THE PERSONAS OF *Codependency*

WWW.ALICIANOELRAMOS.COM

The Rebel

DIVINE

Growth
Pioneer
Action Taker
Courageous
Influentiful
Cunning
Charming
Smart
Strong
Powerful
Independent
Passionate
Leaders
Intelligent
changemaker

WOUNDED

Defiant
Insurgent
Irrational
Nonsensical
Resistance
No Authority
No Control
Unconventional
Ruler Breaker
Shame
Manipulate
Coercion
Insecure
Take Advantage
Exploit Others
Disruptive
Attention
Seeking Approval
Seeking Validation

The Caregiver

DIVINE

Gives Care
Selfless
Compassionate
Supportive
Encouraging
Generous
Understanding
Empathetic
Optimistic
Altruistic
Dedicate
Patience
Attentive
Advocate
Counsel
Nurturing
Loving
Kind
Vulnerable

WOUNDED

Resentful
Blame
Shame
Demanding
Comprising
Burnout
Closed Off
Anger
Exploited
Taken advantage of
Controlling
Manipulative
Coercive
Over protective
Disappointed
Distrusting
Savior complex
Enabler

The Orphan

DIVINE

Resilient
Empathic
Understanding
Inclusive
Warm
Kind
Sociable
Resourceful
Problem Solver
Curious
Flexible
Adaptable
Energized

WOUNDED

Lazy
Unmotivated
Lethargic
Powerless
Uncertainty
Doubt
Unworthiness
Lack
Poverty
Scarcity
Not good enough
Abandon
Unwanted
Out of Control
Victim
Blame other
Needy
Clingy
Desperation
Dependent

The Innocent Child

DIVINE	WOUNDED
innocent	careless
naïve	unrealistic
full of wonder	ignorant
virtous	impulsive
pure	gullible
loving	unware
playful	fear of punishment
wholesome	foolish
honest	unsuspecting
truthful	exploitable
optimistic	submissive
faithful	passive
hopeful	nonresistant
genuine	yielding
compassionate	worthless
curious	apologetic
light-hearted	bashful
positive	shy
endearing	remorseful
dreamer	hesitant
present	oblivious

Divine Self

Honest
Dependable
Reliable
In their worth
Communicative
Fun
Personable
Confident
Social
Polite
Supportive
Encouraging
Loving
Kind
Compassionate
Empathic
Considerate
Courtesy
Courageous
Proud
Friendly
Understanding
Sweet
Respectful
Honorable
Authentic
Genuine
Integrity
Loyal
Trustworthy

Independent
Resourceful
Strong
Responsible
Financially successful
Abundant
Prosperous
Secure
Humble
Appreciative
Grateful
Affectionate
Professional
Trusted
Kind hearted
Selfish
Generous
Thoughtful
Assertive
Driven
Ambitious
Inspired
Motivated
energized
Rational
Aware
Decisive
Loving
Compassionate
Successful