

CODEPENDENCY & ADDICTION

Overcoming codependency requires a person to become balanced. Instead of focusing on other people's needs, they have to put their needs first.

Also, a person must become more assertive and to communicate more effectively. This includes setting boundaries in order to protect against the treatment.

how to heal codependency

- 1 Speak positively over yourself
- 2 Do things outside of your relationship
- 3 Stand up for your individual needs
- 4 Don't be afraid to say 'No'
- 5 Consider going to therapy

counseling options for codependency



individual



group



couples

Addicted To The Addict From Codependency To Recovery

Lei Shi



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