

Important Reminders for Codependents



©2019 Sharon Martin, LCSW

1. I can't control other people, but I can control my reactions.
2. It's healthy to have my own ideas, feelings, interests, goals, and values.
3. We're all responsible for managing our own lives.
4. I am not powerless.
5. I can say no and still be a kind person.
6. Taking care of others shouldn't come at the expense of my own wellbeing.
7. I deserve the same kindness and generosity that I give to others.
8. My self-worth isn't based on my accomplishments.
9. My self-worth doesn't depend on other people's approval.
10. Doing what's right for me is not selfish.
11. Giving unsolicited advice is usually counterproductive.
12. I don't have to be perfect to be lovable.



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Gentle Reminders For Codependents Daily Affirmations

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