

My Name is Bryon

Hi,

My name is Byron and I am codependent.

My story to my codependent fans is one of heartbreak and one of discovery. A true novel! I am 25 and have been everyone around me for the last 16 years. I am putting the finishing touches on a divorce and I am alone for the first time in a long time. So now I'm dealing with 1. DIVORCE and 2. CODEPENDENCY. A double whammy and one that I do not wish on anyone. I went to my first meeting last night and was blown away that other people have the same problems that I do. It was sad but a real pleasure to know I'm not alone. I have no clue who I am. I only know the people I have taken from. I am not selfish in the least bit, but I do know that the time for Byron is now. I feel more depressed now than I ever have and I feel as I have no control over my divorce. She is cheating and I have no control. No control...

As I cry writing this I know I will be at another meeting to share and be apart of a great group of people like I met last week. Codependency is a disease to me. I hate being codependent, I mean I will fight and I will pray and I will rejoice that I made the first step last night. That alone will take the scaredness away. It did for me. I didn't walk away any more happy to go home and I wasn't cured. But I was opening the door to opening up! This, my codependent friends, is what I need. And 7 hugs a day. Have great days and peaceful breaths.

Byron