



# The Role of Therapy and Counseling in Addressing Codependency in Addiction

[Codependency in addiction](#) is characterized by an excessive emotional or psychological reliance on a partner, often fostering an environment where addiction can thrive. Therapy and counseling are pivotal in lessening these dynamics, and they aid in fostering healthier relationships, and in promoting sustainable recovery.

Therapeutic interventions help an addict and his/her support group understand the patterns of [codependency](#), for instance, enabling behaviors, lack of boundaries, and prioritizing the needs of the addicted individual over one's own needs. This awareness is the first step in breaking the cycle of codependency and creating a more balanced dynamic.