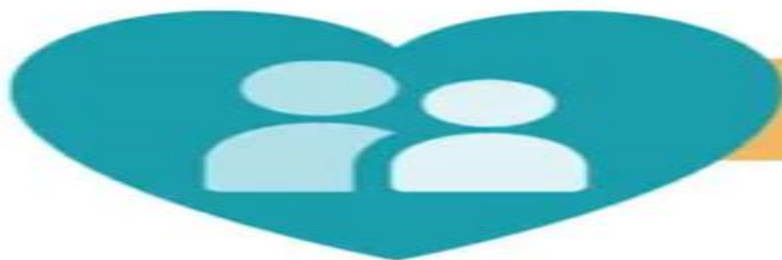


# ALCOHOLISM AND CODEPENDENCY



IT IS NATURAL TO CHANGE AND GROW IN A RELATIONSHIP. HEALTHY RELATIONSHIPS WILL BRING ABOUT A POSITIVE CHANGE TO THE LIVES OF BOTH PEOPLE.

**9.2 MILLION**  
U.S. ADULTS EXPERIENCED BOTH A  
MENTAL ILLNESS AND A  
SUBSTANCE USE DISORDER  
**IN 2018**



AN UNHEALTHY RELATIONSHIP WILL HURT BOTH PEOPLE AND CAN CAUSE A TOXIC CYCLE THAT SEEMS HARD TO BREAK.



## CYCLE OF AN UNHEALTHY RELATIONSHIP

A CODEPENDENT WILL TAKE ON SOME OF THE UNHEALTHY BEHAVIORS OF THE PERSON WITH AN ADDICTION.

A CODEPENDENT WILL ASSUME A ROLE THAT COMPLEMENTS THE UNHEALTHY BEHAVIORS OF THE OTHER PERSON.

A CODEPENDENT WILL THAT ACTS COUNTER TO THE UNHEALTHY BEHAVIORS OF THE OTHER PERSON.



**SANA LAKE**  
RECOVERY

# Alcoholism And Codependency

**N Colangelo**



## **Alcoholism And Codependency:**

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