presence in the healing journey. This realignment can transform life perspectives and emotional well-being.

4. Reconnecting with the Body

In our digital age, it is common to disconnect from our physical selves. Caroline underscores the importance of resolving past traumas to live in the present fully and reconnect with our bodies, which aids in overall healing.

5. The Link Between Trauma and Chronic Illness

Caroline shares her experience of reversing nonalcoholic fatty liver disease through trauma work, highlighting a critical notion: chronic illnesses such as fibromyalgia may often be more linked to trauma responses and prolonged cortisol elevation rather than purely physical origins.

6. Self-Care and Authentic Living

Prioritizing self-care is not selfish but crucial. This practice enriches personal relationships and contributes to a healthier, abundant life. Understanding and nurturing one's core beliefs and self-worth is essential, reinforcing that your value is independent of external validation.

7. Healing Tools and Techniques

Caroline introduces several healing methodologies, such as brain spotting, somatic experiencing, EMDR, and breathwork. These tools help in integrating past traumas, thus aiding the inner child healing process and reconsolidation of memory.

8. Self-Worth and Inner Reparenting

A recurring theme is the affirmation of intrinsic self-worth, independent of external validation. Caroline exemplifies this through personal practices, such as keeping a childhood photo as a reminder of the inner child’s worthiness. Reparenting this inner child is vital to embracing a more compassionate, confident, and true self.

9. The Role of Perception and Attachment Styles in Codependency

Caroline points out that codependency is deeply rooted in childhood experiences and perceptions. The egocentric view of children can transform negative experiences into personal failings, creating deep-seated inner child wounds. Codependents often exhibit anxious or avoidant attachment styles due to these core wounds of "not being good enough."

10. Shifting Perspective on Self-Abandonment

One of the striking insights is understanding self-abandonment. Reframing the notion of "being too busy" to "abandoning oneself" can shift one's approach to self-care, urging a focus on acknowledging and addressing unmet personal needs.

As we continue on this journey, I encourage you to integrate these insights into your daily practices. Embrace the healing techniques, prioritize self-care, reconnect with your body, and most importantly, nurture your inner child.

For further support, we encourage you to utilize the resources at AVAIYA University & Caroline's website to strengthen your path towards becoming a confident and fulfilled creator of your life.

iKE ALLEN & Ande Anderson 🙂

Co Founders of AVAIYA University

Learn more about AVAIYA HERE

Learn more about Caroline HERE