Here is your for Worksheet for Codependency Recovery with AVAIYA Teacher, Heather Monroe

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

Dear AVAIYA Learners,

Are you constantly seeking reassurance in your relationships or struggling to maintain your sense of identity? Do you find yourself either excessively relying on your partner or keeping them at arm's length?

Discover the path to overcoming codependency and creating meaningful, fulfilling relationships with AVAIYA University's exclusive class: **"Codependency Recovery Made Easy"** featuring expert insights from Heather Monroe and facilitated by Ande Anderson.

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 along with the main conceptual takeaway for each:

1. ***Attachment Styles and Codependency:***
    - ***Main Takeaway:***
      Different attachment styles (anxious, avoidant, disorganized) contribute to codependency behaviors. Anxiously attached individuals seek constant reassurance and validation, while avoidantly attached individuals struggle with recognizing emotional needs and suppress emotions. Disorganized attachment involves unpredictable behaviors due to contradictory feelings of love and fear toward caregivers.

2. ***External Focus:***
    - ***Main Takeaway:***
      Anxiously attached individuals rely heavily on external validation for self-worth, seeking constant reassurance from partners and adapting their identity around the relationship. Recognizing this tendency is crucial for addressing codependent behaviors.

3. ***Self-Sacrificing Behavior:***
    - ***Main Takeaway:***
      Codependent individuals often prioritize their partners' desires over their own, leading to a loss of personal identity. This can result in deep emotional distress when relationships end, highlighting the need for developing independent self-worth.

4. ***Emotional Suppression:***
    - ***Main Takeaway:***
      Both anxious and avoidant attachment styles involve emotional suppression but for different reasons. Anxiously attached individuals might suppress their true feelings to avoid conflict, while avoidant types see intimacy as overwhelming and thus suppress their needs. Recognizing and expressing emotions healthily is a key step toward recovery.

5. ***Interdependency vs. Codependency:***
    - ***Main Takeaway:***
      Interdependency involves maintaining personal autonomy while being connected and caring for each other, contrasting with codependency's overfunctioning in others' lives and underfunctioning in one's own. True security and self-worth come from within, and healthy relationships support rather than define one's identity.

These themes underscore the importance of understanding one's attachment style, developing internal validation and emotional regulation, and fostering healthy, interdependent relationships.

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Here Is Your Codependency Recovery Worksheet:

Welcome to your personal journey toward understanding and overcoming codependency. This worksheet will guide you through various exercises aimed at reinforcing the concepts discussed in this class with Ande Anderson and Heather Monroe. Take your time to reflect thoughtfully on each section and don't hesitate to revisit them as you progress on your path to healing.

1. Identifying Your Attachment Style

Attachment styles significantly impact our relationships and how we relate to others. Reflect on the following questions to help identify your attachment style.

Questions:

- Do you often seek reassurance and validation from others, particularly your partner?
- Do you fear abandonment or constantly worry that the relationship might end?
- Do you find it difficult to recognize or express your own emotional needs?
- Do you tend to avoid emotional intimacy and feel smothered by your partner’s vulnerability?

Reflection: Write a short paragraph describing which attachment style (anxious, avoidant, or disorganized) you relate to most and why.

2. Exploring Your Codependent Behaviors

Heather Monroe outlines four pillars of codependency: external focus, self-sacrifice, emotional suppression, and interpersonal conflict/control. Reflect on how these might manifest in your life.

External Focus:

- Do you often base your self-worth on others' opinions?
- Do you feel the need for constant reassurance from your partner?

Self-Sacrifice:

- Do you frequently put others' needs above your own?
- Have you lost parts of your identity by trying to conform to your partner's desires?

Emotional Suppression:

- Do you find yourself avoiding your emotions or suppressing your feelings?

Interpersonal Conflict and Control:

- Do you engage in behaviors to control your partner or maintain a sense of independence?

Exercise: List examples of how each of these pillars manifests in your relationships.

3. Strategies for Healing

Heather Monroe emphasized the importance of being your own healer and outlined various strategies for healing from codependency and insecure attachment styles.

Mindfulness and Nervous System Regulation:

- Practice mindfulness techniques such as meditation or yoga.
    - **Exercise**
      : Spend 10 minutes daily engaged in a mindfulness activity of your choice. Describe how you felt before and after the activity.

Community Support:

- Build and rely on a supportive community instead of just seeking validation from romantic partners.
    - **Exercise**
      : Identify three people in your community (friends, family, mentors) who can provide support. Write how each person can contribute to your emotional well-being.

