

IT'S NOT ME, IT'S YOU

Break the
Blame Cycle.
Relationship
Better.

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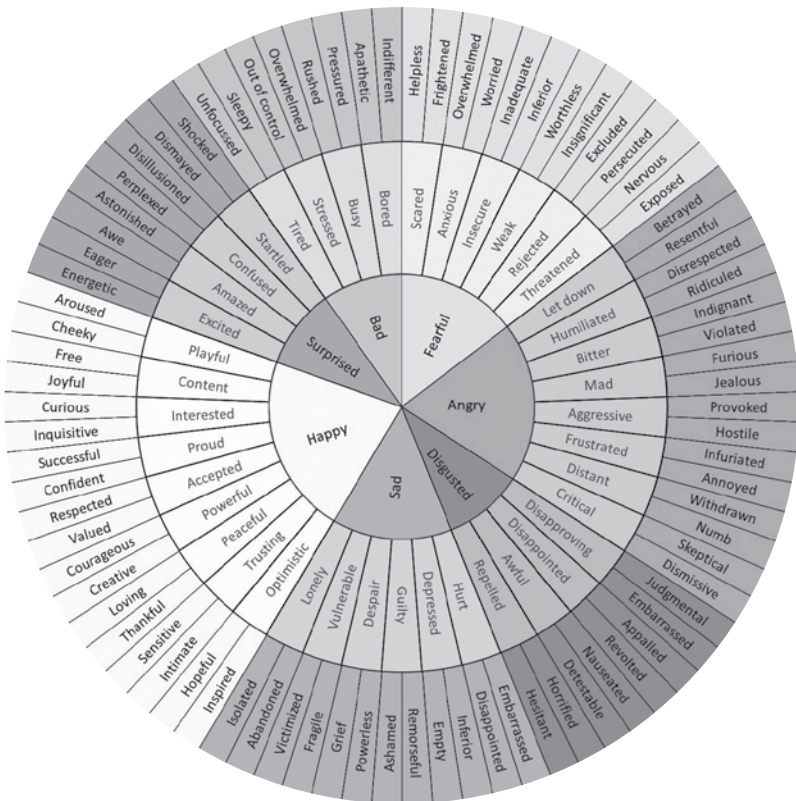
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Swim Past the Breakers



CHAPTER 13

Fuck *The Giving Tree*: On Codependency

CODEPENDENCE	HYPER-INDEPENDENCE	INTERDEPENDENCE
Anxious attachment	Avoidant attachment	Secure attachment
Performative	Guarded	Grounded in sense of Self
Loves to be needed	Loves to be desired	Unwilling to externalize self-worth
Sacrifices self to receive love	Struggles to tolerate intimacy	Tends to self first, so they are able to be present/ authentic
Sees potential – wants to “fix”	Sees imperfection – justifies disconnecting	Allows for humanity – each person is their own person
Sees relationship endings as failures/quickly enters new relational dynamics to avoid knowing self	Cynical when relationships end; becomes closed off, reinforcing idea that love isn’t real	Looks for lessons – sees each relationship as an opportunity for growth and learning about Self
Values security	Values freedom	Values sovereignty