

# HEALING CODEPENDENCY WORKSHOP

**Join Us in  
Learning  
About:**

**What is Co-  
Dependency?**

**How it affects  
your relationships  
your health and  
your life.**

**How to break free  
and heal.**



**Saturday  
Sept 16  
10-6**

**Middle Way Health School of Hypnotherapy**

[www.middlewayhealth.com](http://www.middlewayhealth.com)

**Early Registration by Sept 12th \$97**

**After Sept 12th \$125**

**Call 916-492-9007 to Register**

**Sue Marshall**

**Certified Clinical Hypnotherapist**

# **Co-Dependency Workshop**

**Did you grow up with one or more of these rules?**

**It's not okay to talk about problems**

**Feelings should not be expressed openly: keep feelings to yourself**

**Communication is best if indirect: one person acts as messenger between two others: known in therapy as triangulation**

**Be strong, good right, perfect**

**Make us proud beyond realistic expectations**

**Don't be selfish**

**Do as I say not as I do**

**It's not okay to play or be playful**

**Don't rock the boat.**