

When we first begin our recovery, our lives may be so enmeshed in the disease of co-dependency/para-alcoholism that we do not know and/or do not remember the state of nondisease. As we work on our recovery, we begin to have brief experiences of being clear, and also we become more acutely aware of when we have slipped or are slipping back into the disease. Following is a partial list of behaviors that can throw us back into our disease or that indicate that we are "in" the disease after recovery has started.

- The first one is dishonesty. The slightest kind of lie will usually trigger co-dependents to move away from their sobriety and back into the disease.
- Co-dependents will usually get back into the disease when they find themselves talking about others in a way that they would not be willing to talk about them in person, and when they do this to build up allies and justify themselves.
- Whenever co-dependents find themselves obsessed with a person or situation, the disease will probably be triggered.
- Whenever co-dependents become controlling and/or manipulative, the disease will probably be triggered.
- Whenever co-dependents find themselves interpreting another person and assuming they know more about that person than she/he does about her/himself, it is usually followed by a slippage back into the disease.
- Self-neglect is fertile ground for moving back into the disease.
- Comparisons are an invitation back into the disease. The process of comparing is an addictive process. Statements like "I cannot do it as well," "He is better than I am," and "If only I could be like her" are all likely to trigger the disease.
- Blaming others and/or not taking responsibility for yourself is a step toward the disease.
- Jealousy triggers the disease process.
- Dualistic thinking (thinking in poles: good/bad, right/wrong, either/or) always throws co-dependents back into their disease.

You will probably have identified other behaviors which can make you sick. The path of recovery lies in identifying these triggers, acknowledging their power and learning new ways to relate to the world.