




# Welcome to Power and Powerlessness

When to take control and  
when to surrender

Co-dependency is a condition of lost selfhood. It can mimic physical, mental, emotional, or spiritual conditions that befall us in daily life.

**Codependency = turning our responsibility for our own life and happiness over to our ego – false self and to other people.**

A man in a dark suit, white shirt, and red tie is shown from the chest up. He is wearing glasses and has a white earbud in his left ear. He is holding an open book and looking down at it. The background is a blurred indoor setting. Overlaid on the image is text in a bold, black, sans-serif font. At the bottom of the image, there is a teal rectangular box with white text.

**Yesterday I was clever,  
so I wanted to change the world.**

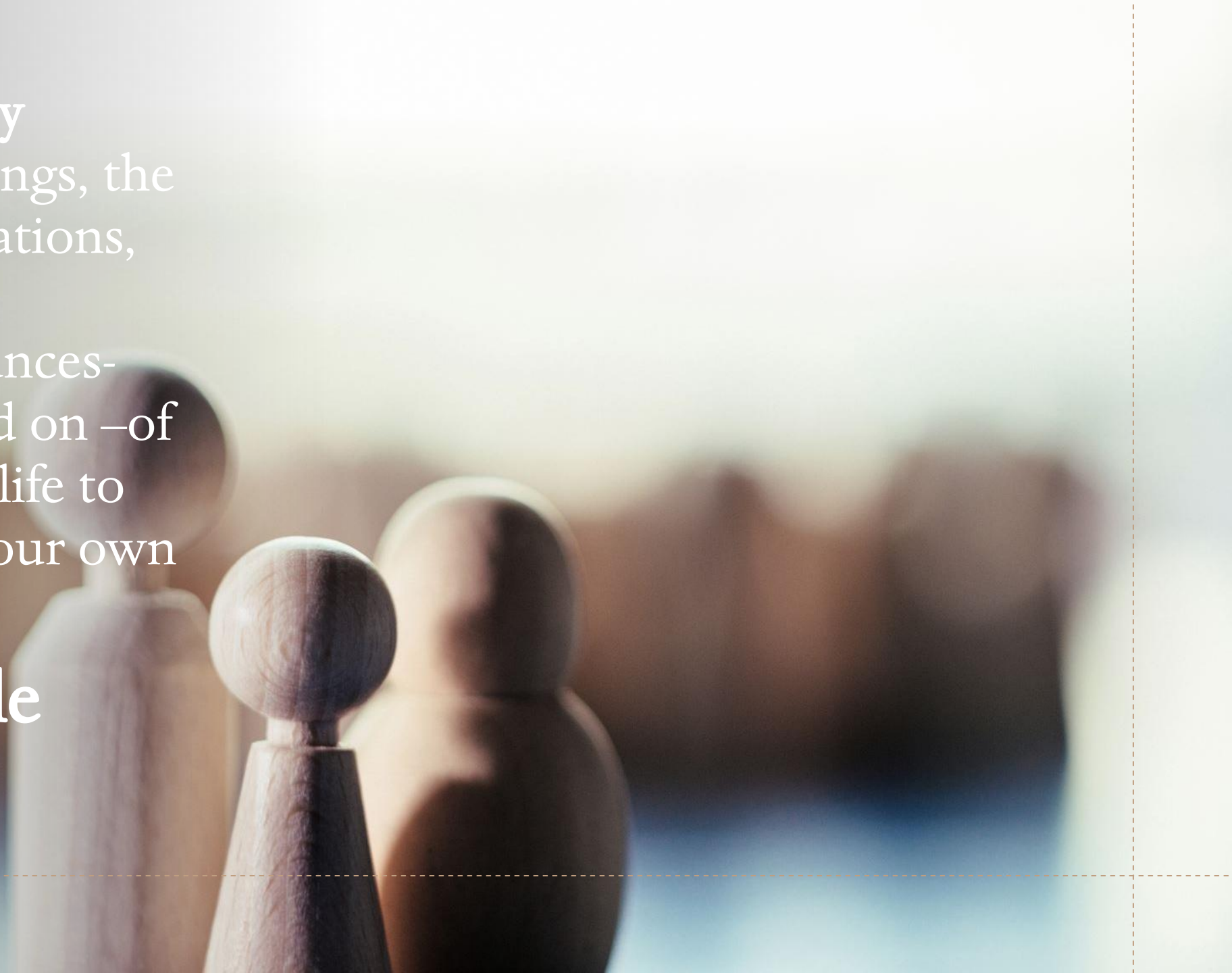
**Today I am wise,  
so I am changing myself.**

Rumi

EVERYDAYPOWER

When we are **overly invested in** the feelings, the outcomes, the situations, the relationships, circumstances, finances—we could go on and on —of the people in your life to the detriment of your own internal peace.

