

# CODEPENDENCY & ADDICTION

Overcoming codependency requires a person to become balanced. Instead of focusing on other people's needs, they have to put their needs first.

Also, a person must become more assertive and to communicate more effectively. This includes setting boundaries in order to protect against this treatment.

## how to **heal** codependency

- 1 Speak positively over yourself
- 2 Do things outside of your relationship
- 3 Stand up for your individual needs
- 4 Don't be afraid to say 'No'
- 5 Consider going to therapy

## counseling options for codependency



individual



family



group

# Co Dependency Drugs 101 5

**Shasha Hu**



## **Co Dependency Drugs 101 5:**

## The Enigmatic Realm of **Co Dependency Drugs 101 5**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Co Dependency Drugs 101 5** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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anybody is interested I thought I'd share the diagram. The GM diagrams are a little confusing and not so ... 1970 wiper motor wiring Jun 19, 2012 — I have and 1970 #098 wiper switch and the factory ground bar. When I turn on the wipers the motor just clicks. I'm doubting that I wired it ...