

Hasty Hearts



Facing Codependence

**Codependent people
control others,
people-please,
caretake,
rescue people,
need approval,
have poor boundaries,
have poor self-esteem,
don't feel "good enough"**

Hasty Hearts is a 12 Step weekend retreat designed for people who suffer from codependency. Codependent behavior is shame-based. Its victims suffer from feeling they are not "good enough" to be worthy of love. Codependents often feel like they don't count in this world. They frequently believe their ideas, concerns and feelings are meaningless to other people. This causes them to abandon themselves, and to focus all of their attention on fulfilling the ideas, concerns and feelings of others.

Poor self-love and self-esteem lead many codependent personalities to believe they can only be loved if they earn it by meeting the needs of other people. Codependents learn to manipulate or control people to ensure that they will be needed and loved. Methods of control include people-pleasing, gift buying, caretaking and rescuing people from their problems.

Codependents frequently take one particular person hostage and make that person into their Higher Power. The "hostage" receives 99 percent of the codependent's attention and becomes 100 percent responsible for the codependent's happiness. The codependent often becomes very clingy and smothering. Eventually the hostage may rebel and the relationship may end on less than pleasant terms; each partner blaming the other.

If you are suffering from a codependent "hasty heart," this retreat will provide you with the tools you need to find a true spiritual Higher Power and to become responsible for your own self-care and happiness.

Redemptorist Renewal Center
at Picture Rocks

7101 Picture Rocks Road,
Tucson, Arizona, 85743.

Where **EVERYONE** is welcomed!



August 7-9, 2009

Rev. Charlie Wehrley,
Retreat Director

call 744-3400
for reservations.