

CONTRASTING RELATIONSHIP DYNAMICS

Codependent Relationship

Trying to fix someone else's situation or problem

Trying to control/manage your partner's emotions

Absorbing your partner's emotions and behaviors and allowing them to dictate your own

Focusing on your partner's needs at the expense of your own

Moving your boundaries in order to accommodate your partner

Repressing your emotions and needs; pretending you don't have them

Ignoring your friends, activities, preferences to make sure your partner is taken care of

Being who you think your partner wants you to be

Codependent Relationship

Supporting through listening and validation

Allowing your partner to experience their own emotions

Observing your partner's emotions and behaviors without being controlled by them (detachment)

Identifying your own emotions and needs within the relationship

Setting boundaries and expecting them to be respected

Telling your partner what your emotions are and what you need from them

Practicing self-care and living your own life, separate from your life with your partner

Being authentically yourself