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# Group Seminar Audio Series

## The Beginning of the End of Codependence: The Private Self Re-emerges

Codependence arises from early developmental experience in which the child was prematurely, and perhaps inadvertently, forced to become preoccupied with the needs of others. By doing so, the child gradually loses contact with internal feeling states, proclivities, and desires. Consequently, a personality style evolves in which one's private, authentic experience is warded off due to an overly-developed attunement toward others. If this "political" orientation predominates, access to one's own inner life can be partially or fully obstructed. Work on overcoming one's codependent patterns necessarily involves retracing and redirecting one's emotional and psychological energy toward the private. *This interactive Relationship Group seminar was recorded on January 5, 2019 in Laguna Hills, CA.*

### Key Excerpts:

- *Codependence is the result of repeated developmental transgressions upon the child's emerging sense of self, what the theorist Winnicott termed "impingement"; impingement is when the child's natural exploratory, state, eagerness, and excitement associated with discovering the world is interrupted.*
- *When an impingement occurs, the child is forced to transition from the private or personal to the political, i.e., the child must respond to the caregiver's needs before the child can return to its wondrous activity of exploration and discovery. Over time, with ongoing impingements, a political self is created at the expense of a private self and from this point on the child is wired to be codependent.*
- *As the personal dissolves or is sacrificed, the political gets further and further heightened. A person who is impinged upon again and again becomes highly organized toward the other or politically organized; that's codependence.*

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## *Key Excerpts (continued)*

- *Recovery from codependence involves finding a self, finding the personal. But the personal has been given up long ago. So a personal feeling, a true authentic feeling, is met with trepidation in one's mind because it is not political in origin or expression, it's anti-political. Codependence recovery work is very complicated because one must find the private, must reclaim it.*

