



| | |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Season: | 2 |
| Episode: | 1 |
| Length: | 22:14 |
| Guest: | Mandi Dorrell |
| Episode Summary: | In this special episode, we are reaching out to those suffering from codependency. My special guest, Mandi Dorrell, shares her upbringing in a codependent environment, brought on by her parents. She also shares how she realized that defining moment when she decided to focus on her healing and recovery, to sustain healthy relationships in her adult years. PLEASE tune in to this episode, if you or a loved one is suffering from this damaging psychological disorder. |
| Questions (please note – these are not all the questions asked in the interview..) | <ul style="list-style-type: none"> - Mandi, there are 2 types of people in a co-dependent relationship, correct? One who relies, and one who is relied upon. Can you share with the listeners which type you closely related to growing up? Describe for us your formative years – your upbringing? - So with your parents having this dependency on you as a child, were you able to sense that something was amiss, but too young to know what it was, or were you able to specifically pinpoint it? How and when did you learn of the actual term “codependency”? - So is it fair to say that the one in the relationship who is relied upon, at some point, whether they know it or not, could inadvertently serve as an enabler” to sthe one who’s relying upon them? |
| Guest Media (i.e. Publications, Ted Talks, etc...) | |
| Where/How to connect with Guest: | Mandi urges those seeking help or additional information on Codependency to visit www.CoDa.org |