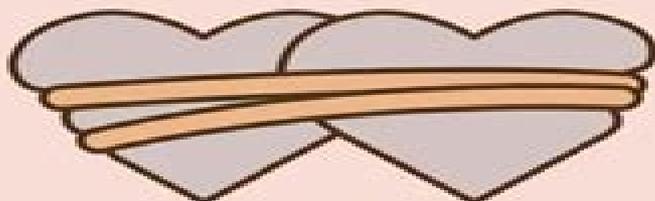


# Eight Mindset Shifts When Recovering From Codependency:

When you catch yourself overly focusing on your partner's....

- Behavior toward you
- Opinion of you
- Judgment toward you
- Comfort and preferences over your own
- Needs over your own
- Permission or approval
- Interests and hobbies

Stop and shift your attention to:



Shift your attention toward the following:

- How you **feel** about this person's behavior toward you
- What **you think** about this person, and what **your** opinion of them is
- Whether this person is acting in alignment with **your values and standards**
- How **your body** feels in response to their behavior
- What **boundaries** you may need to set to keep yourself safe and protected
- What **your needs** are and whether or not they are being met in this situation
- Creating a sense of **safety and security** within yourself, without your partner's validation and approval, taking ownership of your ability to validate and approve of yourself
- The fact that **your worth** is not dependent on or defined by someone else's behavior toward you

# Overcoming Codependency Through The Elimination Of Human Relations

**R Bogdan**



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