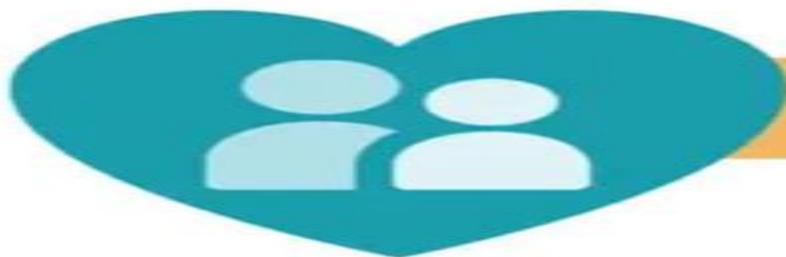


ALCOHOLISM AND CODEPENDENCY



IT IS NATURAL TO CHANGE AND GROW IN A RELATIONSHIP. HEALTHY RELATIONSHIPS WILL BRING ABOUT A POSITIVE CHANGE TO THE LIVES OF BOTH PEOPLE.

9.2 MILLION
U.S. ADULTS EXPERIENCED BOTH A
MENTAL ILLNESS AND A
SUBSTANCE USE DISORDER
IN 2018



AN UNHEALTHY RELATIONSHIP WILL HURT BOTH PEOPLE AND CAN CAUSE A TOXIC CYCLE THAT SEEMS HARD TO BREAK.



CYCLE OF AN UNHEALTHY RELATIONSHIP

A CODEPENDENT WILL TAKE ON SOME OF THE UNHEALTHY BEHAVIORS OF THE PERSON WITH AN ADDICTION.

A CODEPENDENT WILL ASSUME A ROLE THAT COMPLEMENTS THE UNHEALTHY BEHAVIORS OF THE OTHER PERSON.

A CODEPENDENT WILL THAT ACTS COUNTER TO THE UNHEALTHY BEHAVIORS OF THE OTHER PERSON.



SANA LAKE
RECOVERY

Alcoholism And Codependency

RJ Shavelson



Alcoholism And Codependency:

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