

HEALTHY VS UNHEALTHY

INTERDEPENDENCE

I can have my own thoughts separate from yours.

I can depend on you without losing myself.

I can love you and also love myself at the same time

You and I mutually respect one another's dreams, goals and aspirations.

We both feel free enough to express who we really are and how we feel.

We both know it is okay to say "NO".

Neither one of us blames the other for how we feel.

Both of us can listen to one another's needs without feeling threatened.

Both of us feel safe enough to share what we really think and feel.

We enjoy alone time and encourage our partners to love themselves.

We both know we are individuals and we love exploring what makes us different.

We know when not to pry and trust that we will open up to the other when ready.

CODEPENDENCE

I must agree with you and you must agree with me.

I need you to feel okay and you need me to feel okay.

I must worry more about you than myself.

We must not have different dreams and personal goals threaten our relationship.

We lie to one another and pretend we are okay when we are not.

I must say "YES" all the time.

You are responsible for how I feel, good or bad.

When you are unhappy, I fall apart and lose myself.

If I told you how I really felt, you might get angry and leave.

When you don't need me, I feel not good enough.

Any hint of separation makes me feel insecure, unloved, unattached to and alone.

You must always tell me how you feel so I know how I feel.