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7 Ways To Avoid Codependency In Your Relationships - Worksheet  
Codependent. I Find It's Helpful To Think Of Codependency On A Spectrum - Some Of Us Experience More Symptoms And Distress Due To Our Codependent Traits Than Others. Which Of These Symptoms Of Codependency Do You Have? You Feel Responsible For Other People's Feelings And Choices; Try To Rescue, Fix, Make Them Feel ... Mar 1th, 2024.

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Melody Beattie  
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Feb 7th, 2024  
I. Understanding

CODEPENDENCY CODEPENDENCY 4 Do The Same. B.

"The More You Are Able To BE YOURSELF, The More Intimate You Are..." C. SELF-DISCLOSURE Is A Hallmark

Of Intimacy." D. We Can't Share Our Hearts Without

Knowing Our Hearts. E. "NEED-LOVE" Is NOT Real

Love, But Is In Fact, Enabling. C. DENIAL 1. The Basis

For Genuine Intimacy Is Genuine Honesty. DENIAL

Sabotages Both. Mar 7th, 2024

Overcoming

Codependency How To Have Healthy Relationships

...Overcoming Codependency How To Have Healthy

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## CHAPTER 8 OTHER ISSUES OF AUTISTICS

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Once I Obtained Focus, I Could Resume Reading Silently. If I Lost Focus Again, I Would Be Instructed To

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1. Addiction: Alcohol, Drugs, Codependency, Food, Gambling  
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Resources  
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