THE NINE STAGES OF
SELF-LOVE DEFICIT DISORDER
(CODEPENDENCY) RECOVERY

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“Codependency” is misused & misunderstood
- Representative of another time
- Over generalized
- Stigmatizing & shaming
- Implies weakness, neediness, clinginess
- Our clients do not like it
- Not respected in clinical circles
TIME FOR NAME CHANGE: GOODBYE “CODEPENDENCY”

• Introducing Self-Love Deficit Disorder
  ▪ Not stigmatizing or shaming
  ▪ Reconceptualizes codependency as a symptom of
  ▪ Attachment trauma
  ▪ Core Shame
  ▪ Pathological Loneliness
  ▪ SLDD Addiction
  ▪ And the symptoms known as “codependency” or
  **Self-Love Deficit Disorder (SLDD)**

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THE SELF-LOVE DEFICIT PYRAMID

SLDD
The selfless compulsive caretaker who habitually attempts to control others into loving them

SLDD Addiction
Loneliness is alleviated by the attraction to narcissists and/or the compulsion to stay with them.

Pathological Loneliness
Excruciatingly painful feelings of worthlessness & unlovability

Core Shame
“I am only as good as what I do for others.” “I am only lovable when I am invisible.”

Attachment Trauma
The trauma is repressed, while growing up feeling worthless and unlovable

Conditional & judgmental love from narcissistic parent

Definition of self

Being alone

The Self-Love Deficit Pyramid
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THE SELF-LOVE ABUNDANCY PYRAMID

(c) Ross Rosenberg
THE 9 STAGES OF SELF-LOVE DEFICIT DISORDER TREATMENT

• The scaffolding of “The Codependency Cure”
• Each stage represents a specific phase of recovery
• Within each, different elements of treatment occur
• Most are unique to my work
• All Influenced by the work of others
• The therapeutic path from SLDD to Self-Love Abundance/SLA
  • From attachment trauma to self-love
  • Self-Love Abundance is “The Codependency Cure”
THE NINE STAGES

• Intuitive
• Logical
• Linear
• Progressive
• Resolves SLDD
• Facilitates SLA
  ▪ Personal and relational self-love identity
• Permanently changes relationship template
• Becomes self-perpetuating: feels too good to go back
• SLA’s protect newfound emotional freedom & self-love
THE 11 PROMISES—WHAT YOU WILL ACHIEVE

1. Identifies explains root causes of SLDD
2. Resolves attachment trauma
3. Neutralizes core shame.
4. Eradicates pathological loneliness
5. Sustains SLDD addiction recovery.
6. Ends need to self-medicate
7. Attraction or chemistry patterns change
8. The emergence of existential peace
9. Transformation from SLDD to SLA

The Codependency Cure
STAGE 1: HITTING BOTTOM – Introducing Hope

- Life is totally out of control
- Consequences and losses build
- Unbearable pain
- Feeling defeated
- Worn out
- Breaking point
- When giving up feels like an option
- The avalanche of the accumulation of losses
BUT YOU SURVIVE
STAGE 1: HITTING BOTTOM – Introducing Hope

- Breaking the silence/telling the secret
- Deciding to end narcissistic abuse
- Desperation and fear transitions to hope
- Courage is mustered
- A glimmer of hope presents itself
- Ready to reach out for help
- Attend support groups
- Seek mental health services
- These are dangerous times
WHEN WE HAVE TO SELL COURAGE & VULNERABILITY

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom"

Anaïs Nin
COST BENEFIT ANALYSIS EXCERCIZE

• On paper
• Address cognitive distortions
  ▪ Restrictive & negative thinking
  ▪ Denial patterns
• Challenge belief systems of “safety”
• Challenge belief systems of “risk”
• Seek evidence for beliefs
• Compare and contrasts realistic choices
• With a complete list, ask client if they can and want move forward

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Stage 2: Human Magnet Syndrome Education: Breaking Free from the “Dance”

Education stage:

- “Codependency”
- “Self-Love Deficit Disorder” (SLDD)
- The SLDD Pyramid
  - Linear path from attachment trauma to SLDD
- The “Dance” and Human Magnet Syndrome concepts.
- Reframing victimization
- Narcissistic Abuse Syndrome
- Pnarc’s power and control strategies
- Gas Lighting & Stockholm Syndrome
Stage 3: Understanding SLDD Addiction and Pathological Loneliness

• SLDD is an psychological, physiological & neurological addiction

• Signs and symptoms of the addiction

• Withdrawal symptoms

• *Pathological Loneliness* is the primary withdrawal symptom

• The prodigious challenge of “detoxing”

• Early recovery tools/suggestions

• How the addiction is managed in subsequent stages
STAGE 4: SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT

Courage and Commitment: 0 – 3 mos

• Need to be in therapy
• Most difficult & challenging stage
• Removing filters for pure unadulterated perception
• The Continuum of Self & Family Systems Theories prediction
• Change is perceived as a threat
• Forces are consequently mobilized to neutralize change
• If change proceeds, then equilibrium is lost
• Without equilibrium, this is when “the shit hits the fan”

