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If you ever leave me, I'm going with you!

September 2009 E-
Newsletter

Dear Friend,

This month's hot topic emerged in the early 80's and within a decade did a quiet fade within the general public. Yet, in my consulting work this comes up frequently-- teaching others **how to step out of the codependency zone!** Skilled writers say write about what you know. Oh boy, do I know, I know! So let me ask you these two questions; 1. How much time are you spending taking care of other people's feelings and their needs and not your own? 2. If you could say anything and it wouldn't be wrong, what would you say and to whom? Eleanor Roosevelt said **do one thing every day that scares you. And I would add, and do one thing every week that scares someone else!** As our calendar flips to September, it seems to call us back into learning mode. Now, as a woman in midlife, I'm so proud of my discernment skills. Finally, I get to choose what I want to learn! **Wow, then the Divine Plan comes along with its fuller syllabus and my real learning begins.** It's been said, if you want God to laugh, keep telling him your plans. I really enjoy giving entertainment value to the Divine.

A very warm welcome to my September readers and a special greeting to my new subscribers. I'm so appreciative of how my newsletter is being shared with others. And for you budding social media buffs, we'll be Facebooking and Tweeting more soon. Thank you, for being a part of **this uplifting tribe of women living in wellness** where real men are always included!

~Marcia

Marcia Newman, MA, LMFT

A Positive Guide for the New Midlife Women

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**How do you know if a
Relationship is Balanced or
you've entered the
Codependent Zone?**



Ask yourself this: Do I feel energized and grateful in giving to this person? Or do I feel drained, manipulated or used up while interacting with this person or project? If you answer the latter, you've crossed over into the red zone of codependency. A recovery movement veteran, Melody Beattie describes in her 2009 release, **The New Codependency:** "Our giving can be the hand of the Divine touching people or it can block them from learning a lesson. Don't give unless it's something you feel led to do, and if you are willing to take responsibility for your decision. If we take responsibility for what we give, then we won't be

ASK MARCIA: Q & A

Q. My 24 year old son is back home living with us. I was just getting use to not having to pick up after everybody's messes. I'm trying not to feel so agitated about his lackadaisical behaviors. I don't want to come down hard on him because he's had a rough go of it this past year with finishing school and not being able to find a job.

A. Let's take a deep breath in and out....that's right and please say with me...***My Breast Feeding Days are Over!*** Now run to your nearest bookstore, library or download to your Kindle immediately, Melody Beattie's newest book (see my side column article). Please don't deny your feelings, especially agitation or anger. It's visited because it's trying to help you to recognize that something is *not working*. It sounds like you need to upgrade your boundary setting with your grown son. Honoring your range of feelings and needs (not stuffing them) builds awareness and self respect. In a higher vibration of self worth, you will teach your son how to treat you. Your home needs to be your oasis. In the meantime, he is a temporary guest. One marker of Codependency Land is being compelled to keep doing things for others even though they are fully capable to do these things for themselves. You have to decide if this applies to your situation with your son. **With grown children returning home, I always suggest that mutual living arrangements be put into written agreements which includes financial exchanges and timelines about the agreed length of stay. It's important that all consenting adults in the household add their signatures to the agreement.** Trust me, this is a very helpful exercise that creates clarity, integrity and sanity. One final note, I understand these are challenging times for new graduates as well as for 1 out of 10 Americans currently looking for work. However, you mentioned your son has been *having a rough go of it*. Is he interested in getting some short term professional help with this? For your sake, it's also important to know if his *lackadaisical behavior* is related to any abusive usage patterns with alcohol, drugs, food, online gaming or gambling. If you suspect or find evidence that he is involved with addictive mood altering substances or activities, **I suggest you obtain help** from a professional trained in addictions & family systems and/or attend 3-6 meetings of Codependency Anonymous or AI-Anon and see if it speaks to you in some way.

victimized. Not giving at all is as unhealthy as compulsively giving too much. Giving too much or too little means we are not trusting ourselves. Know when to give. Life will nudge you. Not giving blocks the flow of life energy. If you've learned to say NO, then maybe it's time to learn when to say YES."



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Offer Expires: October 9th, 2009 - Marcia Newman, MA, LMFT, Codependency Buster

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