# CODEPENDENCY

Is the need to be needed

1. You feel responsible for solving others problems, and afraid they will leave you if you don't help solve them. Help fix.
2. Find it almost impossible to say "no." Feel responsible for keeping the relationship together, it's all on you.
3. You get upset, hurt, resentful, bitter when you feel like people aren't praising you or recognizing all you are doing.
4. You may need to feel in control all the time, and you avoid conflict or upset at any cost, put everything aside, act in ways you aren't comfortable with, do things you don't necessarily want to do, say things you don't want to say, because you want to avoid conflict, the thought of having conflict brings up anxiety, and fear they will leave if you aren't meeting their needs all the time.
5. You have a hard time trusting yourself and if you make a mistake then people are going to abandon you, that they will give up on you, you feel a lot of pressure to do it all right all the time.
6. You feel your only value in the relationship comes from being able to save them, fix them, clean up their messes, deal with their stuff, going around fixing it all.
7. You may do anything to hold on to the relationship, even if it's something that is unsafe or destructive. Therefore, you don't speak up about your own needs, and fear you will be left.
8. You will do anything to fix their problem, even if it puts your health at risk.
9. You might have a hard time identifying your feelings.
10. You may only feel important or valued when your partner needs you, or can't live without you.

What can we do about this:
1. Do some soul searching. Who am I? What do I need? What lights me up? What do I like? Develop yourself.
2. Learn to create healthy boundaries. Learn to be there for someone without feeling you have to fix it.
3. Work through your deeper stuff. Childhood injuries etc.