

# CODEPENDENCY CARE TIPS

1

IT'S OKAY TO BE  
UPSET.



Not everyone is happy all the time but that isn't yours to fix. It's okay. Everyone is responsible for themselves.

It is not your job to solve the problems of others. As a person close to them, it is your place to support them while THEY fix it.

BE A SUPPORT  
NOT A FIXER.

2



3

GIVE YOURSELF  
TIME TO THINK.



Don't respond immediately to the questions or requests from others. Make the best decision for you, not for them.

This will start with defining them for yourself but from there, stay true to what you need despite the reaction of others who may not be supportive.

STICK TO  
BOUNDARIES.

4



5

DON'T EXPECT  
SOMEONE TO BE  
YOUR FIXER.



Just like it isn't your job to fix others, it is not anyone else's job to fix you. Those close to you are supposed to be there to support YOUR journey.

It's okay to be different or to want different things than others. It's okay if they get mad or annoyed with your boundaries. It's okay if they walk away.

REMIND  
YOURSELF IT'S  
OKAY.

6



7

SAY NO.



Practice saying no when people ask for things. It is easier to turn that into a yes later than to go back on your commitment.

Define this for yourself without consideration of others around you or how they're potentially impacted.

FIND WHAT  
MAKES YOU  
HAPPY.

8



9

SPEND TIME  
ALONE.



It's good to find ways to be comfortable in time away from others. Time for yourself with your own goals and joys will have a profound impact.

NEGATIVE  
EMOTIONS ARE  
OKAY.

10



These teach us what we do and don't want for ourselves and help us discover what we want our world to be like. Don't mask or rush through them.