

# Break the Pattern of Codependent Relationships

Sharon Martin, LCSW

**Instead of...**

**Try this....**

**Denying your own needs**



**Prioritize self-care**

**Compulsively trying to fix or take care of others**



**Let others make their own choices**

**Seeking approval from others**



**Value yourself**

**Judging and criticizing yourself**



**Practice self-compassion**

**People-pleasing**



**Be true to yourself**

**Being a martyr**



**Ask for help**

**Letting People take advantage of you**



**Set boundaries and be assertive**