

The Problems of

**Codependent Behavior**

*Being “codependent” or overly dependent in a relationship can easily make that relationship unhealthy, dysfunctional or toxic. Codependent means that at least one of the partners suppresses his or her feelings, thoughts or needs in favor of fulﬁlling their partner’s wants and needs. They focus more their partner and relatively little on themselves. While it is not unusual in a relationship to put your partner’s needs before your own, this should not happen all the time and should not be done by one partner all of the time. Here are some behaviors that are typical of codependent partners.*

# Symptoms of Codependent People/Codependent Relationships

* Relationships tend to be one-sided
* Person has low self-esteem
* Covers for the other persons shortcomings or poor behavior
* Often worried that the other person will leave them
* People-pleasing
* Poor boundaries
* Extreme fear of rejection, abandonment
* Extreme need for approval
* Relinquishes own values for the other person’s
* Worrying and keeping tabs on the other person
* Controlling of other person’s behavior
* Avoids conﬂict by any means
* Self-harm
* Tries to ﬁx other people
* Self-deception
* Trouble identifying own feelings, separate from others

# What can be done?

* Therapy, related to assertiveness, fear reduction, relationships, understanding healthy relationships.
* Take time to examine one’s own thoughts, feelings, beliefs, wants and needs
* Redeﬁne how you see yourself and others.
* Strike a balance in your life and in your relationships.