

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