A PAUSE, A PRACTICE, A NEXT STEP

Codependency and Over-Caring

Caring for someone can include caring for yourself.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Separate roles

Write what you can choose and what belongs to the other person. Caring does not give you control over their recovery or behavior.

01 / Notice and reflect

What responsibility am I taking on?

02 / Notice and reflect

Which need have I set aside?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support if fear, guilt, or over-caring disrupts your health. If limits could lead to harm, get private safety advice first.

Read more: SAMHSA · Family therapy and the limits of the codependency label

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.