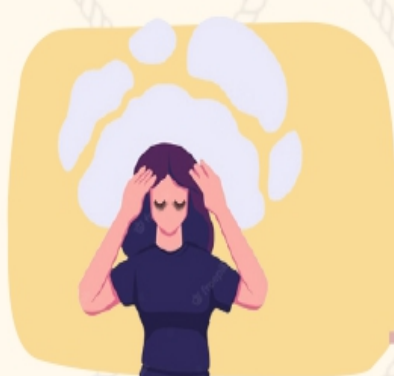# Common Signs of Codependency

Caring or feeling too much for the other person

Constantly feeling the need to be needed by the other person

Feeling exaggeratedly responsible for the other person

Neglecting all other important existing relationships for a particular person

Unhealthy prioritization of one person's needs over one's own

Struggling to refuse others for fear of upsetting one person

Experiencing guilt when doing something for oneself

Associating one's self-worth to the other person's well being

References:

1. Codependency; GoodTherapy
2. How To Overcome Codependency; Crisis & Trauma Resource Institute
3. Counseling Center: Codependency; James Madison University

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