

Download Understanding Co Dependency

How to Understand Codependency. Codependency is a concept that is suddenly gaining traction, although it is not a new concept; "Codependent No More," the seminal work by Melody Beattie, was written in 1987, 25 years ago. Prior to this, the...Co-dependency is a learned behavior that can be passed down from one generation to another. It is an emotional and behavioral condition that affects an individual's ability to have a healthy, mutually satisfying relationship. The term codependent originated during the 1930s when the Alcoholics Anonymous movement coined it to describe a set of responses and behaviours which develop while living with a partner or family member who is an alcoholic. Current understanding of codependency describes a person with too much Understanding Co-Dependency The National Mental Health Association states that co-dependency is a learned behavior that can be passed down from one generation to another. It is an emotional and behavioral condition that affects an individual's ability to have a healthy, mutually satisfying relationship.