

How to Stop Being Codependent: Recognizing and Moving Past Codependency



1

Understand what codependency looks like to you. For example:

- You feel “mean” when you say no, or guilty when asserting yourself.
- You feel anxious about making sure everything is smooth in your relationship or friendship.
- You feel others have control over your life – or, conversely, you’ve been accused of being a “control freak.”

2

Reflect on where your relationship expectations are coming from. Possible sources include:

- Emotional and relationship history
- Family models
- Societal pressures

3

Establish boundaries for yourself in relationships, by:

- Determining and living by your core values.
- Letting yourself change, rather than trying to change others.
- Taking time to reflect every day.

4

Resist the urge to fix, control, or save.

- Practice telling yourself, “I can’t truly know what the other person wants or needs; only they do.”

5

Prioritize your own growth.

- Practice saying “no”.
- Schedule time into your calendar to pursue a hobby or passion project you love, every week.
- Actively listen to your self-talk.