

# THE OBSESSIVE CODEPENDENT

Erica Sayer



A CLINICAL




INTERPRETATION  
BY LATISHA CLARK

# ERICA SAYER – CLINICAL CONTEXT



Erica is Nina's mother. Her only purpose in life was to be Prima Donna Ballerina and the need to have international recognition. Erica's love and affection to Nina was based exclusively upon absolute power. Since Erica chose to "abandon" her life, for Nina to live she becomes the Queen. Reconstructing Nina's entire life to mirror her own. Erica never detached herself from Nina. Fostering codependency and obsessive compulsion disorder that manipulated the mother-daughter relationship (Happ et al. 2018)

<b>Definition:</b> a very temperamental person with an inflated view of their own talent or importance; (like a diva)	<b>Word Origin:</b> Italian
<b>Word in a Sentence:</b> The opera company is filled with prima donnas.	<b>Word Drawing:</b> 

DIGITAL DOWNLOAD 

## ballerina

[ bal-uh-ree-nuh ]

A female ballet dancer, especially the principal dancer in a performance or ballet company.


MOORE Bytes And Bits

Close Up

## ballet

[ba-ley, bal-ey] noun

A classical dance form characterized by grace and precision of movement



fine art america

# ERICA SAYER —

## BEHAVIORS

### CONSCIOUS'S CODEPENDENCY

WE

1. SINGLE MOTHER
2. OVERPROTECTIVE
3. HYPER-AMBITION PURSUIT OF  
HAPPINESS'
4. REOCCURRING RECEMENT
5. DAILY USE OF DEFENSIVE  
MECHANISMS

### SUBCONSCIOUS OBSESSIVE COMPULSIVE

ME

- ONLY HER SELF SACRIFICE
- ONLY ONE CHILD
- ONLY HER DREAMS OF GRANDIER
- ONLY ANGER TOWARDS ONE PERSON
- ONLY USED ON HER DAUGHTER / THE  
ONLY ONE FAMILY MEMBER





# THE CODEPENDENCE EFFECT

EMOTIONAL DETACHMENT

WANTED TO BE ONLY SUPPORT

NO BOUNDARIES

PRODENPENC-THE HERO

SELF-SUFFICIENT DOES NOT

Kaya, EXIST  
2024

The rescuer  
(I feel better if you  
feel better)

The persecutor  
(I feel better if you  
feel worse)



The victim  
(I'm no good for  
anything)

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# THE COMPULSIVE OBSESSIVE EFFECT

OVER PERSISTENCE AT THE COST  
OF SELF BODILY INFLICTION,  
REPEATED PERFECTIONIST  
TRAITS  
ANXIETY, STRESS TO HAVE  
CONTROL  
UNREALISTIC GOALS  
Akila et .al , 2024  
DISSOCIATIVE BEHAVIOR

Specify  
if:

With good or fair insight: The individual recognizes that obsessive-compulsive disorder beliefs are definitely or probably not true or that they may or may not be true.

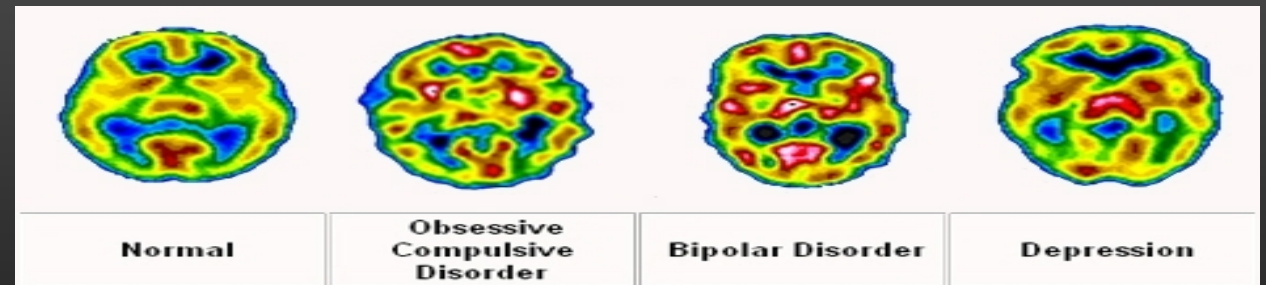
With poor insight: The individual thinks obsessive-compulsive disorder beliefs are probably true.

With absent insight/delusional beliefs: The individual is completely convinced that obsessive-compulsive disorder beliefs are true.

