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What Is Codependency? - A wealth of info on Codependency Symptoms and Codependency Recovery provided by Darlene Lancer, author of Codependency for Dummies The term codependency has been around for almost four decades. Although it originally applied to spouses of alcoholics, first called co-alcoholics, research revealed that the characteristics of codependents were much more prevalent in the general population than had been imagined. In fact, they ...I received an email earlier this week from a married friend of mine who always signs off, "With love from Natalie and Jeff." Jeff has never sent me an email nor, as far as I can tell, does Natalie consult with him in advance about what she plans to write. Codependency definition is - a psychological condition or a relationship in which a person is controlled or manipulated by another who is affected with a pathological condition (such as an addiction to alcohol or heroin); broadly : dependence on the needs of or control by another. Did You Know? - Don T Leave Codependency And Attachment