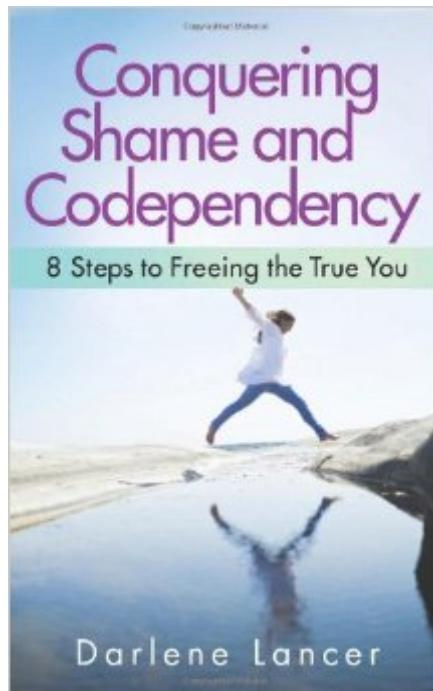


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# Conquering Shame And Codependency: 8 Steps To Freeing The True You



## Synopsis

A nationally recognized author and codependency expert examines the roots of shame and its connection with codependent relationships. Learn how to heal from their destructive hold by implementing eight steps that will empower the real you, and lead to healthier relationships. Shame: the torment you feel when you're exposed, humiliated, or rejected; the feeling of not being good enough. It's a deeply painful and universal emotion, yet is not frequently discussed. For some, shame lurks in the unconscious, undermining self-esteem, destroying confidence, and leading to codependency. These codependent relationships--where we overlook our own needs and desires as we try to care for, protect, or please another--often cover up abuse, addiction, or other harmful behaviors. Shame and codependency feed off one another, making us feel stuck, never able to let go, move on, and become the true self we were meant to be. In *Conquering Shame and Codependency*, Darlene Lancer sheds new light on shame: how codependents' feelings and beliefs about shame affect their identity, their behavior, and how shame can corrode relationships, destroying trust and love. She then provides eight steps to heal from shame, learn to love yourself, and develop healthy relationships.

## Book Information

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## Customer Reviews

Overall, this book is well-researched and has the not-so-obvious insights I enjoy when I invest the time for self-improvement. I would recommend this book to those who struggle with codependency issues and are having trouble putting their finger on why. Yes, it has to do with your childhood

as most counselors will tell you, but this book shows how the à œseparation of selfâ • actually occurs due to shame. The concepts are easy to digest, and itâ ™s presented in a way that makes it easy to see how this might have happened in your life. The book opens with a discussion on shame and how it underlies addiction. Shame is a natural part of life, but culture can shape how we use it. For example, in China shame is the beginning of integrity. But in the west, we tend not to share our shame in spite of the fact we sometimes never forget our shameful experiences. Nonetheless, we need to be fortified with coping skills to be resilient to shame. à œBecoming independent and self-supporting is a milestone that, if not reached, can trigger a sense of failure for not meeting societal norms for success.â • The book explains that thereâ ™s a common confusion between shame and other things, like shyness or guilt. Guilt, while perceived as negative, can actually be an indicator of something that needs corrected. The difference is that while guilt is awareness that SOMETHING WE DID WAS WRONG, shame is a belief that thereâ ™s SOMETHING WRONG WITH US. We also learn in Chapter 1 that too much shame, or shame about the à œwrongâ • things, sabotages relationships and can lead to anti-social behavior, addiction, and codependency. And when shame becomes chronic, it can take over our identity and our ability to enjoy life, chipping away at the trust we have in the world and ourselves.

I began reading this book to learn more about codependency and how and why shame has taken a type of foothold in some of my behaviors. As an adult, I felt that somehow I was hard-wired to feelings that seemed to trigger and activate behaviors that I didn't understand. The following are just a few of the examples of what I mean: Why do I withdraw and sometimes even isolate whenever I am criticized? Why do I have a need to people please? Why do I hold back my own opinions, and even fear rejection, particularly around other men? I was usually confused about my identity and why I continued these behaviors! I browsed Darlene Lancer's book closely to observe the chapter titles, charts and basic flow. After all, I had noted her success with her book entitled "Codependency for Dummies" and liked her knowledge and depth of understanding codependency and also her writing style. My decision was to read the book slowly, carefully and in depth and work to answer the questions. I seriously hoped to progress with this process. To help me with this study, I purchased 6 copies, keeping one for myself. I gave two family members and 3 friends a copy and asked all 5 of them to join me reading, discussing and sharing as best we could. In this manner, I planned to not hold back on sharing so as to increase my opportunity for growth. As I read, worked and shared, I found a deep rooted shame based set of behaviors that I could understand. I knew my behaviors and used them to uncover the connections in my memories, as I examined my relationship triggers,

related thoughts, feelings, and in particular defenses. My shame is deep rooted as I believe everyone's is, and Lancer's 8 steps outline a process for uncovering, sharing, letting go, rebuilding my self esteem and love for myself.

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