Specify  
if:

Tic-related: The individual has a current or past history of a tic disorder.

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<b><u>Characteristic</u></b>	<b><u>Dependence</u></b>	<b><u>Codependence</u></b>	<b><u>Independence</u></b>	<b><u>Interdependence</u></b>
<b>Respect</b>	Too much respect for others	Respect at the expense of personal autonomy	Not enough respect for others	Recognition and respect of others
<b>Reciprocity</b>	One-sided, with one party giving more	One person gives while the other takes	Little to no mutual exchange	Balanced give-and-take
<b>Autonomy</b>	Little to none	Autonomy is based on another	Autonomy at the expense of others	Both individuals maintain autonomy
<b>Boundaries</b>	Weak or non-existent	Blurred or non-existent	Strong but rigid	Clear but flexible
<b>Communication</b>	Fear of expressing needs	Manipulative or passive-aggressive	Reluctance to communicate personal matters	Open and honest dialogue
<b>Responsibility</b>	Relinquishing personal responsibilities	One person takes on all responsibilities	Taking on responsibilities without seeking help	Shared Responsibilities
<b>Support</b>	Seeks constant support	One party overly reliant on the other	Rarely seeks support	Offers and seeks support when needed

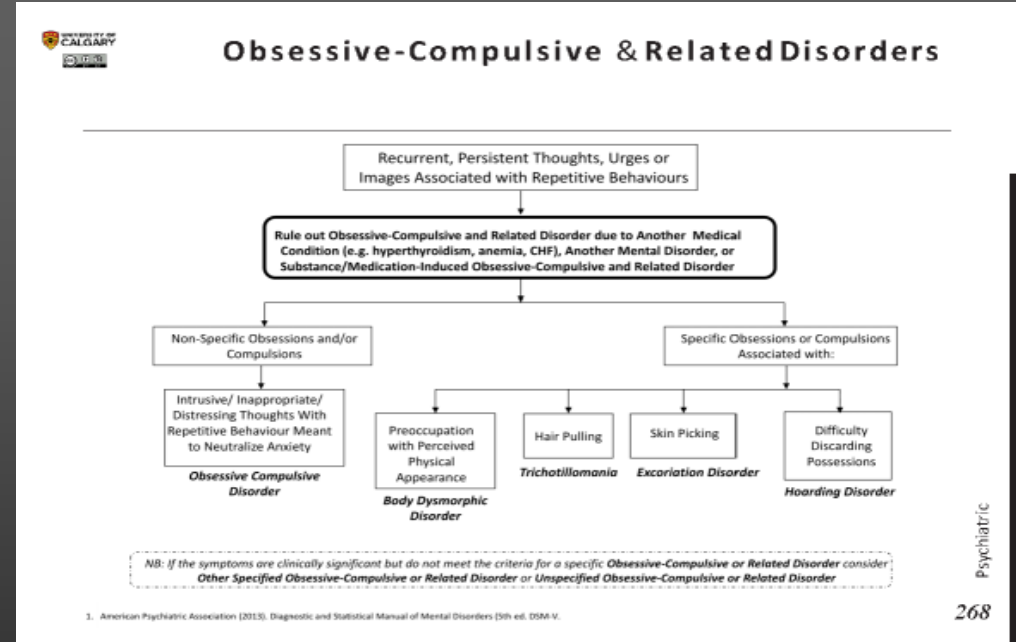
“Codependent parents have a compulsive anxiety-driven focus on their relationship with their children. Instead of letting a child develop on their own, a codependent parenting style pushes children into a mold. Codependent parenting isn’t caring—it’s controlling  
 “(Weiner,2024)