Personal Growth and Fulfillment:

- Engage in activities that promote a flow state.
    - **Exercise**
      : Choose an activity (e.g., a hobby, volunteering, a creative pursuit) that makes you lose track of time. Spend at least 1 hour this week engaged in this activity. Reflect on the experience.

4. Developing True Security

Heather discussed the importance of developing true security by knowing and trusting oneself.

Knowing Your Values, Beliefs, and Interests:

- Reflect on your own values, beliefs, and interests independently of your partner.
    - **Exercise**
      : List your top five values and why they are important to you. How do these values guide your actions and decisions?

Emotional Awareness:

- Acknowledge your feelings internally rather than seeking external validation.
    - **Exercise**
      : Keep a feelings journal for one week. Note situations that trigger your anxieties and how you address these feelings internally.

5. Transition from Codependency to Interdependency

Interdependency allows for connection while maintaining autonomy. Reflect on the following to promote healthier relationship dynamics.

Questions:

- In what ways do you maintain your autonomy while being connected to others?
- How can you nurture your resilience and self-esteem independently of your partner?

Exercise: Write a plan for how you can encourage interdependence in your relationships. Include specific actions you can take to balance connection with autonomy.

6. Summarizing Your Insights

Take a moment to reflect on what you have learned through this worksheet.

Summary:

- Discuss how your understanding of codependency and attachment styles has evolved.
- Identify three key takeaways that will guide you moving forward on your journey to recovery.

By completing this worksheet, you've taken significant steps toward recognizing and addressing codependency and attachment-related behaviors. Remember, healing is a continual process, and with each step, you're fostering a healthier relationship with yourself and others.

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Here is your Quiz with an Answer Key & Rationale below:

Questions:

1. What do anxiously attached individuals rely on for self-worth?
   A. Internal validation
   B. External validation
   C. Solitary activities
   D. Professional achievements

2. How does Heather Monroe describe the sense of anxiety in relationships for anxiously attached individuals? A. As a minor inconvenience
   B. Similar to needing constant reassurance during pregnancy
   C. As an infrequent issue
   D. As unimportant

3. What is a common behavior of anxiously attached individuals when in relationships? A. Maintaining strong boundaries
   B. Frequently seeking reassurance from their partners
   C. Avoiding emotional conversations
   D. Relying on self-validation

4. Which attachment style involves suppressing emotions due to early experiences with unresponsive caregivers? A. Anxious attachment
   B. Avoidant attachment
   C. Secure attachment
   D. Disorganized attachment

5. What is a characteristic behavior of someone with disorganized attachment? A. Consistently secure behavior
   B. Regularly switching between anxious and avoidant behaviors
   C. Always maintaining emotional distance
   D. Never expressing fear or anxiety in relationships

6. According to Heather Monroe, what is the first step toward addressing codependency caused by anxious attachment? A. Blaming the partner
   B. Ignoring the feelings
   C. Recognizing and being aware of anxious attachment patterns
   D. Avoiding all relationships

7. What does Heather Monroe suggest as a supportive measure for dealing with anxious attachment? A. Relying solely on romantic partners
   B. Building a supportive community of friends and mentors
   C. Focusing only on professional achievements
   D. Suppressing emotions

8. How does Heather Monroe suggest parents should address their children's anxiety? A. By ignoring their own anxiety
   B. By regulating their own anxiety first
   C. By confining their children to their rooms
   D. By seeking external validation

9. What are the four pillars of codependency mentioned by Heather Monroe? A. Anxious focus, self-reliance, emotional expression, and interdependence
   B. External focus, self-sacrifice, emotional suppression/repression, and interpersonal conflict/control
   C. Internal validation, independence, emotional freedom, and open communication
   D. Self-esteem, autonomy, emotional regulation, and secure attachment

10. How does Heather Monroe describe interdependency? A. A relationship where individuals are completely dependent on each other
    B. A relationship where individuals do not care for each other
    C. A relationship where individuals are connected but maintain autonomy
    D. A relationship devoid of emotional connection

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Answer Key with Rationale:

1. **B. External validation**
   Anxiously attached individuals often rely on external validation for self-worth.

2. **B. Similar to needing constant reassurance during pregnancy**
   Heather Monroe likens the relationship anxiety to needing constant confirmation of a baby's health during pregnancy.

3. **B. Frequently seeking reassurance from their partners**
   Anxiously attached individuals frequently seek reassurance due to their fear of abandonment.

4. **B. Avoidant attachment**
   Avoidantly attached individuals tend to suppress emotions due to early experiences with unresponsive caregivers.