**Beyond people pleasing** ~



# Codependent people are **FIXERS**



## **4 SIGNS OF CODEPENDENCY**

**1. Your mood is heavily affected by the people around you.**

**2. You have difficulty setting boundaries.**

**3. You rely on others to be validated and accepted.**

**4. You know what others need but don't know what your needs are.**

@fittingrightin

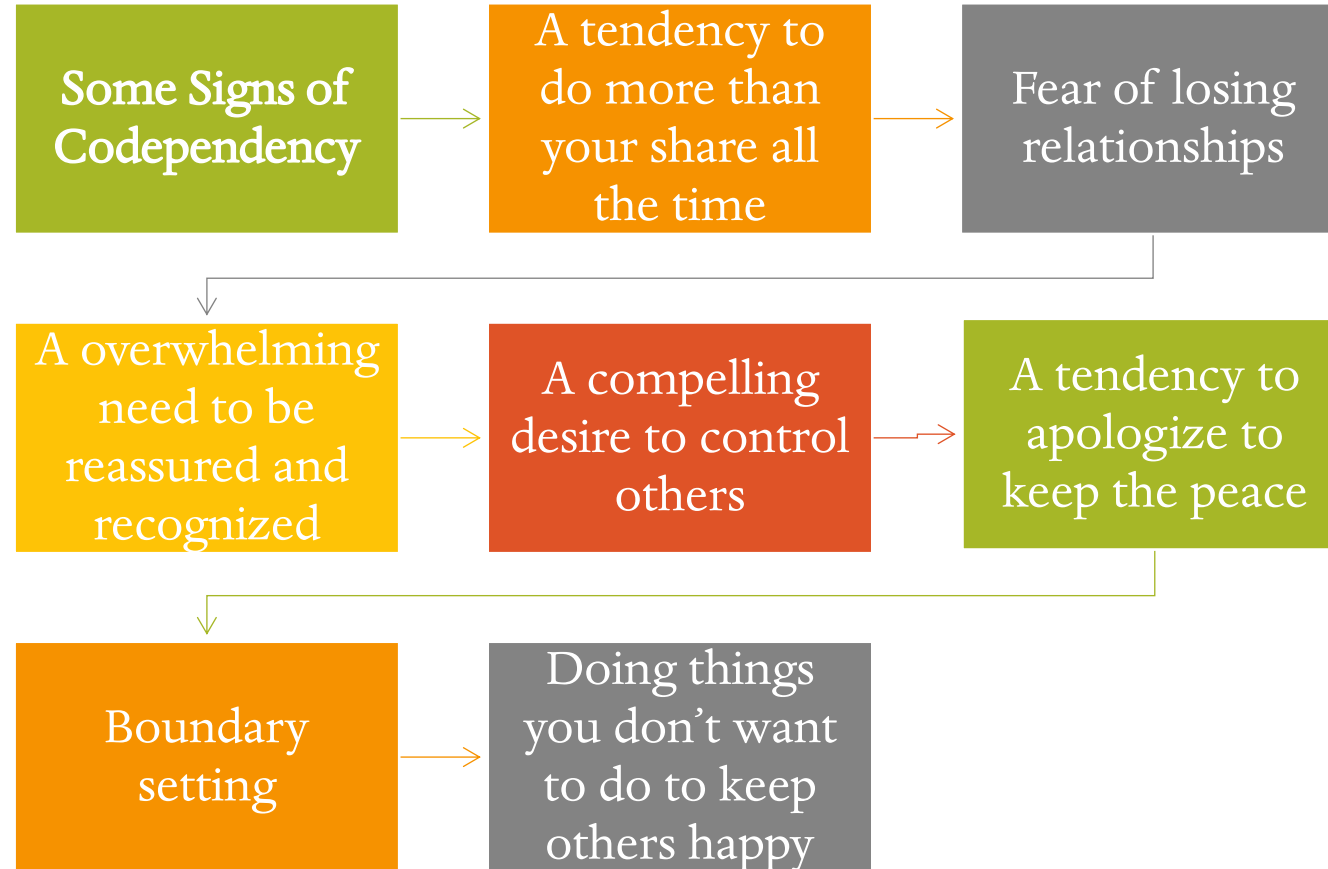
# **12 CODEPENDENCY TRAITS**

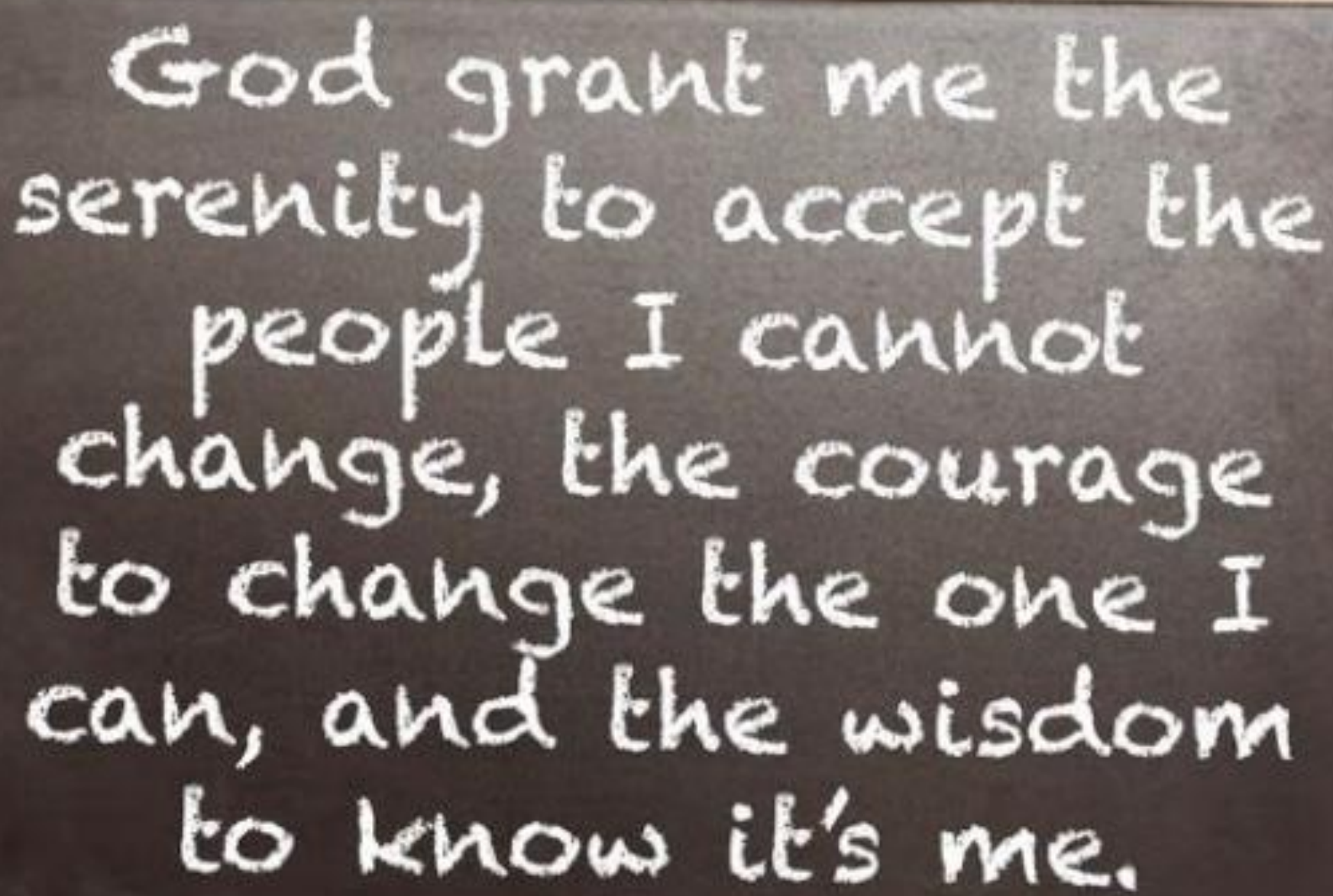
- 1. Perfectionism,**
- 2. People-pleasing,**
- 3. Boundary setting,**
- 4. Love addiction,**
- 5. Shame,**
- 6. Emotional abuse,**
- 7. Trauma,**
- 8. Anxiety**
- 9. Depression,**
- 10. Low self-esteem,**
- 11. Poor communication,**
- 12. Lack of self-awareness.**