# ERICAS ASSESSMENT AS A ? AIT DISORDER

<b>Neuroticism (Emotional Instability)</b> fearful, apprehensive, angry, bitter, pessimistic, glum, timid, embarrassed, tempted, urgency, helpless, fragile	VS	<b>Emotional Stability</b> relaxed, unconcerned, cool, even-tempered, optimistic, self-assured, glib, shameless, controlled, restrained, clear-thinking, fearless, unflappable
<b>Extraversion</b> cordial, affectionate, attached, sociable, outgoing, dominant, forceful, vigorous, energetic, active, reckless, daring, high-spirited, excitement-seeking	VS	<b>Introversion</b> cold, aloof, indifferent, withdrawn, isolated, unassuming, quiet, resigned, passive, lethargic, cautious, monotonous, dull, placid, anhedonic
<b>Openness (unconventionality)</b> dreamer, unrealistic, imaginative, aberrant, aesthetic, self-aware, eccentric, strange, odd, peculiar, creative, permissive, broad-minded	VS	<b>Closedness (conventionality)</b> practical, concrete, uninvolved, no aesthetic interest, constricted, unaware, alexythymic, routine, predictable, habitual, stubborn, pragmatic, rigid, traditional, inflexible, dogmatic
<b>Agreeableness</b> gullible, naive, trusting, confiding, honest, sacrificial, giving, docile, cooperative, meek, self-effacing, humble, soft, empathetic	VS	<b>Antagonism</b> skeptical, cynical, suspicious, paranoid, cunning, manipulative, deceptive, stingy, selfish, greedy, exploitative, oppositional, combative, aggressive, confident, boastful, arrogant, tough, callous, ruthless
<b>Conscientiousness</b> perfectionistic, efficient, ordered, methodical, organized, rigid, reliable, dependable, workaholic, ambitious, dogged, devoted, cautious, ruminative, reflective	VS	<b>Disinhibition</b> lax, negligent, haphazard, disorganized, sloppy, casual, undependable, unethical, aimless, desultory, hedonistic, negligent, hasty, careless, rash

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“Codependent personality disorder isn’t a personality disorder under The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5). Instead, the term codependency describes a set of behaviors that leads to unbalanced and unhealthy relationships with others.” (Lockett, 2024)



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# Spann-Fischer Codependency Scale

Your full name:

Clinician's full name:

Date submitted:

Instructions: Read the following statements and select the answer (self-rating) that best describes you according to each statement.

- 1 = Strongly Disagree
- 2 = Moderately Disagree
- 3 = Slightly Disagree
- 4 = Slightly Agree
- 5 = Moderately Agree
- 6 = Strongly Agree

	1	2	3	4	5	6
1. It is hard for me to make decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. It is hard for me to say "no."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. It is hard for me to accept compliments graciously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sometimes I almost feel bored or empty if I don't have problems to focus on.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I usually do not do things for other people that they are capable of doing for themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. When I do something nice for myself, I usually feel guilty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I do not worry very much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I tell myself that things will get better when the people in my life change what they are doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I seem to have relationships where I am always there for them, but they are rarely there for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level of Dependence “Whether you’re a psychologist, therapist, counselor, or an adjacent mental healthcare professional, if you’re handling patients who are in codependent relationships and want to gauge the severity of their codependency, then one of the clinical tools that you can take advantage of is the Spann-Fischer Codependency Scale” (Oliverio, 2024)



Big 5 Trait	Example Behavior for LOW Scorers	Example Behavior for HIGH Scorers
<b>Openness</b>	Prefers not to be exposed to alternative moral systems; narrow interests; inartistic; not analytical; down-to-earth	Enjoys seeing people with new types of haircuts and body piercing; curious; imaginative; untraditional
<b>Conscientiousness</b>	Prefers spur-of-the-moment action to planning; unreliable; hedonistic; careless; lax	Never late for a date; organized; hardworking; neat; persevering; punctual; self-disciplined
<b>Extraversion</b>	Preferring a quiet evening reading to a loud party; sober; aloof; unenthusiastic	Being the life of the party; active; optimistic; fun-loving; affectionate
<b>Agreeableness</b>	Quickly and confidently asserts own rights; irritable; manipulative; uncooperative; rude	Agrees with others about political opinions; good-natured; forgiving; gullible; helpful; forgiving
<b>Neuroticism</b>	Not getting irritated by small annoyances; calm, unemotional; hardy; secure; self-satisfied	Constantly worrying about little things; insecure; hypochondriacal; feeling inadequate

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“Each time we use one of these words, words like “talkative,” “quiet,” “active,” or “anxious,” to describe those around us, we are talking about a person’s **personality**—the characteristic ways that people differ from one another (Diener & Lucas, 2019-2020)

