



your love

# ALL ABOUT YOU

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## ARE YOU CO-DEPENDENT? IF YOU ALWAYS FALL FOR THE SAME (WRONG) TYPE OF MAN, YOU MIGHT NEED TO LET GO

### WHAT IS MEANT BY "CO-DEPENDENCY"?

Generally speaking, it's when you come to rely on someone so much that you stop acting independently. Experts look at the term as a disease: sufferers are trapped in a pattern of behaviour that stops them from being happy or comfortable, leading to serious consequences if left untreated.

### WHO SUFFERS FROM IT?

Medical professionals believe that most of us have some degree of co-dependency.

### WHERE DID THE TERM ORIGINATE?

"Co-dependency" was coined in the US to describe relatives of addicts who became dependent on the addict's behaviour. It can now be applied to all unhealthy, unproductive behaviours that begin in childhood and continue into our adult lives.

■ You find it hard to ask others to meet your desires – or are unsure what they are.

### HOW DO YOU BEAT IT?

Rather than lurching from one crisis to the next, it's better to be single for a while so you can get to know yourself, advises psychotherapist Dr Phillip Hodson: "You need to see the set-ups and traps, and learn to understand why you are behaving in this way." CoDependents Anonymous (CoDA) meetings also take participants through 12-step programs similar to those used for drug and alcohol addictions.

### HOW CAN I HELP?

Instead of diagnosing your friends, Hodson recommends gently pointing out their relationship patterns, or suggesting that they go for another type of man. If that's all too subtle, recommend the co-dependent's bible, *Women Who Love Too Much* by Robin Norwood (Arrow, \$23).

## 3 PLACES TO TIE THE KNOT

**1 On the beach in Bali**  
Dreaming of being a Balinese princess for the day? Balistarz can produce the entire extravaganza, from a luxury venue to food and flowers. To be dazzled by your own A-list-style event, call 0011 62 361 732 806.



**2 On a tropical island**  
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**3 In an Italian palazzo**  
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