IneffableLiving.com



- ◆ Codependent people may take on a self-sacrificing role, enabling the other person's destructive behavior. They may also have a hard time setting boundaries, standing up for themselves, or *identifying their own needs*.



A person's hands are visible on the left and right sides, holding a rectangular chalkboard with a light-colored wooden frame. The chalkboard is dark grey or black and has white chalk text written on it. The text is a prayer for serenity, courage, and wisdom.

God grant me the  
serenity to accept the  
people I cannot  
change, the courage  
to change the one I  
can, and the wisdom  
to know it's me.



**Who can we  
change? We can  
only change  
ourselves .**

# Healing from Codependency



prioritise  
self-care



love  
yourself



nurture your  
social  
relationships



find ways  
to healthily  
regulate  
emotional  
responses



practice self-  
soothing  
behaviours



Set and  
maintain  
boundaries

EDGING

GOD

OUT

# Fr. Mychal Judge Prayer



Lord, take me where You want me to go;  
let me meet who You want me to meet;  
tell me what You want me to say; and  
keep me out of Your way.

PRAYER OF FR. MYCHAL JUDGE

CatholicHoneyBodger.com

# Self Affirmations – to Surrender

01

1. I feel powerless. I need help from my siblings, husband, coworkers – ASK

02

2. I am not God – only God has complete power and control. The Trinity did not ask me to be part of them.

03

3. I am not called to be God. I am a minister **not** a messiah

I gain serenity and  
peace in my life  
by admitting what  
I am powerless to  
change and  
control .

I will seek help  
from God when I  
am feeling  
powerless and  
faced with a  
challenge .

Jesus , I trust in  
You

I feel powerless . I need help from my siblings, husband, coworkers – ASK

I am not God – The Trinity did not ask me to be part of them.

I am not called to be God. I am a minister not a messiah .

I gain serenity and peace in my life by **admitting** what I am powerless to change and control .

I will seek help from God when I am feeling powerless and faced with a challenge .

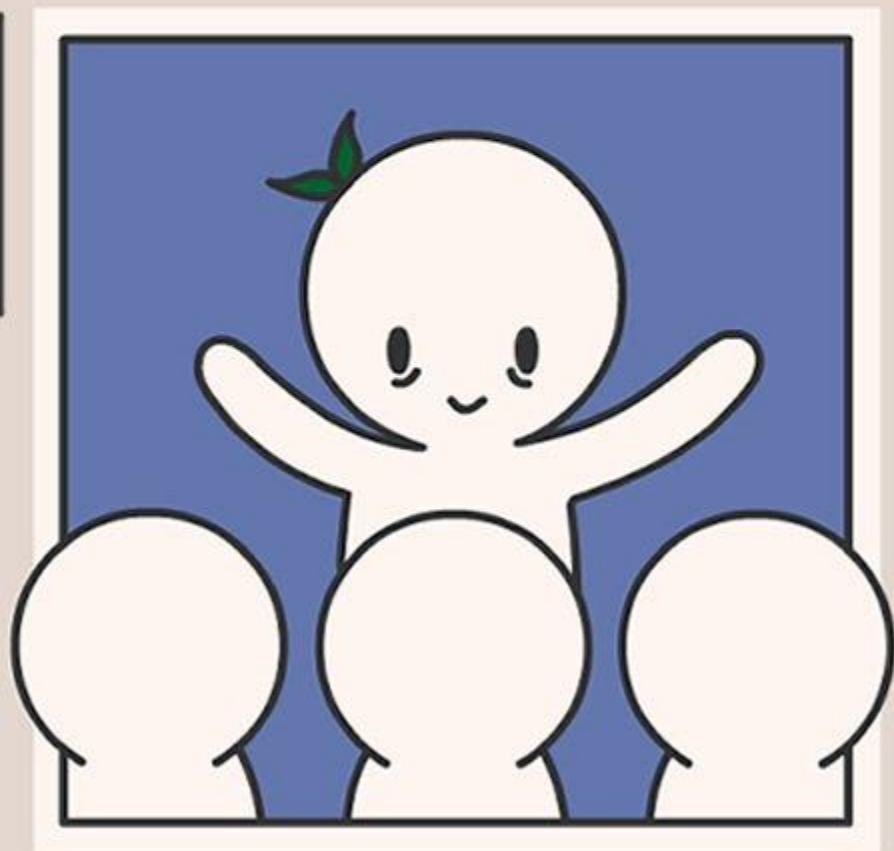
Jesus, I trust in you .

