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Codependency feels like love. It's actually a relationship pattern rooted in anxiety and a lost sense of self. Here's what it is, where it comes from, and how to recover. Dec 20, 2023 ·

Codependency involves excessive emotional reliance on others and struggling with boundaries. It is rooted in trauma, neglect, or substance abuse and can lead to low self-worth, stress, ... Learn the signs of co-dependency and explore actionable steps to create a healthier, balanced dynamic with your partner for long-term happiness. Oct 17, 2025 · Codependency refers to a relationship in which one partner focuses so much on the other partner's needs that they neglect their own well-being. Signs of codependency include feeling like ... Mar 31, 2026 · Codependency, also known as relationship addiction, takes place when one person believes it's their job to "save" another person by attending to all of their needs. A codependent ... Aug 7, 2023 · Codependency in relationships makes us rely on someone else for happiness, and we lose our sense of self in the process. Because codependency has a negative stigma attached, it can ... The term codependent was first used to describe persons whose lives were affected through their involvement with a person with a substance use disorder, resulting in the development of a pattern of ... Feb 3, 2026 · Some codependent relationships involve an underlying problem with one person, such as substance abuse or mental illness.

Codependency can occur in romantic relationships, families, and... Codependency is a dysfunctional relationship dynamic in which one person assumes the role of "the giver," sacrificing their own needs and well-being for the sake of the other, "the taker." Dec 18, 2024 · If you wonder how to know if you or someone else are codependent, here are the main codependency symptoms in relationships and how to deal.

Codependency - Psychology Today

[Codependency: How to Recognize the Signs - Verywell Mind](#)

[Codependency - Wikipedia](#)

[Understanding Codependent Relationships | Gottman Institute](#)

[Codependency: Signs, Causes, and How to Break the Pattern](#)

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[Codependency: Signs and Symptoms - WebMD](#)

[Understanding Co-Dependency: Signs and Steps - Couples Thrive](#)

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