

interdependence 101

you may have codependent tendencies if...

- you have low self-esteem, and look to others or accomplishments to feel good
- you're compelled to take care of others and even try to control them at times
- love and pity are intermingled
- you make excuses for others' inexcusable behavior
- understanding what healthy boundaries look like and setting them is a struggle
- you have trouble being honest about your wants and needs, even with yourself
- you're emotionally reactive; anger outbursts and tears come "out of the blue"
- ...or emotionally subdued; little emotional response even to big events

codependence

over-reliance on others to bolster self-esteem and feel in control

interdependence

problem-solving on your own AND asking for support when you need it

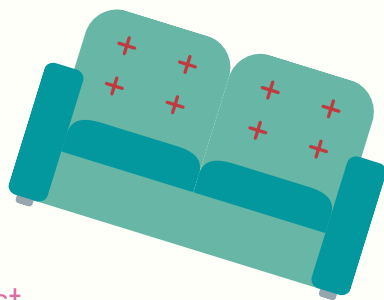
independence

over-reliance on self. value in white / hetero-normative / middle class culture

interdependence toolkit

therapy

see a therapist to resolve roots of codependency, heal, and grow.



healthy relationship list

make a list of qualities that are important to you in a partner, friend, etc. compare and contrast to your current relationships.



journal

write down YOUR wants, needs, and feelings to understand them better.

mindfulness

practice mindfulness to decrease emotional reactivity and increase acceptance. youtube guided meditations if you need help.

