

Disentangle

When You've Lost Your Self in Someone Else, Second Edition

Nancy L. Johnston, MS, LPC, LSATP, MAC

A revised and expanded edition of Nancy Johnston's inspiring guide to healing from "entanglement," or losing your self in relationships with others.



*When You've
Lost Your Self in
Someone Else*

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Codependency

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"Nancy Johnston does a beautiful job of helping the reader to both understand and be compassionate toward our self-defeating behaviors while offering a path toward building and claiming our self."

—Claudia Black, PhD

Author of *Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family*

Most of us have times when our care for self and care for others is out of balance, and we don't know what to do to remedy the situation. *Disentangle* invites people who are enmeshed in their relationships and have lost track of their own lives to find ways to re-center, to cultivate a healthy self, and to live with more serenity. These individuals may be called codependents, but they do not have to be. At the core of this imbalance is the loss of self in someone else.

Disentangle contains personal anecdotes, clinical case examples, exercises, and self-assessments designed to address behaviors such as giving, fixing, caretaking, helping, or controlling another person, while simultaneously neglecting self-care.

Johnston presents four clear areas of work to recover from this self-destructive tendency and foster a healthy self: Facing Illusions, Detaching, Setting Healthy Boundaries, and Developing Spirituality. The skills she teaches—how to respond rather than react, how to stay centered, how to listen, how to express one's self—will help you change the course of your relationships and find emotional freedom.

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About the Author

Nancy L. Johnston, MS, LPC, LSATP, MAC works in private practice in Lexington, VA. With forty-two years of clinical experience, Johnston is an American Mental Health Counselors Association Diplomate and Clinical Mental Health Specialist in Substance Abuse and Co-Occurring Disorders. She offers skill building trainings for recovery from codependent behaviors to the general public at her center in Lexington, VA.

Q & A with Nancy L. Johnston

How would you describe your book?

Disentangle: When You've Lost Your Self in Someone Else, Second Edition is written for people who are over-functioning in someone else's life and under-functioning in their own. They may be over-involved in giving, fixing, caretaking, helping, and/or controlling another person and simultaneously neglecting their own care, failing to consider themselves in decisions and planning, and experiencing physical, emotional, and financial problems as a result. These individuals may be called codependents, but they do not have to be. At the core of this imbalance is the loss of self in someone else.

What is the target audience for *Disentangle*?

This book could be for practically anyone. Most of us have times when our care for self and care for others is out-of-balance, and often we don't know quite what to do to remedy the situation. Not only can we be off-balance as a result of a relationship situation, we can also lose our self in work, parenting spending, media, gaming, gambling, eating issues—or any other number of things. No matter what the self is lost in, *Disentangle* has plenty of information to connect with and cultivate a healthier center.

How does *Disentangle* address recovery?

The origins of the book are in alcoholic family systems, working with what we have come to know about the codependent and what can help them. The book, however, expands beyond the need for the reader to identify as a codependent or as having alcoholism as a primary family problem. *Disentangle, Second Edition* speaks of codependent behaviors and relationships in terms of entanglements, a word to which many people have had a knowing and useful response. To this end, the book simply invites people who are tangled in their relationships and have lost track of their own life to find ways to re-center, to cultivate a healthy self, and to live with more serenity.

Sales Points

- Filled with practical solutions presented in a voice of compassion, empathy, and experience.
- Easy to read and follow with a visually appealing format.
- Based on the author's vast personal experience, as well as her more than three decades of clinical experience assisting both women and men with relationship challenges.