Trait	Facets of Trait
<b>Openness</b>	<ul style="list-style-type: none"> <li>• Fantasy prone</li> <li>• Open to feelings</li> <li>• Open to diverse behaviors</li> <li>• Open to new and different ideas</li> <li>• Open to various values and beliefs</li> </ul>
<b>Conscientiousness</b>	<ul style="list-style-type: none"> <li>• Competent</li> <li>• Orderly</li> <li>• Dutiful</li> <li>• Achievement oriented</li> <li>• Self-disciplined</li> <li>• Deliberate</li> </ul>
<b>Extraversion</b>	<ul style="list-style-type: none"> <li>• Gregarious (sociable)</li> <li>• Warm</li> <li>• Assertive</li> <li>• Active</li> <li>• Excitement-seeking</li> <li>• Positive emotionality</li> </ul>
<b>Agreeableness</b>	<ul style="list-style-type: none"> <li>• Trusting</li> <li>• Straightforward</li> <li>• Altruistic</li> <li>• Compliant</li> <li>• Modest</li> <li>• Tender-minded</li> </ul>
<b>Neuroticism</b>	<ul style="list-style-type: none"> <li>• Anxious</li> <li>• Angry</li> <li>• Depressed</li> <li>• Self-consciousness</li> <li>• Impulsive</li> <li>• Vulnerable</li> </ul>

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Personality Trait	Description
<b>Machiavellianism</b>	Named after the famous political philosopher, Niccolo Machiavelli, this trait refers to individuals who manipulate the behavior of others, often through duplicity. Machiavellians are often interested in money and power, and pragmatically use others in this quest.
<b>Need for Achievement</b>	Those high in need for achievement want to accomplish a lot and set high standards of excellence for themselves. They are able to work persistently and hard for distant goals. David McClelland argued that economic growth depends in part on citizens with high need for achievement.
<b>Need for Cognition</b>	People high in need for cognition find it rewarding to understand things, and are willing to use considerable cognitive effort in this quest. Such individuals enjoy learning, and the process of trying to understand new things.
<b>Authoritarianism</b>	Authoritarians believe in strict social hierarchies, in which they are totally obedient to those above them, and expect complete obedience from their subordinates. Rigid in adherence to rules, the authoritarian personality is very uncomfortable with uncertainty.
<b>Narcissism</b>	The narcissistic personality has self-love that is so strong that it results in high levels of vanity, conceit, and selfishness. The narcissistic individual often has problems feeling empathetic toward others and grateful to others.
<b>Self-esteem</b>	The tendency to evaluate oneself positively. Self-esteem does not imply that one believes that he or she is better than others, only that he or she is a person of worth.
<b>Optimism</b>	The tendency to expect positive outcomes in the future. People who are optimistic expect good things to happen, and indeed they often have more positive outcomes, perhaps because they work harder to achieve them.
<b>Alexithymia</b>	The inability to recognize and label emotions in oneself. The individual also has a difficult time recognizing emotions in others and often has difficulties in relationships.

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# ERICA'S MENTS



## CODEPENDENCY

### COPING WITH CODEPENDENCY

Codependency is a psychological tendency of fulfilling the needs of a loved one(s) by ignoring personal needs in unhealthy relationships.

### COPING TECHNIQUES OF CODEPENDENCY

#### Showing Support Vs Being Codependent

Take a step and try to separate the line between healthy, supportive behaviors and codependent ones.

2

#### Identify Your Life Patterns

Take a step back and try to recognize any repeating patterns in his/her current and past relationships.

3

#### Understand Healthy Relationships & Love

Not all unhealthy relationships are codependent, but all codependent relationships are generally unhealthy.

4

#### Set Boundaries

Set boundaries for yourself, especially with the things that you are not comfortable dealing with.

5

#### Offer Help the Healthy Way

Listen to your partner's troubles or worries. Discuss possible solutions with them.

6

#### Value Yourself

Learn to increase your self worth which will increase your confidence, happiness, and self-esteem.

### THERAPIES FOR CODEPENDENCY

#### 1. GROUP THERAPY

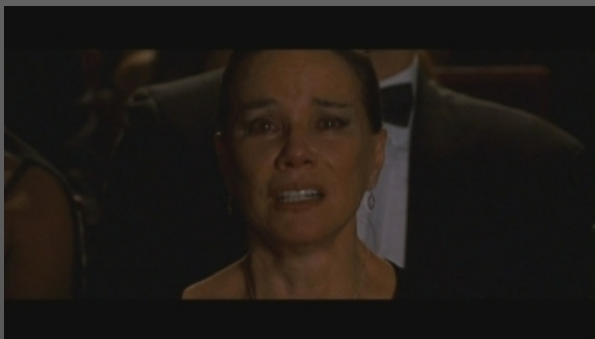
- Provides codependent individuals with a safe and appropriate space to express their feeling.
- Learn communication and problem-solving skills.

