

# BREAK THE PATTERN OF CODEPENDENT RELATIONSHIPS

## INSTEAD OF...



Denying your own needs



Compulsively trying to fix or take care of others



Seeking approval from others



Judging and criticizing yourself



People-pleasing

## INSTEAD OF...



Prioritize self-care



Let others make their own choices



Value yourself



Practice self-compassion



Develop a stronger sense of self

# Coping With Codependency

**Xiang Xie**



## **Coping With Codependency:**

## Decoding **Coping With Codependency**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Coping With Codependency**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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