What is codependency?

Codependence is about growing up depending on someone, who’s depending on something, that’s not dependable. Codependent relationships are a type of dysfunctional helping relationship where one person supports or enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement. It is an emotional and behavioral condition that affects an individual's ability to have a healthy, mutually satisfying relationship. It is also known as “relationship addiction” because people with codependency often form or maintain relationships that are one-sided, emotionally destructive and/or abusive.

The first step in getting things back on track is to understand the meaning of a codependent relationship. Experts say it's a pattern of behavior in which you find yourself dependent on approval from someone else for your self-worth and identity.
How to know you’re in a Codependent Relationship

Watch out for these signs that you might be in a codependent relationship:

- Are you unable to find satisfaction in your life outside of a specific person?
- Do you recognize unhealthy behaviors in your partner but stay with him or her in spite of them?
- Are you giving support to your partner at the cost of your own mental, emotional, and physical health?

"Individuals can also assume they are in a codependent relationship if people around them have given them feedback that they are too dependent on their partner or if they have a desire, at times, for more independence but feel an even stronger conflict when they attempt to separate in any way.

1. You're dating or married to an alcoholic or addict (any kind of addict), and/or you have a history of attracting damaged people into your life.

2. You do things for your partner that he or she can and should be doing, all in the name of love. In fact, maybe your mother or sister repeatedly tells you that you help this person a little too much.

3. You let your partner have his or her way, and then feel overwhelmed with anger and resentment. "Look at all I do for you!" Is a common phrase in the codependent’s vocabulary.

4. You feel responsible for your partner's actions and behaviors, because LOVE.

5. You're always talking about/worrying about your partner's issues, making them your issues.

6. You've allowed irresponsible, hurtful behavior in your relationship—not just physically, but emotionally or financially. Instead of walking away, your deep compassion for this person makes you want to stay and help.

7. Your partner's mood affects your day.
8. You always want to know what your partner is doing or thinking, and you often get involved in his or her business.

9. Your partner's needs always seem to be met, while your needs and wants are ignored.

10. You have trouble pinpointing your own feelings and thoughts, or you diminish/deny how you feel.