

Kindness vs. Codependency

Susan Peabody

I was having lunch with a friend last week, and she asked me what I had been doing lately. I told her I was helping to feed orphans in Kenya. She said, “Why are you always trying to help others? Isn’t that a trait of a codependent. Susan, when are you going to start taking care of yourself. You are getting older. It is time to put yourself first.” I thought about this and felt sad. Charity used to be virtue. What has the codependency movement done to good old-fashioned: “loving your neighbor”? This reminded me of the following article which I wrote years ago for my church family.



I was codependent for many years and then Robin Norwood, who wrote *Women Who Love Too Much*, straightened me out. In her book, she encouraged women to learn how to “become selfish.” Being an eager student, I learned this lesson well and got pretty good at it.

Then I became spiritual, and I was filled with an overwhelming desire to be kind, generous and charitable once again. I was happy about this, but I was also confused. How could I tell the difference between the codependent love and genuine love? And how could I avoid loving “too much?”

To answer this question, I had to do a lot of soul searching. This took years, but eventually I came to understand that codependent love is spurious—of illegitimate birth—and genuine love is a gift from God passed on to others through us. You might say it is the fruit of our spirit.

To tell when I am doing one and not the other, I look for the following clues:

Pseudo Generosity

Generosity stemming from codependent love arises out of fear, guilt or obligation. (If I do not do this) Charity born of my spiritual nature, comes from a person with well-established self-esteem. They are usually doing for others only what they would do for themselves under other circumstances.

Balance

Codependent love is exclusive to others—there is none left over for ourselves. If I am buying presents for others but refusing to accept them for myself, something is wrong.

Anonymity

Codependent love wants recognition. For instance, the codependent can easily rattle off a list of things she or has done for others. Charity born of our spirit manifests itself in an atmosphere of shyness and begs for secrecy.

Buying Love

Codependent love is an attempt to get something return. Will you love me if I take care of you? I need to be careful when I do things for others

that there are no strings attached. Charity born of the our spiritual side desires no personal payback.

Impact

Recipients of codependent love are outwardly grateful, but inwardly they sense the dishonesty of the giver or at least the hidden agenda. This often leads to resentment and what I call biting the hand that feeds them. It also leads to laziness and dependency on your care taking. On the other hand, those who receive charity born of our spirit sense the purity and love from whence it flows. They are not resentful and they do not feel obligated. They, along with the giver, have a feeling of completion and wholeness. Intimacy is achieved between two human beings which has a wonderful sense of authenticity. So if the recipients of your kindness are not thriving they are either jerk or just reacting to your codependent love.

Passing it On

Recipients of codepenent love want to hoard the gift. They sense that the supply can be cut off at anytime because it is not genuine. Love born of our spirit creates a desire in the receiver to pass it on. “Freely, freely you have received. Freely, Freely give.” When the recipient of your love is as generous to others as you are to him or her, this is a good sign.

Of course, there is always a fine line between codependent love and love born of our spiritual nature. This is because we are human. We want to love unconditionally but we don't realize we need to be kind to ourselves. Even the Bible says to love others *as* we love ourselves.