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"SURGEON GENERAL’S WARNING"

SURGEON GENERAL’S WARNING:
Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

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SURGEON GENERAL’S WARNING = SLDD RECOVERY WARNING

• An ethical mandate
• Creates a very informed decision
• Provides a framework for the recovery
• Facilitates a cost / benefit discussion
• Proposes realistic expectations
SURGEON GENERAL’S WARNING

• Instills hope while preparing for the worst
• Motivates & inspires
• Realistically prepares for withdrawals and difficulties
• Prepares them for PNARC backlash
• Anchors in recovery strategies
• Decreases probability for SLDD relapse
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

- Earthquake” stage
- SLD’s boundaries cause seismic shifts in the relationship
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

- SLD metaphorically peels the Pnarc’s fingers away from their throat.
- With the intention of stopping the Pnarc’s chokehold of them.
- One boundary at a time,
- The SLD begins to insulate and protect themselves from the Pnarc.
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

- Takes preparation
- Requires support
- Requires safety planning
- Induces anxiety, fear, panic & depression
- PTSD-like reactions (from attachment trauma)
- Prepare for the onslaught of narcissistic injuries & reactions
- Prepare for overt or covert reactions
- Freezing / fight or flight because it will feel like an...
- The introduction to the Observe Don’t Absorb Technique
Ross Rosenberg's Observe Don't Absorb (c) Technique.

How to Emotionally Disconnect from the Narcissist's Manipulation
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

- SLD’s struggle with setting boundaries
- Learned early on it isn’t safe
- Terrified of this stage – for good reason!
- PNARC’s have much to gain by sabotaging them
- The SLD has to prepare for everyone being upset
- Cascade of negative reactions
- Narcissistic injuries
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

Managing SLDD Withdrawals

- Pathological loneliness
- Obsessive compulsion to connect with PNARC
  - Self-doubt & second guessing
  - Negative & distorted thinking
  - Denial
- Cravings
- Anxiety and Depression
- Isolation – immediate loss of support systems
  - Either took the PNARC’s side or was triangulated
- Proactively establish support system
- 12-Step meetings – temporary sponsor

(c) Ross Rosenberg
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

- Address *Concurrent Addictions*
  - Drugs/alcohol
  - Process/behavior addictions
  - Evaluate need for treatment or intervention
- Address *Cross Addictions:*
  - Sex, eating, work, etc.
- Address *Comorbid mental health disorders*
  - Reactive
  - Medical
  - Addiction induced
Stage 4: **SETTING BOUNDARIES IN A HOSTILE ENVIRONMENT**

**Retaliation and/or Retribution**

- Need for physical safety
- Address imminent risk, i.e., domestic violence
- Change of residence
- Triangulation
  - Children, friends, family
- Parental alienation syndrome
- Sabotage
- Public and personal shaming

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If you like someone, set them free.
If they come back, it means nobody liked them. Set them free again.
Stage 5: MAINTAINING SAFE AND SECURE BOUNDARIES

- Exercising the “no muscle”
- Learn differences between healthy & narcissistic relationships
- Practice with boundaries
- Progress over double standard: “I am being selfish or unfair”
- Continue to elicit NARC injuries
- Many NARC’s end the relationship
- SLD ends relationships
- SLD struggles with loss
- Moderate levels of pathological loneliness
- Cognitive distortions about the past
- High probability of relapse

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Stage 5: MAINTAINING SAFE AND SECURE BOUNDARIES

• Stay in therapy!
• Addiction / relapse prevention work
• Accountability partners
• CBT work
• Acclimate to loss of valued friends & family relationships
• Practice with self-time and self-activities
• Begin to build new social network
THE PROHIBITION OF DATING AND SEX
Stage 6: RESOLVING/INTEGRATED TRAUMA
STAGE 7: TRANSITIONING FROM SLDD TO SLA - SELF-LOVE ABUNDANCE

• “Falling in love” with ourselves
• Relationships with Pnarcs are terminated
  ▪ Except for one’s you chose to keep
• The complete disappearance of pathological loneliness
• No threat of relapse / maintaining boundaries
• Further development of resiliency
• Further development of support systems
• Further development of self-esteem
STAGE 7: TRANSITIONING FROM SLDD TO SLA – SELF-LOVE ABUNDANCE

