

# Codependency Workbook

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codependency is a dysfunctional relationship dynamic in which one person assumes the role of the giver sacrificing their own needs and well being for the sake of the other the taker

17 oct 2025 codependency refers to a relationship in which one or both of the parties need to be with the other person learn the signs of codependency and how to overcome it

in psychology codependency is a theory that attempts to explain imbalanced relationships where one person enables another person's self destructive behavior 1 such as addiction poor mental health

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these factors can have a

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