# Setting

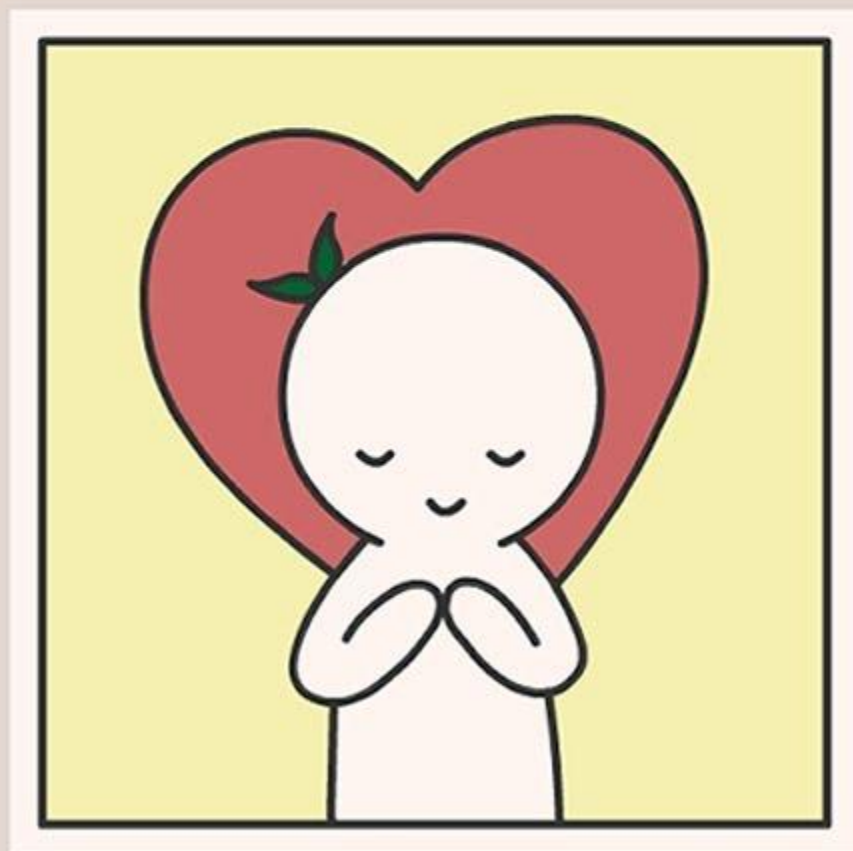
boundaries allows  
me to serve from  
a place of love  
and not  
resentment

