Here is your Worksheet for Codependency Recovery with AVAIYA Teacher, Dr. Rhoberta Shaler

(This worksheet is designed to be used with the included transcript and audio classes)

Dear AVAIYA Learners,

Are you tired of constantly feeling drained, overextended, and underappreciated? Do you often find yourself sacrificing your own needs and happiness for the sake of others? It's time to take a stand for yourself and reclaim your life!

Join Dr. Rhoberta Shaler where you'll discover practical strategies to break free from codependent patterns and foster healthier, more balanced relationships. Learn from expert insights that will empower you to set nonnegotiable boundaries, recognize and change detrimental habits, and cultivate relationships rooted in equality, reciprocity, and mutuality.

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 five key themes discussed in this worksheet along with their main conceptual takeaways:

1. Justifying Boundaries

- **Theme:**
  The tendency to justify saying no or setting boundaries.
- **Takeaway:**
  It is crucial to establish and assert boundaries without feeling the need to justify them, especially with controlling individuals. Clear and firm communication of limits is necessary for personal empowerment and healthier relationships.

2. Nonnegotiable Boundaries

- **Theme:**
  The importance of nonnegotiable boundaries.
- **Takeaway:**
  Clearly defining and maintaining nonnegotiable boundaries is essential. Teaching this concept effectively can lead to empowerment and is exemplified through personal stories, showing how these boundaries can be successfully applied in various situations.

3. Core Components of Healthy Relationships

- **Theme:**
  Components necessary for a healthy relationship.
- **Takeaway:**
  Equality, reciprocity, and mutuality are foundational components of healthy relationships. These core qualities enable honesty, trust, and balanced, supportive interactions, and they must be present to avoid codependency and toxic dynamics.

4. Overcoming Codependent Patterns

- **Theme:**
  Recognizing and changing codependent behaviors.
- **Takeaway:**
  Codependent individuals often engage in people pleasing, perfectionism, and over-accommodating, which can attract toxic relationships. Recognizing these patterns and striving for a balance between self-care and caring for others is crucial for breaking free from codependency.

5. Role of Posture and Physiology

- **Theme:**
  Impact of physical posture on mental state.
- **Takeaway:**
  Adopting proper posture and deep breathing can significantly influence one's mindset and confidence. For those with codependent tendencies, these physical changes can foster a stronger sense of self and help in resisting manipulative behaviors.

These themes collectively highlight strategies for identifying and overcoming codependency while promoting healthier, more balanced relationships.

Here Is Your Codependency Recovery Worksheet:

This worksheet is designed to help you internalize and apply the concepts discussed in this class. Please take your time to reflect on your answers and revisit this worksheet as needed.

1. Recognizing and Setting Boundaries

Exercise: Identifying Boundaries

1. List three situations where you felt uncomfortable but did not set a boundary:
2. What reasons did you give yourself for not setting these boundaries? Were they based on fear, guilt, or a need to please others?

Exercise: Setting Nonnegotiable Boundaries

1. Identify three nonnegotiable boundaries you want to establish in your relationships:
2. Write a simple statement to assert each boundary without justification or apology:
    - "I need more alone time on weekends. It's important for my well-being."
    - "I'm not comfortable with last-minute changes to our plans."
    - "I have decided not to lend money to friends and family."

2. Breaking the Habit of Over-Apologizing

Exercise: Reflecting on Apologizing Habit

1. Think of three recent instances where you apologized unnecessarily. What prompted those apologies?
2. Practice rephrasing those statements without apologizing:
    - Instead of "I'm sorry for being late," say "Thank you for your patience."
    - Instead of "I'm sorry for bothering you," say "Is this a good time to talk?"
    - Instead of "Sorry if this is inconvenient," say "Please let me know if this works for you."

