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The Flight from Intimacy, by psychologists Janae and Barry Weinhold, reveals counter-dependency as the major barrier to creating intimate relationships. People with counter-dependent behaviors appear strong, secure, and successful on the outside, while on the inside they feel weak, fearful, insecure, and needy. They function well in the world of business but often struggle in intimate relationships. Being in a relationship with this kind of person can be extremely frustrating.

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If so, this person may suffer from counter-dependency, the little-known flip side of co-dependency.

The Flight from Intimacy, by psychologists Janae and Barry Weinhold, reveals counter-dependency as the major barrier to creating intimate relationships. People with counter-dependent behaviors appear

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Dr. Janae Weinhold is a professional counselor and a former adjunct professor at the University of Colorado at Colorado Springs. She and her husband, Dr. Barry Weinhold, founded the Carolina Institute for Conflict Resolution & Creative Leadership (CICRCL).

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