

CODEPENDENCY CHART

When I feel responsible <i>FOR</i> others...	When I feel responsible <i>TO</i> others...
<p>I fix...</p> <ul style="list-style-type: none"> protect rescue control carry their feelings don't listen 	<p>I am...</p> <ul style="list-style-type: none"> empathetic encouraging compassionate a great listener confrontational when needed
<p>I feel...</p> <ul style="list-style-type: none"> tired anxious fearful liable/responsible angry/frustrated disgusted 	<p>I feel...</p> <ul style="list-style-type: none"> unburdened aware empowered free light unencumbered
<p>I am concerned with...</p> <ul style="list-style-type: none"> the solution providing answers details performance 	<p>I am concerned with...</p> <ul style="list-style-type: none"> relating to the other person discussing their feelings <p>ALLOWING THE PERSON TO HAVE HIS OWN EXPERIENCE</p>
<p>I manipulate and/or shame others to do what I think they should do</p>	<p>I firmly believe if I just offer moral support the other person has enough to make it through her crisis</p>
<p>I expect others to live up to MY expectations ☹️</p>	<p>I only give advice when asked</p>
	<p>I allow the other person to be responsible for himself</p>
	<p>I TRUST and let go 😊</p>