3. Understanding Mutuality, Equality, and Reciprocity

Exercise: Evaluating Relationships

1. Reflect on a current relationship. Rate it on a scale of 1-5 (1 being low, 5 being high) on the following:
    - **Equality**
      : Both partners have equal say and value in the relationship.
    - **Reciprocity**
      : Give and take is balanced and mutual.
    - **Mutuality**
      : Both partners support and show interest in each other's well-being.
2. Identify one action to improve each of these components in that relationship:
    - Equality:
      _____
    - Reciprocity:
      _____
    - Mutuality:
      _____

4. Avoiding People-Pleasing and Over-Delivering

Exercise: Balancing Pleasing Others and Self-Care

1. Identify one recent scenario where you overextended yourself to please someone. What could you have done differently to maintain balance?
2. Practice saying "no" without an explanation in three different hypothetical situations:
    - "Can you work late tonight?" "No, I can't."
    - "Can you babysit my kids this weekend?" "No, I have other plans."
    - "Can you lend me some money?" "No, I'm not able to do that."

5. Staying Mindful of Posture and Physiology

Exercise: Posture and Breathing

1. Spend five minutes practicing good posture and deep breathing. Sit up straight with your shoulders back, take deep breaths, and note how you feel afterward.
2. Describe any changes in your mindset or physical state from this exercise:

6. Avoiding Enabling Behavior

Exercise: Identifying Enabling Actions

1. Identify one behavior or action you've taken that could be considered enabling in a relationship:
2. What can you do instead to support a healthier dynamic?

Conclusion

Reflect on your insights and progress as you work through this worksheet. Remember, change is a gradual process, and recognizing patterns is the first step toward developing healthier relationships.

Your Quiz: Understanding Codependency and Boundaries

Question 1: Why is it important to avoid justifying boundaries, according to Dr. Rhoberta Shaler? a) It makes you look smarter. b) It is a sign of weakness. c) It empowers controlling individuals. d) It helps others understand you better.

Answer: c) It empowers controlling individuals. **Rationale**: Dr. Shaler emphasizes that justifying boundaries can give controlling individuals the opportunity to manipulate or undermine them.

Question 2: Which cultural habit does Dr. Rhoberta Shaler mention she had to unlearn after moving to the U.S.? a) Shaking hands frequently. b) Bowing as a greeting. c) Constantly apologizing. d) Being overly direct.

Answer: c) Constantly apologizing. **Rationale**: As a Canadian, Dr. Shaler mentioned she had to become aware of and correct her habit of frequently apologizing due to cultural politeness.

Question 3: What is NOT listed as one of the three essential components of a healthy relationship by Dr. Shaler? a) Honesty b) Equality c) Reciprocity d) Mutuality

Answer: a) Honesty **Rationale**: While honesty is important, Dr. Shaler specifically identifies equality, reciprocity, and mutuality as the core components of healthy relationships.

Question 4: How does Dr. Shaler describe the concept of mutuality in a relationship? a) Walking behind each other. b) Having the same hobbies. c) Walking side-by-side, behind, or in front as needed. d) Always agreeing with each other.

Answer: c) Walking side-by-side, behind, or in front as needed. **Rationale**: She explains mutuality as mutual interest and support, using the metaphor of the flexibility to adjust roles in different situations.

Question 5: What is the recommended response when someone with codependent tendencies feels guilt after saying no? a) Explain the reason for saying no. b) Ignore the person asking. c) Reaffirm the boundary kindly but firmly. d) Apologize profusely.

Answer: c) Reaffirm the boundary kindly but firmly. **Rationale**: Dr. Shaler highlights the importance of maintaining boundaries with kind and honest communication, reinforcing them when necessary.

Question 6: According to Dr. Shaler, what should codependent individuals focus on instead of meeting everyone's standards? a) Perfecting every task. b) Recognizing this as unrealistic. c) Seeking approval from authority. d) Increasing productivity.

Answer: b) Recognizing this as unrealistic. **Rationale**: She emphasizes recognizing the unrealistic nature of perfectionism to break the codependent cycle of feeling inadequate.

