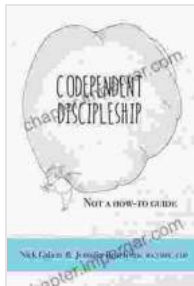


Codependent Discipleship: Not How to Guide



Codependent Discipleship: Not a how-to guide

by Nick Galieti

★★★★★ 5 out of 5

Language	: English
File size	: 2343 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Lending	: Enabled



Codependent discipleship is a form of spiritual abuse in which one person (the codependent) becomes overly dependent on another person (the enabler) for their spiritual guidance and well-being. This can lead to a number of unhealthy patterns, including:

- The codependent may become overly reliant on the enabler for their sense of self-worth and identity.
- The codependent may feel like they cannot make any decisions for themselves without the enabler's approval.
- The codependent may feel like they are obligated to do whatever the enabler wants, even if it goes against their own beliefs or values.
- The codependent may experience anxiety, depression, and other mental health issues as a result of their codependency.

Codependent discipleship can occur in any type of religious or spiritual organization, but it is particularly common in churches and other faith-based communities. This is because these organizations often emphasize the importance of submission to authority and obedience to leaders. This can create an environment in which codependent relationships are allowed to flourish.

Codependent discipleship is a serious problem that can have a devastating impact on the lives of those involved. If you are in a codependent relationship, it is important to seek help. There are a number of resources available to help you break free from these unhealthy patterns and find healing and hope.

Here are some things you can do to break free from codependent discipleship:

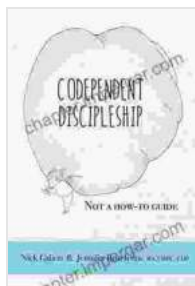
1. Identify the signs of codependency.
2. Set boundaries with the enabler.
3. Build a support network of healthy relationships.
4. Seek professional help from a therapist or counselor.

Breaking free from codependent discipleship can be a challenging process, but it is possible. With the right support, you can find healing and hope.

Additional Resources

- Codependents Anonymous
- Al-Anon Family Groups
- Nar-Anon Family Groups

- National Safe Place
- The National Domestic Violence Hotline

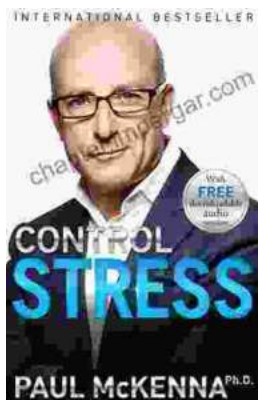


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