

AM I IN A CODEPENDENT RELATIONSHIP?

Codependent relationships are constructed around an unequal power balance that continues in a circular pattern where one person needs the other person, and that other person needs to be needed. The giver feels worthless unless they are needed by and make sacrifices for the taker, otherwise known as the enabler.

Signs of codependency include:

Having a sense of "walking on eggshells" to avoid conflict in relationships

Putting the person on a pedestal

Constantly trying to fix the other person's problems

You often cancel plans with others to spend time with your partner

Often being the one to apologize even if you have done no wrong

Going above and beyond for the other person, even if it sacrifices your well-being

Feeling the need to constantly please your loved one

You feel trapped

Feeling sorry for the other person

Feeling the need to ask permission to do anything and everything

You have trouble being alone

You have a difficult time making your own decisions



AKUA MIND & BODY

Employee Owned

You struggle with saying "no."

You have a fear of abandonment

You feel anxious when you don't hear from your partner

Codependency Anthology

Xiaolong Qi



Codependency Anthology:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Codependency Anthology**

In a world inundated with screens and the cacophony of instantaneous conversation, the profound power and mental resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, located within the musical pages of **Codependency Anthology**, a interesting work of literary brilliance that pulses with raw emotions, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that magical opus courses viewers on a psychological odyssey, lightly exposing the latent possible and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect their charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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