

## Differential Codependency Model (Revised 2008)

### Power to meet needs

**(Powerful)** Inflexible, "God"  
"worm"

**(Powerless)** Overly Flexible,

Rescuer (Knight, Savior, Prince)

Rescued (Damsel)

1st born, hero, rescuer, enabler

Baby, scapegoat, lost child, mascot

#### **Trust** (faith)

**Proactive** Optimist, Can measure up

**Reactive** Pessimist, not measure up

#### **Independent**

Avoidant Attachment

I'm okay but cannot trust you

#### **Aggressive**

**Disconnected**

Wants to be **leader**

The **Worldly Success** relies on themselves to accomplish things and rescue others so they can feel **powerful** and significant.

They are proud and driven by performance and approval self-worth.

They compete, do not trust, have superficial relationships, and use others as tools for accomplishment.

*We Are Driven, Experiencing God*

The **Worldly Failure** feels **powerless** in obtaining worldly success and blames God and others for hindering them.

Desperation from a fear of failure and abandonment results in anger, jealousy, controlling, and justifying the **abuse** of others. Fearing rejection, they maintain a facade and avoid personal disclosure.

*Conquering Codependency*

#### **Dependent**

Ambivalent Attachment

I'm not okay unless I prove it

#### **Enmeshed**

#### **Passive**

Wants to **follow** good leader

Does not have fixed identity

The **Dependent Rescuer** is perfectionistic and over-responsible to feel needed, important, worthwhile and **powerful**.

Rescues and enables to win other's approval and love because feels unworthy of love unless they perform.

Critical and controlling to fix and manipulate others to meet their needs.

*Untangling Relationships*

The **Dependent Passive** pleases others so they will care, rescue, and meet needs in order to feel loved and worthwhile.

Feels **powerless** and insecure so looks for a knight to protect her so she can feel powerful with him at her side.

**Good girl/boy** pleases people, enables, denies offenses, and blames herself so she will be liked and not abandoned.

*Love is a choice*

#### **Avoidant**

Disorganized Attachment

I'm not okay and can't trust

#### **Isolated**

#### **Passive-aggressive**

**Gets out of the way**/watches

The **Relationship Avoidant** has a deep **fear of rejection** due to past abuse or rejection and rejects back by seeking revenge in order to feel **powerful** over their abusers. They manipulate behind the scenes to feel accepted, obtain support, and enlist others to rectify their injustice through a **victim** mentality.

The **tough girl/boy** blames others, withdraws from close relationships where they may be rejected, and conceals their deep-seated passive-aggressive rage.

*Hurtful Family Experiences*

The **Responsibility Avoidant** has a deep **fear of failure** and feels **powerless** to meet what they believe are unreasonable demands so they quit trying to do things at which they might fail, act **irresponsible**, and **procrastinate**.

Due to **passive-aggressive anger**, the **Party girl/boy** refuses to act responsibly, forcing someone else to do what they do not want to do, and are usually trapped in an unhappy over-under responsible relationship looking for pleasure.

*Boundaries, Experiencing God*