



# e-Magine! Initiative

NAME: WAYNE YANG

WEBSITE:

[WWW.THECODEDEPENDENTDAD.COM](http://WWW.THECODEDEPENDENTDAD.COM)

Description: Author and speaker on codependency to help you understand and heal from your own codependency.



## E-MAGINE!

60 hours in-person training + 18 hours Internship



# Introduction

Title: The Codependent Dad

Description

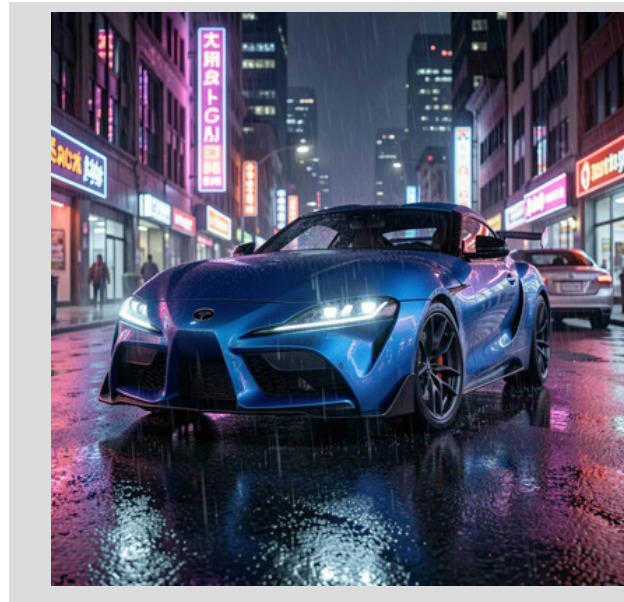
Join me on my recovery journey as I share with you my Inspired Spoken Word pieces for better mental health and coming into wholeness, again.

# Graphics

## Images (10)



The Healing Affects Of Sharing



Vroom Vroom!



Starting On A New Garden



Advertisement for podcast



The CoDad logo

# Graphics

## Images (10)



My Story



high school version of me



Hmong village



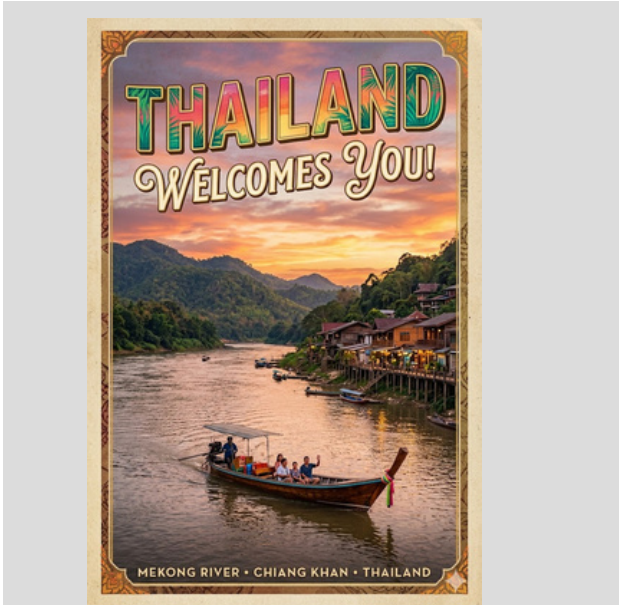
Me at Malibu Beach



Alternate Logo

# Graphics

## Postcards (4)



Testimony: Trauma  
Crossing the Mekong



Testimony: Trauma  
Recovery



Description



Description

## Infographics (4)

**THE BURDEN OF THE CODEPENDENT DAD:**  
From "Never Enough" to Internal Peace

**THE BURDEN OF THE EXTERNAL SPHERE**

**THE EXHAUSTING HIERARCHY OF PRIORITIES**  
WIFE > KIDS > CHURCH > COMMUNITY

**THE "NEVER ENOUGH" CYCLE**  
FAILURE TO MAKE OTHERS HAPPY = "FAILED MAN"

**THE WEIGHT OF EXTERNAL VALIDATION**

**THE PATHWAY TO INTERNAL PEACE**

**THE SHIFT TO INTERNAL WORTH**

**THE THREE PILLARS OF FREEDOM**

PEACE (Subjugated) (Shameless) JOY (Innocuous) (Innocuous)

Cultivating these regardless of external chaos.

