

Hasty Hearts



Recovering from the "Codependent Crazy's"

Codependent people:
caretake
control others
people-please
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 the codependent crazies. 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. They frequently believe their ideas, concerns and feelings are worthless. This causes them to abandon themselves, and to focus their attention on meeting the needs, concerns and desires of others.

Poor self-love leads many codependent people to believe they can only be loved if they earn it through people-pleasing. Codependents learn to manipulate and control people to ensure that they will be needed and loved. Methods of control include gift buying, caretaking and rescuing people from their problems, and the inability to say "No" and set proper boundaries.

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.

call 744-3400
for reservations.



May 18-20, 2012

Retreat begins Friday evening
and ends Sunday at Noon.

Rev. Charlie Wehrley,
Retreat Director