

Break the Pattern of Codependent Relationships

Sharon Martin, LCSW

Instead of...

Denying your own needs



Try this....

Prioritize self-care

Compulsively trying to fix or take care of others



Let others make their own choices

Seeking approval from others



Value yourself

Judging and criticizing yourself



Practice self-compassion

People-pleasing



Be true to yourself

Being a martyr



Ask for help

Letting People take advantage of you



Set boundaries and be assertive