• Relationships become healthier, open & honest
• Requires a good therapist
• Attachment trauma resolution (can be lengthy)
• Puzzle pieces begin to fit together
• Attributing responsibility
• Attributing blame is optional
• Processing feelings about trauma
• Expressing feelings about trauma
• Letting it go
• Forgiving is not necessary
• Addressing reflexive self-talk (messages)
• Negative voices in your head
• SLDD movie clips (flashbacks). When we
• Inaccurate personal narratives
• Updating our personal narrative
• The process is:
  ▪ Progressive / incremental
  ▪ Evolving
  ▪ Transforming
  ▪ Self-reinforcing - the good self-fulfilling prophesy
  ▪ Infectious
• It is not a destination, it is a path
• It is not a destination, it is a path
• The pursuit self-love is the engine driving SLD recovery
• Achieving and maintaining it takes work and is difficult!
• Developing self-love requires:
  • Practice
  • Patience
  • Self-empathy
  • Learning from mistakes
  • Humility
STAGE 8: PRACTICING AND ENJOYING SELF-LOVE DRIVEN RELATIONSHIPS

RELATIONSHIP MATH

CODEPENDENT/NARC FORMULA: \( \frac{1}{2} + \frac{1}{2} = 1 \)

\( \frac{1}{2} + \frac{1}{2} = 1 \): Two "half" or emotionally unhealthy and underdeveloped relationship partners comprise a whole or complete dysfunctional relationship. Although the initial feeling in this relationship is often euphoric and emotionally explosive, this soul mate experience typically devolves into pair of angry and resentful "cellmates."

CODEPENDENT RECOVERY FORMULA: \( 1 + 1 = 2 \)

\( 1 + 1 = 2 \): Two "whole" or emotionally healthy lovers comprise a complete relationship. In this relationship equation, the two lovers relate to each other as interdependent adults. An interdependent relationship works because of the unique mixture of cooperation and autonomy. Neither need nor rely on the other to feel whole, complete and, therefore, happy. Instead, they come to the relationship as psychologically healthy people seeking an independent but shared love experience.

ROSS ROSENBERG, 2015
STAGE 8: PRACTICING AND ENJOYING SELF-LOVE DRIVEN RELATIONSHIPS

• HMS shift/the recalibration of your CSV
• Time to allow someone into your heart-space
• Time to experiment in relationships
• The abstinence period is over!
• You can have date now
• Time to be careful, selective, patient
• Stage 5 Paradox
  ▪ Much higher probability of finding “soul mate”
  ▪ Much lower numbers (less people to choose from)
SEX IS NOW ALLOWED!

• Up until this time, the client has resisted *limerence’s urge to merge*

• Healthy boundaries have been established

• Before it was a $\frac{1}{2} + \frac{1}{2} = 1$ “equation”
  - Sex bridged the *fear of abandonment gap*
  - Soothed pathological loneliness

• Now it is a $1 + 1 = 2$ equation
  - Healthy intimacy, but still with important boundaries
  - *Individuated sex!*

(c) Ross Rosenberg
• Building off-line social networks
• Building meaningful online social networks
• Work relationships
• How to find the needle in the haystack
• Actively looking for romance and love

• Is it time to reinvent yourself?
• Experiencing mutual LRC relationships
  ▪ Love, respect and caring balance
  ▪ Healthy & “permeable” boundaries
  ▪ Interdependence
• Loved ones will admire & affirm your growth / change
• Critics will have forgotten their complaints & feel closer to you
• Cravings / withdrawal symptoms will have ceased
• MINDFULNESS PRACTICE
STAGE 9: SHEDDING SLDD: ACHIEVING THE CODEPENDENCY CURE

THE SELF-LOVE ABUNDANCY PYRAMID

- Core Self-Love: Healing / Resolving Attachment Trauma Wounds
- Attachment Trauma Resolution
- Realistic & empowered Definition of self
- Existential Peace: Content while being present
- Mutuality & reciprocity in relationships: Self-love, self-respect & self-care that engenders the same in others
- Self Love: Serenity & acceptance about one’s place in the world

“I am lovable because I am me, despite my mistakes. I don’t have to work at being loved.”

The foundation for self-love, self-care, and self-respect.
The Four Corners of Self-Love

Self-Loving Thoughts & Beliefs
Self-Loving Feelings & Emotions
Self-Loving Behaviors & Actions
Self-Loving Relationships & Friends
• Loneliness is gone, while being alone can be enjoyable
• Human Magnet Syndrome repulsion/attraction dynamics shift
• Immediately turned off by narcissists
• Excited & “turned on” by healthy prospective partners
• The full emergence of SELF-LOVE
• **NOW THE NORMAL MENTAL HEALTH WORKS STARTS!**
• Therapy takes on a different tone and focus
HIS BOOK: The Human Magnet Syndrome: http://humanmagnetsyndrome.com/
http://www.amazon.com/The-Human-Magnet-Syndrome-People/dp/1936128314

YOUTUBE CHANNEL: https://www.youtube.com/user/clinicalcareconsult

CLINICAL CARE CONSULTANTS COUNSELING CENTER: http://clinicalcareconsultants.com

ROSS’S SEX ADDICTION TREATMENT SITE: HTTP://WWWHELP4SEXUALADDICTIONCOM/

ROSS ROSENBERG’S ARTICLES: http://goo.gl/lRG3d4

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