



# **Please Don't Say You Need Me: Biblical Answers for Codependency**

*Jan Silvius*

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# Please Don't Say You Need Me: Biblical Answers for Codependency

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## **Please Don't Say You Need Me: Biblical Answers for Codependency** Jan Silvius

Please Don't Say You Need Me . . . is a common plea voiced by people trapped in unhealthy, codependent relationships. Confused by their conflicting emotions, they feel trapped between wanting to love and care for someone else and yet, at the same time, needing to escape from that person's intense and suffocating demands for self-esteem. Jan Silvius offers practical, biblical answers for those dealing with codependency?actually, people-dependency?that can exist between mates, siblings, parents and children, and friends. · Who is the codependent person? · What is a codependent relationship? · What role does guilt play in a codependent relationship? · Can Christians be codependent? Jan Silvius answers these questions and shows readers how to identify and break the cycle of a codependent relationship in a loving, scriptural manner. Here is insight, hope, and encouragement for replacing unhealthy ways of relating with a new approach that can bring balance and wholeness.

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