5. **B. Regularly switching between anxious and avoidant behaviors**
   Disorganized attachment involves unpredictable patterns, oscillating between anxious and avoidant behaviors.

6. **C. Recognizing and being aware of anxious attachment patterns**
   Awareness of anxious attachment patterns is the first step toward addressing them.

7. **B. Building a supportive community of friends and mentors**
   Heather Monroe emphasizes the importance of a supportive community instead of relying solely on romantic partners.

8. **B. By regulating their own anxiety first**
   Parents should regulate their own anxiety to avoid further dysregulating their children.

9. **B. External focus, self-sacrifice, emotional suppression/repression, and interpersonal conflict/control**
   These are the four pillars of codependency as outlined by Heather Monroe.

10. **C. A relationship where individuals are connected but maintain autonomy**
    Interdependency involves being connected and caring for each other while maintaining personal autonomy.

Key Takeaways from this AVAIYA Class:

It's iKE ALLEN, Co Founder of AVAIYA.

As we delve into the intricacies of codependency and its impact on our relationships and personal well-being, this class with Heather Monroe offers pivotal insights.

Below are the major concepts and strategies that you should carry forward from this lesson.

Main Concepts:

1. **External Focus and Anxious Attachment:**
    - Anxiously attached individuals often seek external validation to establish their self-worth and are preoccupied with getting reassurance from their partners due to abandonment fears.
    - This pattern can lead to feelings of loss of identity and deep emotional pain following the end of a relationship, as personal identity is often intertwined with the romantic partnership.
2. **Self-Sacrificing Behavior:**
    - It's common for anxiously attached individuals to self-sacrifice to maintain relationships, sometimes losing sight of their own desires and needs. This leads to the erosion of personal identity.

3. **Avoidant Attachment and Emotional Suppression:**
    - Individuals with avoidant attachment styles tend to suppress their emotions and avoid intimacy because they view it as potentially smothering. This stems from childhood experiences with unresponsive caregivers.
    - They may struggle to understand and meet both their own and their partners' emotional needs, often seeking to maintain control and independence in relationships.
4. **Disorganized Attachment:**
    - Disorganized attachment is characterized by inconsistent behavior oscillating between avoidance and anxiety, often due to childhood experiences where the caregiver was both a source of fear and love.
5. **Interpersonal Conflict and Control:**
    - Heather Monroe addresses how both anxious and avoidant types exhibit control in relationships, albeit in different ways. Anxious individuals might nag or constantly seek reassurance, while avoidants withdraw to maintain autonomy.
6. **Interdependency versus Codependency:**
    - **Interdependency**
      is a healthy state where individuals are connected yet maintain their autonomy, supporting each other while preserving self-esteem and resilience.
    - **Codependency**
      involves overfunctioning in others' lives while underfunctioning in one's own, entailing a reliance on others for self-esteem, prioritizing others' needs at the cost of one’s own, emotional suppression, and conflict/control issues.

Strategies for Healing and Growth:

1. **Developing True Security:**
    - Cultivating an understanding of your own values, beliefs, and interests separate from a partner is crucial. This involves knowing and appreciating oneself independently.
    - Use techniques like somatic experiencing to recognize bodily responses and regulate the nervous system.
2. **Building Supportive Communities:**
    - Establishing a network outside of romantic relationships helps provide emotional and social support, reducing reliance on partners for validation and reassurance.
3. **Mindfulness and Nervous System Regulation:**
    - Engage in practices such as yoga and meditation to promote mindfulness and help regulate the nervous system.
    - Activities that promote flow states and community engagement are beneficial for overall well-being and personal growth.
4. **Parenting and Regulation:**
    - Parents must address and regulate their anxiety before dealing with their anxious children to prevent further emotional dysregulation.
5. **Personal Awareness and Growth Measurement:**
    - Constantly evaluate personal growth and fulfillment within relationships to ensure alignment with personal values and needs.

Your Wrap Up:

Heather Monroe underscores the innate capacity for individuals to heal from codependency and attachment-related issues. Emphasizing personal awareness and self-compassion, healing is not only possible but scientifically grounded. It's never too late to embark on this journey toward more secure and interdependent relationships.

Let's utilize these insights and strategies to foster healthier relationships and a deeper understanding of ourselves. By doing so, we will move from a place of codependency to one of interdependency, contributing to our overall psychological and emotional well-being.

For further support, we encourage you to utilize the resources at AVAIYA University & Heather'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 Heather HERE