

7 Ways to Avoid Codependency in your Relationships Worksheet

Follow the **COURAGE** to avoid codependency in your relationship.

C	Communicate your feelings, be confident
O	Overcome obsessions, offer healthy support
U	Unconditional self acceptance= love yourself, own your flaws
R	Reject what you don't deserve
A	Ask for help, explore alternate options
G	Go for the best for yourself
E	End the fatal relationship