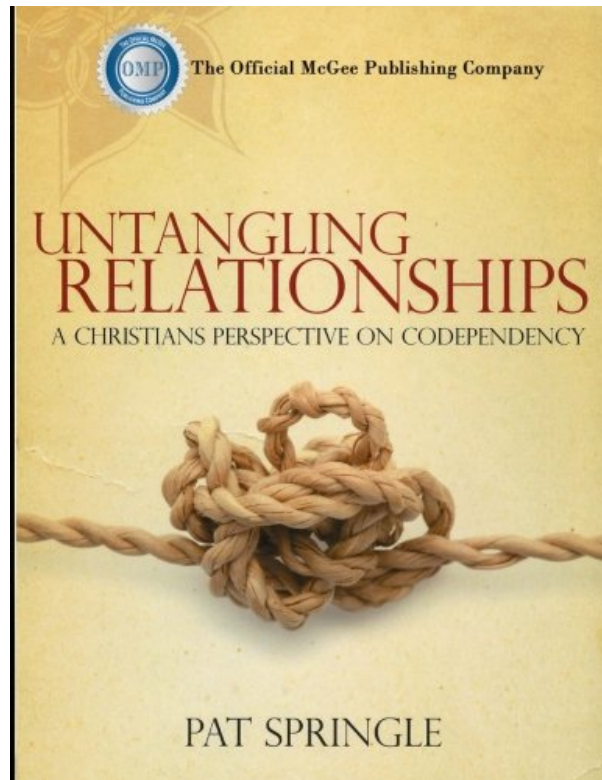


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UNTANGLING RELATIONSHIPS

A CHRISTIAN'S PERSPECTIVE ON CODEPENDENCY



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I am a professional therapist and this book has never failed me, as I have used in in therapy with codependent people. It is so "personalized" because of the workbook style, and clients really "get" the concepts and are transformed by using the new insights and skills they learn in this masterful workbook.

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By Joy B

This workbook has amazed me with the depth it goes. Stirred up lots of memories/issues from a different perspective than I have explored in the past. Trying to understand the difference between co-dependence and laying down my life for another has caused confusion in the past and I've given up and returned to old familiar patterns. This workbook has me seeing how my beliefs/thoughts about helping others and self-sacrifice may be more about helping me feel good than truly helping others. I believe anyone struggling to discern where that fine line between following Christ begins and co-dependence will find this a helpful tool in re-examining their beliefs. It is divided into units with 5 lessons per unit. I have just finished two units out of 12 and feel encouraged this is a great means to exploring the issue of co-dependency. It is pricey but has

been worth it for me. I did find a used one that was in wonderful condition (never written in). Because it is a workbook that has you delving into your own life there are no right/wrong answers. Easy to understand tasks, has lead me to insight into some of the dynamics at play in my most important relationships. I find such insight leads to change slowly but surely and when God changes me and not my circumstances (or the people around me :) I'm glad! Great book

5 of 7 people found the following review helpful.

Untangling Relationships workbook

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