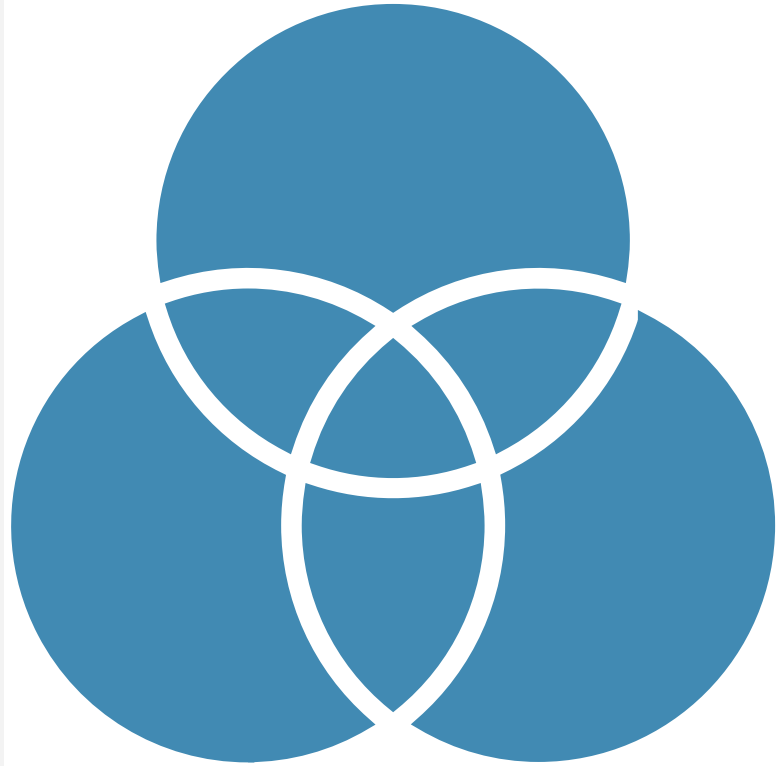
# STOP PEOPLE-PLEASING

BEFORE



AFTER





## *Best Practices*

The best criticism of the bad is the practice of the better .

# Matthew 5:33-37



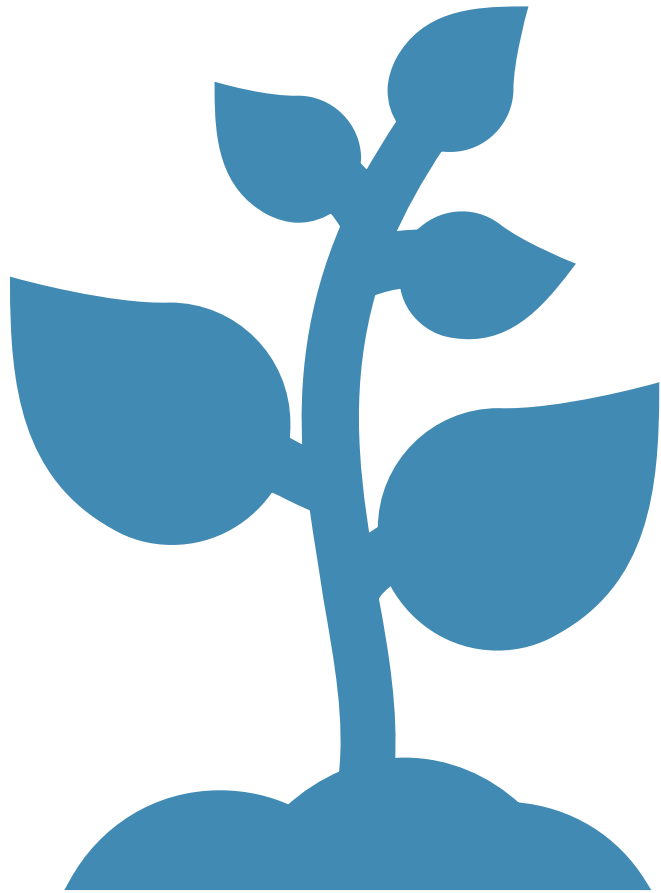
**Let Your Yes Be Yes  
And Your No Be No**

**Matthew 5:33-37**




**Things everyone needs to  
come to terms with.**

- No response is a response.
- If they wanted to, they would.
- Timing will not always be in your favor.
- Not everyone has the same heart as you.



Healing may not be  
So much about  
Getting better, as  
About letting go of  
Everything that isn't you –  
All of the Expectations, All of the  
Beliefs of who you are “supposed to  
be” ...  
And Becoming who you ARE –

• Rachel Naomi Remen



Stop the glorification of busy.  
Busy, in and of itself, is  
not a badge of honor.  
It is okay to not be busy.  
Repeat this with me:  
It is okay to not be busy.

JOSHUA BECKER

# Be Still ~ Psalm 46

Be still and know that I am God .



Be still and know.



Be still.



Be .