#### 2. FAMILY THERAPY

- Reshape destructive codependency in relationships into healthy, independent ones.
- Healthy communication.
- Solving interpersonal problems.
- Teach family members new ways of coping and interacting.

#### 3. COGNITIVE BEHAVIORAL THERAPY

- Change the thought pattern of the codependent person.
- Build positive behavior changes.
- Connecting feelings while exploring different emotions.



# OBSESSIVE COMPULSIVE D



Session	Goals	Components	Tools/homework
1	<ul style="list-style-type: none"> <li>• Rapport-building</li> <li>• Understanding of OCD and current OCD symptoms</li> <li>• Normalize the patient's difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Review of OCD symptoms</li> <li>• Psychoeducation on CBT model and OCD</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> <li>• "Review of your OCD"</li> <li>• "OCD monitoring sheet"</li> </ul>
2	<ul style="list-style-type: none"> <li>• Understanding of ERP</li> <li>• Goal setting</li> </ul>	<ul style="list-style-type: none"> <li>• Psychoeducation on ERP and rationale for treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> <li>• "Anxiety hierarchy"</li> </ul>
3	<ul style="list-style-type: none"> <li>• Understand how to support the patient during home-based ERP</li> </ul>	<ul style="list-style-type: none"> <li>• Review of examples to motivate the patient during home-based ERP</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> </ul>
4	<ul style="list-style-type: none"> <li>• Understanding of communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• Review of communication difficulties in the patient's family</li> <li>• Role-play exercise to practice communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> </ul>
5	<ul style="list-style-type: none"> <li>• Understanding of the FA of OCD</li> <li>• Identify the type of FA of the patient</li> </ul>	<ul style="list-style-type: none"> <li>• Review various types of FA</li> <li>• Collaboratively identify the type of FA of the patient</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> </ul>
6	<ul style="list-style-type: none"> <li>• Understanding how to respond to the FA</li> </ul>	<ul style="list-style-type: none"> <li>• Review the examples for responding to FA of OCD</li> <li>• Discuss how to respond to the patient and how to really support the patient</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> <li>• "How to respond to FA"</li> </ul>
7	<ul style="list-style-type: none"> <li>• Relapse prevention</li> <li>• Understanding of goal setting to overcome OCD</li> </ul>	<ul style="list-style-type: none"> <li>• Review how to set goals when OCD occurs again</li> <li>• Collaboratively setting long- and short-term goals after CBT</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> <li>• "Goal-setting sheet"</li> </ul>
8	<ul style="list-style-type: none"> <li>• Relapse prevention</li> <li>• Understanding how to negotiate a family contract to achieve the goals</li> </ul>	<ul style="list-style-type: none"> <li>• Review the examples of a family contract for OCD</li> <li>• Planning a family contract to achieve their goals</li> <li>• Review of the therapy and get feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational sheets</li> <li>• "Family contract sheet"</li> </ul>

# Signs of a Codependent Relationship

- 1 Providing money to support a habit.
- 2 Denying the problem.
- 3 Avoiding conflict at all costs even if it means denying that there is even a problem.
- 4 Feeling responsible for your partner's thoughts, feelings, and actions.
- 5 Making excuses to cover up your partner's substance abuse. For example, calling in sick to work for them when they are hung over.
- 6 Saying "yes" to your loved one when you want to say no.
- 7 Providing care for the person when addiction symptoms present physically.
- 8 Putting your partner's needs above your own. Neglecting your own self-care and needs.
- 9 Turning to drugs or alcohol to cope with the stress or dysfunction of the situation.



You should know to prevent imbalance in your relationships.

PEOPLE-PLEASING  
AND CODEPENDENCY  
IN ADDICTION

*Life & Recovery* with  
YESHAIA BLAKENEY



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2/28/2024

What is Codependency in Families?

<https://innerbalanceaz.com/blog/what-is-codependency-in-families>

Slide 1 a. Aronofsky, D. (2010). **Black Swan**. Fox Searchlight Pictures.

b. <https://www.fanpop.com/clubs/barbara-hershey/images/23366912/title/barbara-hershey-erica-saye>

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c. <https://slideplayer.com/slide/15186238/>

d. <https://www.etsy.com/listing/1391800530/ballerina-definition-print-ballet-party>

<https://pixels.com/featured/ballet-definition-black-and-white-new-inspiration.html>