

INTENTIONS

for Healing and Changing Codependency

I will...

Be patient rather than needing to react to everything, big or small.

Be more accepting and less controlling.

Let others do things in their own way, in their own time.

Be humble rather than always needing to be right.

Have the courage to take responsibility for my behavior (and not take responsibility for other people's behavior).

Feel grounded and empowered.

Be at peace, not bogged down with regret and worry.

Remember that I have choices; I'm not a helpless victim.

Feel confident that I can cope.

Acknowledge the ways I've contributed to problems and to apologize to those I've hurt.

Listen more instead of jumping to conclusions, giving advice, or forcing my agenda.

Let go of my expectations and focus on what I can control.

Hold firm to my boundaries with the knowledge that I deserve to be treated with respect.

Be more empathetic and less judgmental.

Trust myself rather than second-guessing and overthinking.

Forgive myself and stop beating myself up for the mistakes I've made.

Take good care of myself and treat myself like a dear friend.

Be present with my feelings and not censor them, to let them wash over me like a wave, knowing that feelings come and go; they don't last forever.

Be transformed, little by little, into my best self.