# HAPPINESS IS



*...playing a song you love, as loudly  
as you want.*

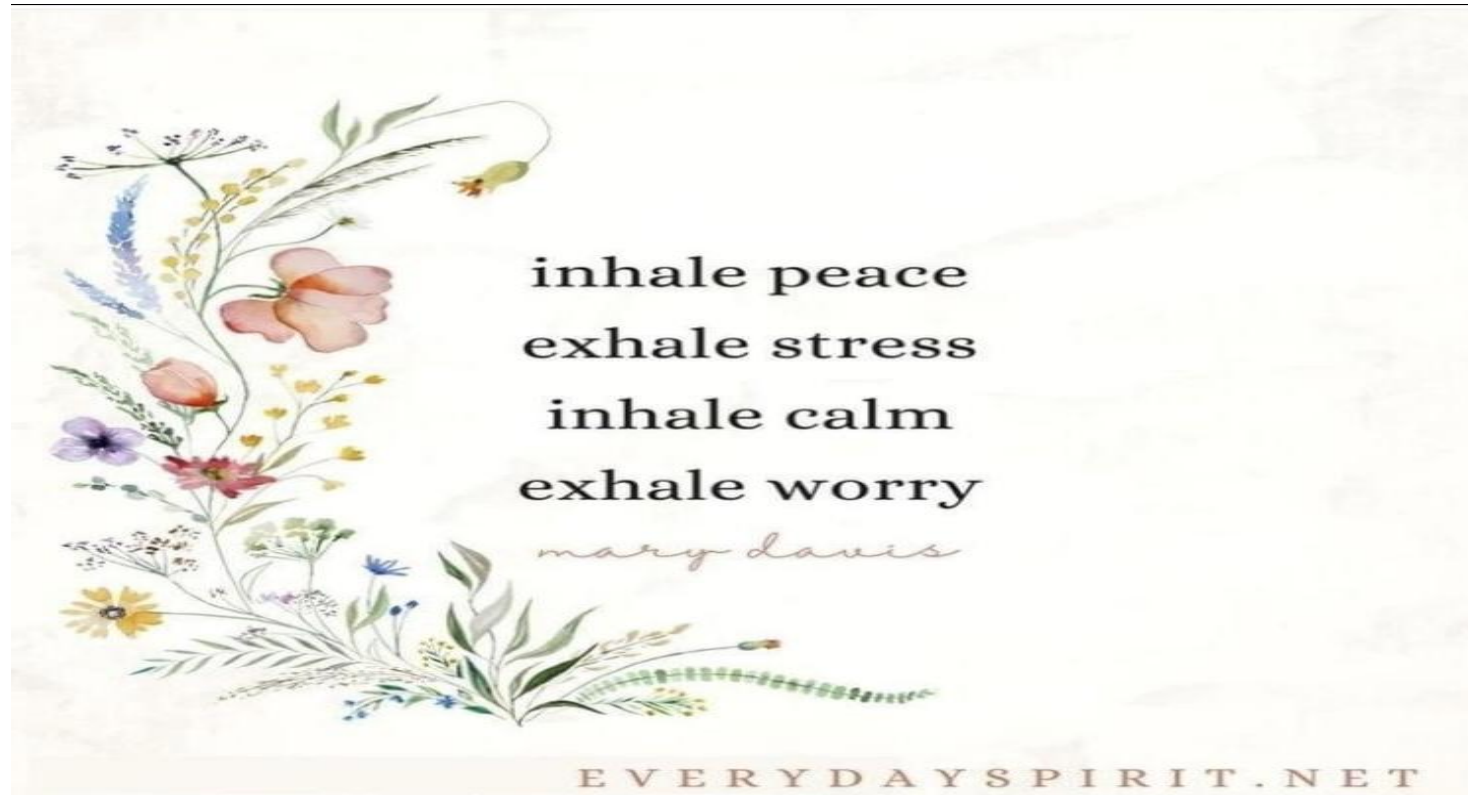
# Grounding / Connecting



Lightness of flight ,  
lightness of decent and  
lightness of landing ....




# IF / THEN



# Surrender Novena

- ♦ Jesus revealed to Fr. Dolindo the words that make up this novena. Fr. Dolindo, who called himself “Mary’s little old man,” suffered for much of his life, even living in paralysis for the last ten years before his death. He was also, at one time, the spiritual director and a friend of Padre Pio, who similarly found the love of Christ in his suffering.



# Day 1 Surrender Novena

- ♦ Why do you confuse yourselves by worrying? Leave the care of your affairs to me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to me produces the effect that you desire and resolves all difficult situations.
- ♦ O Jesus, I surrender myself to you , take care of everything ( 10 times)

