

Codependent "Helping"

**Overly focuses on or
obsesses about other
people and their problems**

Lacks boundaries

**Often gives unsolicited
advice**

Rigid and controlling

**Takes responsibility for
other people's feelings,
actions, problems**

**Feels like an obligation
or compulsion**

**Encourages dependence
by enabling**



True Helping

**Considers other people's
needs AND your own
needs and limitations**

Respects boundaries

**Considers other people's
wants, preferences, &
ideas**

Flexible and respectful

**Makes a healthy
distinction between self
and others**

Feels like a choice

Encourages independence



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