

I Am Codependent

www.lisaaromano.com/12wbcp

I am codependent when I deny myself self care.
I am codependent when I rescue others from their
poor life choices.

I am codependent when I refuse to address my
feelings.

I am codependent when I cater to others while I
ignore myself.

I am codependent when I say yes when I mean no.

I am codependent when I tone myself down because
I understand my success will upset those around
me.

I am codependent when I do for others out of a
need to control how others view me.

I am codependent when I accept unhappiness as
my norm.

I am codependent when I stay in unhealthy relationships
even though in my heart I want to move on.

I am codependent when most of my energy is spent
worrying more about what people think of me than
what I think of me.

I am codependent when I take care of others while
I refuse to take care of myself.

I am codependent when I have no clue what I think,
feel, or need and live to cater to others instead of
focusing on my own life.



Codependency Workbook Free

Katrin Zwirglmaier



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Adopting the Beat of Term: An Emotional Symphony within **Codependency Workbook Free**

In some sort of taken by displays and the ceaseless chatter of quick communication, the melodic splendor and mental symphony produced by the written word usually diminish in to the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Codependency Workbook Free** a charming literary treasure filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this interesting masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of the emotional analysis, we will explore the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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