**"I AM ENOUGH"**  
Relinquishing the burden by embracing internal peace before God and self.

A rigid order putting others above personal well-being and truth.  
Relying on others' "love languages" and moods to determine one's own sense of success.  
Moving from "what I do" for others to "who I am" as outside.

# NotebookLM

Codependent Dad Struggles

**TO BE HUMAN AGAIN: THE PATH TO EMOTIONAL BALANCE**

**AVOID THE EXTREMES**  
Denying emotions breeds contempt.

**FINDING THE EMOTIONAL BALANCE**  
Express without excess  
Feel sadness without wallowing and resolve anger without rampaging this rage.

**OWN YOUR PAIN, NOT A VICTIMHOOD**  
Own your pain and forgive others without blaming a sinner or a victim.

**PASSION OVER INDULGENCE**  
Embrace your natural passions without letting them turn into selfish lust.

**ESTABLISH HEALTHY BOUNDARIES**  
Set boundaries for yourself, with others, and for those under your responsibility.

**WORK FROM THE INSIDE OUT**  
Tend to deal with emotions internally before processing them with others.

Capitulating to them breeds deep change and grief.

# NotebookLM

What It Means To Be Human After Recovery

**THE MEN'S PANDEMIC: A SPIRITUAL SURVIVAL BRIEFING**  
A faith-based strategy to resist self-doubt and isolation.

**THE APPROACHING THREAT**

**THE VIRUS OF "THE LIE"**  
The "Infectious" Intention: The virus spreads through the 30,000-year-old reproductive cycle of men.

**THE RESISTANCE STRATEGY**

**"JESUS GOTCHU"**  
End the Denial: The first step to spiritual recovery is that the pandemic is real and that you are vulnerable to it. Effects: Strategic dissemination in the Word and backbone of Scripture to counteract a "family 1".

**THE ILLUSION OF IMMUNITY**  
From TV to Your Front Door: "I'm not immune" is a lie. The pandemic is real and you are vulnerable to it.

**THE "RESPONSIBLE" MINDSET**  
A one-upmanship of the pandemic and its effects on society.

**THE STABLE OF ISRAEL LIES**  
The pandemic's ultimate goal is to leave you with nothing but yourself, depriving your role in the community and family.

**THE SOURCE OF CONTAGION**  
Aids back from the front of the pandemic, but not from the back.

**PREVENT THE REBROADCAST**  
"I'm not immune" is a lie. The pandemic is real and you are vulnerable to it. Effects: Strategic dissemination in the Word and backbone of Scripture to counteract a "family 1".

**"JESUS GOTCHU"**  
The pandemic is real and you are vulnerable to it. Effects: Strategic dissemination in the Word and backbone of Scripture to counteract a "family 1".

# NotebookLM

The Pandemic For Men-- They Are Not Enough

**The Wildflower Parable: A Journey of Codependency**

**Phase 1: The Illusion of Growth**

**Phase 2: Total Displacement**

**100%**

**Hyper-Nurturing the Bud**  
Feeding the flower distilled water, enriched soil, and sweet conversations.

**Transformation into Thorns**  
Stems become bark-like and vines grow prickly with thorns and sticky sap.

**100% Consumption of Space**  
The plant pods consume the house piece by piece, including all furniture.

**The Final Squeeze**  
The narrator is pushed out of their own home, naked and alone.

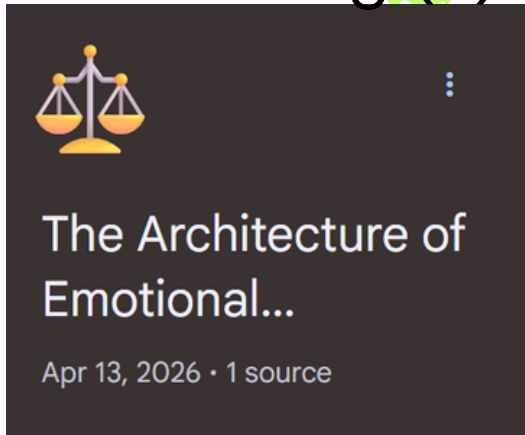
**Remembering the Gardener**  
Recalling a higher source of help only after everything else is lost.

