

Lois Lane Loves Superman

Understanding the Addictive Dynamics Between the Borderline & the CoDependent

Cheri DeMoss
Empowering Options
2656 North Montrose
Chicago, Illinois
(773) 338-2889

One of the most challenging couples to work with is the one between the borderline and the co-dependent. Many of those who struggle with drug or alcohol addiction and or have a family history of Borderline Parents find themselves in these relationships and don't know how they got there. Or worse don't recognize the patterns and dynamics that are in play.

These types of romantic relationships are extremely addictive and one of the most difficult to understand whether you are on the inside or outside of the relationship.

This workshop will specifically focus on one of the most addictive relationships: the one between the borderline (Lois Lane) and the co-dependent (Superman). This addictive hooking between both partners has uniquely identifiable patterns that encourage, set up, and prevent either partner from doing healthy non-addictive behaviors. Often clients who are in this type of relationship are often simultaneously struggling with substance abuse issues. This makes it extremely challenging for us, as therapists, to recognize the subtle red flags, and repeated patterns operating in the background of our work with clients. We often get distracted by the substance abuse – the drama – the acting out of “Lois Lane” or the reactions of “Superman”

This workshop is design to help participants learn to recognize both the subtle and not so subtle red flags of this highly addictive relationship. We will look at behaviors, thought processes, and reactions that are unique to this type of relationship. By learning how to recognize this type of relationship participants will be better able to prioritize and implement effective treatment strategies.