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being really nice and helpful.

Truth: Traits of codependency do include pleasing and helping others, but codependents also want to feel needed and important - that's the key distinction. They try to control and change people and situations... by being "helpful".

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Some common signs of codependency include facing difficulty in making decisions in a relationship, facing

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problem while communicating in a relationship, having issues in recognizing one's own feelings, needing other's approval before doing or saying anything, valuing other person's opinion more than one's own opinion and lacking self-confidence, trust, and confidence in

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What is codependency?

Codependency is a broad term and it can manifest in a variety of ways.

Below are some of the most common symptoms of codependency. You

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don't need to have them all to consider yourself codependent. I find it's helpful to think of codependency on a spectrum – some of us experience more

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