

Interpersonal Communications Between Controllers and their Codependents

CONTROLLERS		CODEPENDENTS	
Becomes quickly controlling	He needs someone desperately and will pressure the woman to commit herself to him his way to guard his negative mother experience.	Poor Self-concept growing up under control power	She is flattered and surprised by his interest in a often vulnerable time . May not have dated much; often an early and quick marriage.
Jealous/suspicion	He questions his partner about where she goes, who she talks to, when she'll be home. May drop by to check up on her at work.	Insecure	Insecure : She has a strong desire to be cared for emotionally or financially by a man. Can't imagine life without a man, often after divorce, even an abusive one.
Controlling	Controlling: Usually doesn't allow her to make personal decisions. Gets angry and irritated about anything. Indicating that he does not tolerate her "rebellion," or rather her freedom.	Isolates/ alienates	Her partner won't let her socialize with friends or family. She has no support network.
Duplicates himself	The first objective of the controller is to duplicate his illusion into the other person mind. He needs this to stabilize and secure his own personality.	Intimidates	Intimidated. She is frightened by his temper and often fears for her or her children's lives even when arguments are not physical.
Unrealistic expectations	Places unrealistic expectations on his partner. He often expects the woman to be the perfect wife, lover, mother, etc. She must do all the cooking, cleaning, and child care, because he sees that as beneath him.	Compliant.	Compliant. She doesn't want to hurt her partner's feelings, or feels forced to be compliant because she fears his rage.
Extension of himself	She is nothing more than an extension of himself. What he couldn't do with his mother he now does to his wife.	Rescuer	Rescuer mentality. She worries about how her partner would make it without her and feels she must save him when he's in trouble.
Craves isolation.	Craves isolation. Separates from the outside world. May not let her use phone or car. His friends may be a small group of men who also batter or at least condone or minimizes battering.	Victimizes	Victim of child abuse or witnessed abuse of her mother. She believes violence is an expectable and acceptable part of male/female relationships.
Blameless.	Considers himself blameless. He blames others for his problems and often feels he is a victim and people are out to get him.	Curses	The continued harassment places all kinds of curses upon her life. She comes into the marriage with control curses upon her. They cause confusion, indecision and rob her from proper people judgment/evaluation. Blaming causes a demonic stronghold of fear preventing her to stand up in faith.
Abused	Was abused as a child or saw his mother abused and perhaps battered. Takes out his family curses upon her.	Addicted	"Internal addictions" are common. She often uses food, alcohol, and/or other drugs to numb her emotional and physical pain.
Cruel	Is cruel. He mistreats animals or children, even punishing toddlers for behavior they can't control, like bed-wetting.	Financially dependent	Financially dependent. Her partner may not allow her to handle any money of her own. She feels financially dependent on him even if she works outside the home.
Verbally abusive labeling	Is verbally abusive. Repeatedly tells partner: "You're stupid, ugly, etc. You'd never make it without me. No one else would put up with you."	Transitional thinking	Transitional thinking causes the abuse to feel at fault by what she does or doesn't do, should do or shouldn't have done. Because he is always right therefore, she must be wrong and blames the whole mess on herself.
Moody	Is moody. After an abusive episode, he usually reverts back to the Prince Charming he was when he first swept his partner off her feet.	Spiritualizes suffering	Spiritualizes Suffering. If she is religious, she may see her suffering as penance for her sinfulness and as a way to gain spiritual standing with God.
Divine mandate	Divine mandate. May feel he has a God-given right to do whatever it takes to dominate his partner and maintain complete control.	Resorts to controlling	In order to survive the codependent also resorts to controlling to maintain some stability and meaning in her life.
<u>Solution</u>	Faith Fact: Only a surrendered, submitted life enjoys the authority of the Holy Spirit. They will receive healing for all the emotional scars and able to accept the teaching of the cross to correct all falsely formed concepts concerning proper relationships. In submission to the Word and the Spirit one will receive authority from God to see himself as a man or woman he/she desires to be.	<u>Solution</u>	Faith Fact: No person has the right to cross someone else's soul boundaries without permission. The believer in Christ can break the powers of control, manipulation and domination by condemning the voices and weapons formed against her. (Read and study, Isa. 54.17). Taking position through faith in Jesus Christ, meaning and security is found in Him alone.