



SAFE HARBOUR

THERAPY AND COACHING

Dr Nicholas Jenner | The Online Therapist

CODEPENDENCY

Awareness to Action

A six-session therapeutic workshop to change the patterns that keep you over-focused on others and disconnected from yourself.

THE CENTRAL IDEA

Awareness creates a pause. The pause creates a choice. Repeated choices create a different way of relating.

Understanding is the beginning, not the destination

You may already recognise the patterns: people-pleasing, rescuing, monitoring another person's mood, avoiding conflict, seeking reassurance or abandoning your own needs to preserve connection. Yet insight alone does not always change what happens when you feel triggered.

Codependency: Awareness to Action is designed to help you understand one recurring pattern in your own life and begin responding to it differently. Across six connected sessions, you will learn to notice activation, make room for choice, establish clearer boundaries and redirect attention towards your own needs, values and life.

Who this workshop is for

This programme may be helpful if your relationships repeatedly leave you feeling responsible, anxious, depleted or unsure of yourself. It is especially relevant if you:

- feel responsible for other people's feelings, choices or wellbeing;
- find it difficult to say no, set limits or allow someone to be disappointed;
- monitor, rescue, fix, pursue, appease or over-explain when connection feels uncertain;
- understand your patterns intellectually but struggle to change them in the moment; or
- want relationships that allow both closeness and a stronger sense of individuality.

You do not need a diagnosis or a complete understanding of your past. The work begins with curiosity about what happens now and a willingness to practise small, meaningful changes.

What you will gain

The workshop offers a compassionate framework for understanding codependent behaviour as a learned relational strategy rather than a character flaw. By the end of the programme, you will have worked with one real-life pattern from recognition through to a practical 30-day plan.

- A clearer map of your triggers, feelings, urges, behaviour and consequences.
- Ways to regulate activation and create a pause before responding.
- A respectful understanding of the protective parts behind familiar behaviours.
- A practical distinction between your responsibilities and those of another adult.
- Boundary language and behavioural experiments grounded in real situations.
- A personal plan for maintaining change and reclaiming neglected parts of your life.

The Awareness-to-Action progression

1	2	3	4	5	6
SEE THE PATTERN	CATCH THE TRIGGER	UNDERSTAND THE PROTECTOR	ESTABLISH THE BOUNDARY	TOLERATE THE DISCOMFORT	RECLAIM THE SELF

Each participant chooses one recurring codependent pattern at the outset. That same pattern becomes the thread running through all six sessions, allowing you to observe it, understand it and practise a different response over time.

A practical and experiential programme

This is not simply a course about codependency. Each 90-minute session combines accessible therapeutic teaching with guided personal reflection, experiential exercises, discussion and focused Action Practice between sessions. The emphasis is on achievable behavioural change—not dramatic promises or pressure to disclose more than feels appropriate.

PROGRAMME FORMAT

6 sessions × 90 minutes | Guided learning | Experiential exercises | Between-session Action Practice

The six sessions

READY TO TAKE THE NEXT STEP?

Contact Dr Nicholas Jenner about current dates, availability and suitability.

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SESSION 1

Seeing the Pattern

Map one recurring pattern from trigger and fear through to behaviour, temporary relief and longer-term cost. Begin an awareness log and identify one small place where choice can enter.

SESSION 2

Triggers and the Nervous System

Understand why relational triggers can produce automatic checking, rescuing or appeasing. Practise regulation and the sequence: Trigger → Pause → Regulate → Choose → Act.

SESSION 3

The Parts That Protect Me

Recognise protectors such as the Pleaser, Rescuer, Fixer or Monitor. Explore what they fear and practise responding from adult Self-leadership rather than automatically following them.

SESSION 4

Boundaries, Responsibility and Individuality

Distinguish boundaries from control and clarify what belongs to you and to another adult. Complete a responsibility audit and practise one achievable boundary.

SESSION 5

Tolerating the Discomfort of Change

Work with the guilt, anxiety or fear that healthier choices can bring. Design one observable behavioural experiment and define success by your action—not another person's response.

SESSION 6

Reclaiming the Self

Redirect attention towards your own needs, preferences, values and purpose. Complete a Life Reclamation Audit and leave with a practical 30-day plan for maintaining change.

The aim is not perfection or never being triggered again. It is greater awareness, a little more space and a growing ability to choose actions that respect both connection and self.