Codependency is

NOT FEELING LIKE "ENOUGH"

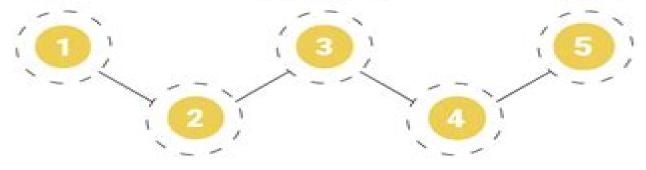
Deep down, you feel like "I'm not enough" this may be in general or for specific things like a relationship or dream job

SO THEN

No matter how much praise you receive you feel that they're not seeing the "real you" because you're a fake and not enough

AND WHEN SOMETHING DISAPPOINTING HAPPENS

It reinforces your belief that "I'm not enough" and/or "I'm not doing enough" & drives you to prove yourself again (repeat)



FEELING LIKE "I'M NOT DOING ENOUGH"

No matter what you do in a day, it's not good enough_you always feel behind and disappointed in yourself

OR

No matter what you accomplish or how productive you are it's not "good enough" and the target is always moving (leaving you exhausted)

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<u>Codependency Codependency No More And Breaking</u> <u>The Codependency Cycle</u>

R Barnett

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