



How to Fix a Codependent Relationship?



Be honest

Be honest in your communication with your partner and freely express your inner feelings, wants, desires, and goals.

Practice self-care

Doing this teaches you to become less codependent, making you less resentful of your partner.

Learn to say no

Asserting healthy boundaries is one of the first steps to becoming less codependent.

Put Your self First

Find time to do things that matter to you. Honor your needs and wants.

Become self-aware

By becoming self-aware, you prepare to fix the codependent patterns in your relationships.

Seek therapy

This can help you work through your personal issues and develop healthier coping mechanisms.

Celebrate progress

Positive changes can motivate you both to continue working on the relationship.

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