

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.



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