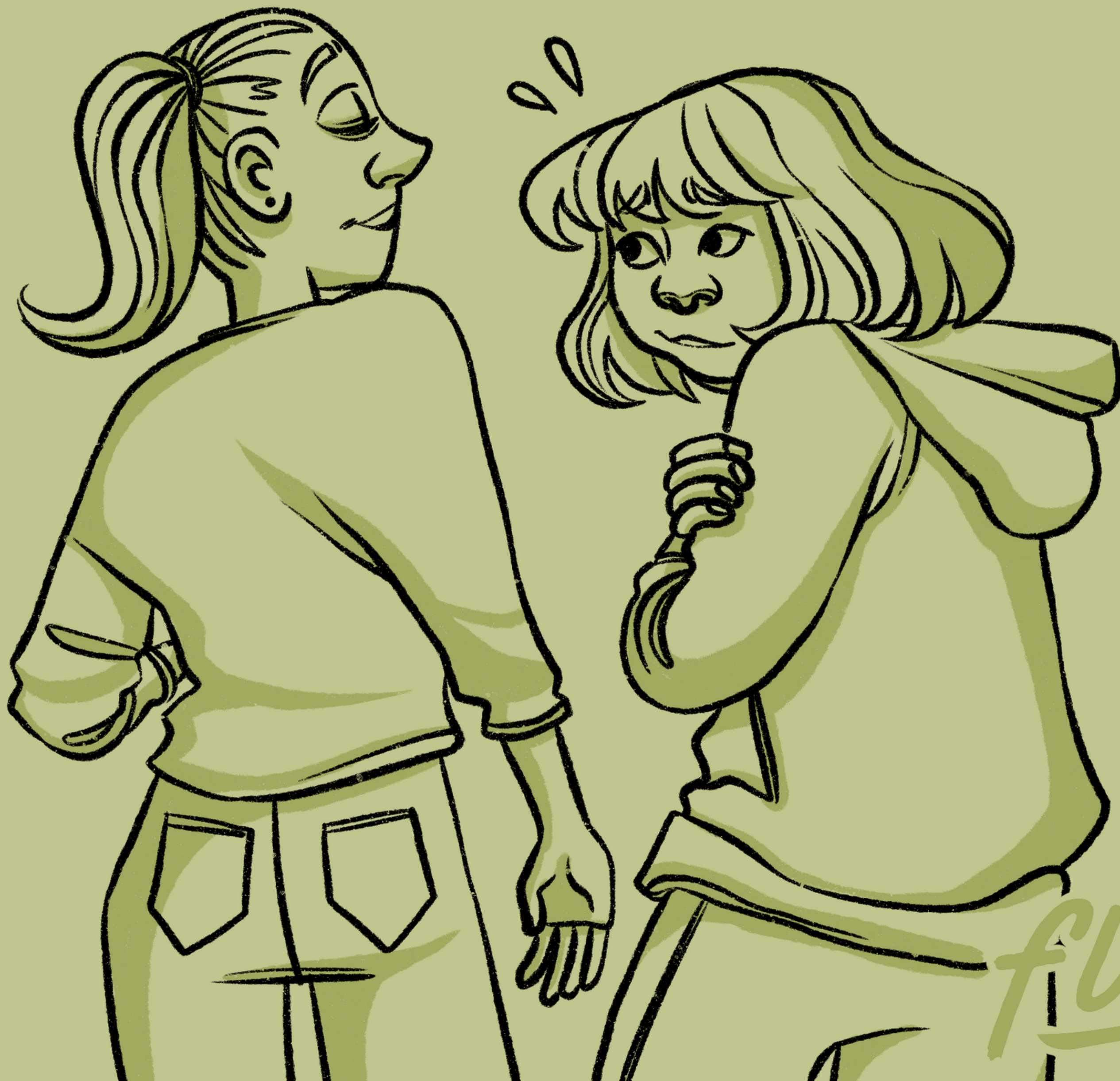


There are many unhealthy patterns in our relationships that we can easily shrug off, making ourselves believe it's all normal.



flow



You might seek all of your approval from those relationships, but it's fine because you're just gathering opinions, not basing your worth around it or anything.

You're not a
people pleaser,
you're just
trying to
make sure
everyone's
happy! Always.
All the time.
Over your
own needs.

THANKS FOR THE
BOOST, I CAN
SEE GREAT!

N-NO
PROBLEM!



You're not obsessively trying to fix or take care of others, you just want them to be their best selves! (And you're pretty sure you know how to get 'em there.)

... WHAT ARE YOU DOING?

I'M MAKING YOU BETTER!



We're all masters at fooling ourselves, and when you struggle with codependency it can be even easier to convince yourself these patterns are normal.





The only way to break the cycle is to work on your own internal security and confidence. Then, your relationships will slowly but surely stop dictating your worth for you.