Question 7: How does Dr. Shaler describe "enabling" in adult relationships? a) Stepping in to support good decisions. b) Encouraging independence. c) Stepping in to fix or excuse poor decisions. d) Setting strict boundaries.

Answer: c) Stepping in to fix or excuse poor decisions. **Rationale**: Enabling involves taking over responsibility for another's poor decisions, which maintains codependent relationships and allows others to remain unloving.

Question 8: Which practice can help change one's mindset, particularly for those with codependent tendencies, according to Dr. Shaler? a) Multitasking. b) Avoiding confrontations. c) Using posture and breathing techniques. d) Speaking more loudly.

Answer: c) Using posture and breathing techniques. **Rationale**: Dr. Shaler suggests that changes in posture and breathing (sitting up straight with shoulders back and deep breaths) can influence one's mindset.

Question 9: What does Dr. Shaler mean by the term "hijackals"? a) People who love hiking. b) Individuals who nurture relationships. c) People who hijack relationships for selfish gains. d) Pets that are particularly stubborn.

Answer: c) People who hijack relationships for selfish gains. **Rationale**: Dr. Shaler coined this term to describe individuals who exploit relationships for their own benefit, often seeking power, status, and control.

Question 10: What is the first codependent pattern Dr. Shaler suggests stopping to avoid attracting toxic relationships? a) Ignoring others. b) Excessive attention to detail. c) People pleasing. d) Multitasking.

Answer: c) People pleasing. **Rationale**: Dr. Shaler identifies people pleasing as a key codependent behavior that makes one vulnerable to exploitation by toxic individuals ("hijackals").

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Your Wrap Up: Understanding and Recovering from Codependency

Dear Learners,

It’s iKE ALLEN, Co Founder of AVAIYA.

In this class, we delved into profound insights on codependency and the path to recovery. Ande & I are excited to encapsulate the essential themes and practical advice shared in this session.

1. The Nature of Codependency: Dr. Shaler elucidated that codependency involves an excessive reliance on another person for one's sense of self, often leading individuals to prioritize others' needs at the expense of their own. This imbalance typically stems from behavioral patterns developed early in life, making individuals susceptible to toxic relationships with manipulative individuals termed "hijackals."

2. Recognizing and Establishing Boundaries: A significant portion of the discussion emphasized the crucial role boundaries play in recovering from codependency. Codependent individuals frequently justify their need for boundaries or feel compelled to over-explain their decisions to others. Dr. Shaler firmly advises against justifying boundaries, particularly with controlling individuals, and stresses the importance of maintaining nonnegotiable boundaries, reinforced through kind and honest communication.

3. Overcoming People-Pleasing Tendencies: One of the most damaging codependent behaviors identified is people pleasing. This tendency leads to exploitation by hijackals, as they target those eager to please. Dr. Shaler advises viewers to recognize this pattern and work towards balancing self-pleasing with pleasing others. Saying "no" without the need for elaborate explanations is a step toward asserting personal autonomy and protecting oneself.

4. The Core of Healthy Relationships: Dr. Shaler introduced the three pillars of healthy relationships: equality, reciprocity, and mutuality. These components ensure that relationships are balanced and nurturing. Mutuality, in particular, requires both parties to exhibit a mutual interest and support, adapting as necessary to life's varying circumstances.

5. Addressing Perfectionism and Over-Accommodating: Codependent individuals often struggle with perfectionism, feeling inadequate unless meeting everyone's standards. It is imperative to recognize this as unrealistic and strive for balance, learning to say no without guilt and practicing self-care.

6. Enabling and Its Detriments: Dr. Shaler defines enabling in adult relationships as fixing or excusing another's poor decisions, thereby maintaining codependent dynamics. True love, she asserts, does not enable but supports growth and accountability.

7. Posture and Physiology: As part of behavior modification, Dr. Shaler underscores the significance of posture and breathing. Sitting up straight with shoulders back and engaging in deep breathing can positively influence one's mindset, fostering empowerment and confidence.

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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 & Dr. Rhoberta'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 Dr. Rhoberta HERE