

10-STEPS TO EXCELLENT MENTAL AND EMOTIONAL HEALTH

Don't miss a single check-up!!



STEP TWO: CO-DEPENDENCY / ENABLING

SEMINAR DATE: TUESDAY, NOVEMBER 18, 2014 – 7:00 – 10:00PM

VENUE: RAMADA INN BAYMEADOWS (9150 BAYMEADOWS RD, JAX.)

PRICE: \$40/person; \$60/couple -- This is a non-smoking, low-perfume event.

QUIT CONTROLLING OTHERS. Co-Dependency and Enabling behaviors (Co-D and E) run much deeper than interactions with substance abusers. They take root in our childhoods, manifest in our adult life, or develop after being hurt or betrayed by someone. They **wreak havoc in personal development, relationships, and destroy our ability to live a triumphant life in Christ**, where we should be able to dwell in peace and trust in God with our whole body, heart, soul, mind, thoughts and prayer life.

CO-DEPENDENCY AND ENABLING CHECK-UP:

Co-D and E Christians have a pattern: they greatly want to be faithful in their walk with God, trusting in Him with all their might, but seldom make sufficient progress. Ironically,

they turn over their burdens to the Lord only to pick them back up – over and over and over again. These irrational behaviors eat away at our psyche, are rooted in the deepest part of a damaged soul, and play out in our lives everyday. They sprout roots of **anxiety, bitterness, destroy happiness, and keep us continually nursing a broken heart.** Co-D and E behaviors provide **restlessness** inside us, and make us do things we couldn't even imagine we are capable of doing. Co-D



and E **are actually our unintentional connection to the wiles of the devil**; where he fights to keep us in mental bondage and torment. People with Co-D and E behaviors have **dysfunctional relationships, fretful thoughts, un-won wars in their mind, and many sleepless nights.** Nearly everyone participates in some kind of distortional thinking without even realizing it. When Co-Dependency and Enabling is exposed the reality is -- those who possess these behaviors host the personality traits of **control, fear, insecurity, desperation, helplessness, self-righteousness, feelings of betrayal, and frustration.**



When these behaviors play out they prevent us from trusting in Jesus. This mental check-up will challenge your emotional make-up and encourage you to **move off the mark of self-preservation, confusion, and despair.** **RECLAIM YOUR MENTAL AND EMOTIONAL HEALTH SO THAT JESUS CAN LIVE LARGE INSIDE OF YOU!**

Coming Soon: JANUARY 13, 2014
"THE LIE OF FORGIVENESS"
 This will be the breakthrough seminar.
PRE-REGISTER TODAY!!!

MORE MENTAL HEALTH CHECK-UPS: FEB. 10, MARCH 10

- * Personality Disorders: Narcissistic, Bi-polar, Histrionic
- * Mood and Anxiety Disorders; Phobias, OCD * Anger
- * Conflict Resolution * Communication * Emotional Blackmail
- * Addictive Thinking/Addictive Personalities

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Seminar Host

Dr. Kaye Smith, Founder, ReClaim Global



Tear off portion below: -----

MENTAL AND EMOTIONAL HEALTH SEMINAR: CO-DEPENDENCY AND ENABLING

Name of Participant: _____ Date: _____

Email: _____ Phone: _____

I am registering as an individual (\$40). I am registering as a couple (\$60). I am a Master Facilitator.

I will pay by: CC Check (payable to ReClaim Global) Other Online

If paying by cc, please fill out this portion or call 904.233.9325:

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STEP TWO FOCUSES ON:
CO-DEPENDENCY / ENABLING

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