# NotebookLM

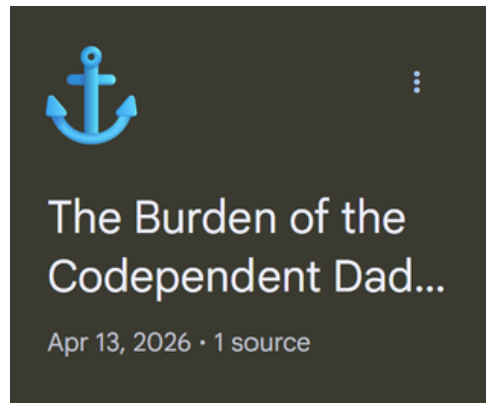
My Gardner Friend and His Wildflower That Took Over My Life

# Videos/Interactives

## Podcasting (2)

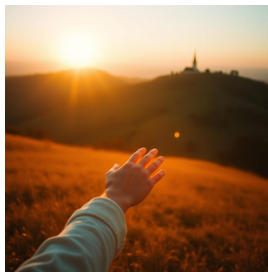


Click on picture

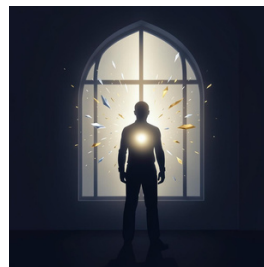


Click on picture

## Music creations (2)

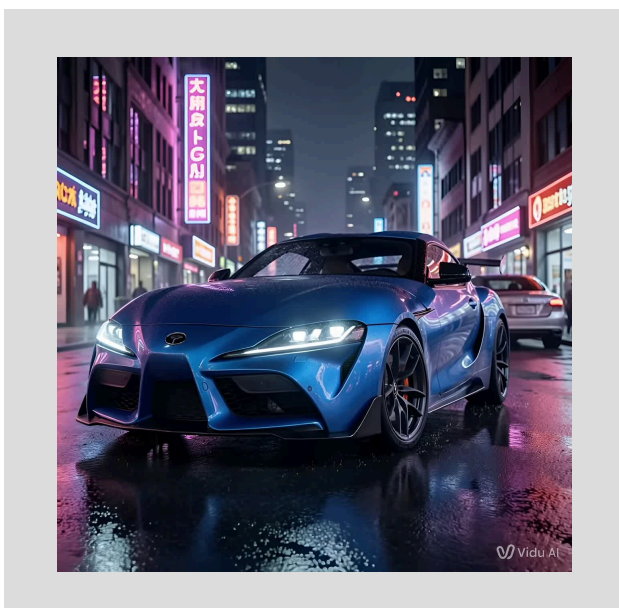


HoldMy Hands  
click on image  
for link)

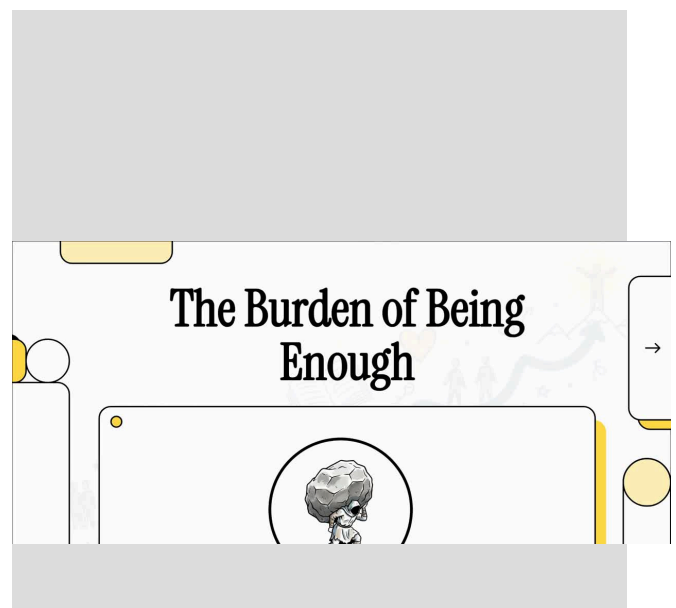


Here I Stand  
(click on image  
for link)

## Videos (2)



Description



Description