GUIDE

THE HIGH PRICE OF CODEPENDENCY

(FOR OVER-GIVERS + OVER-DOERS)



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the TERRI COLE show



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THE HIGH PRICE OF CODEPENDENCY (FOR OVER-GIVERS + OVER-DOERS)

High-functioning codependency is behavior that includes disordered boundaries, where you are overly invested in the feeling states, the decisions, the outcomes, and the circumstances of the people in your life to the detriment of your internal peace and/or your financial, emotional, or physical wellbeing.

The good news is, that it is possible to slowly but surely change your behavior and align yourself with healthier habits. I created this guide to help you raise your awareness of where you might be over-functioning in your life and give you some tips to stop!

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Overfunctioning Checklist

Use the checklist below to identify if you might be taking on more than is necessary.

- [ ] I often feel like I'm doing everything for everyone.
- [ ] I wish that the people in my life acknowledged my efforts more.
- [ ] I feel overwhelmed and resentful at times.
- [ ] I often act as the go-between for the people in my life.
- [ ] If I wasn't here, nothing would get done.
- [ ] I feel responsible for other people's problems and issues.
- [ ] My partner/friend/parent/boss often underestimate the time and energy required to accomplish tasks.
- [ ] I am a problem-solving point person personally or professionally.
- [ ] There are times I leave a social interaction feeling exhausted and depleted.
- [ ] I often think that if I want it done "right" it is easier to do it myself.
- [ ] I often feel inexplicably exhausted.

The more checked boxes, the more you are over-functioning in your relationships.

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Take a Codependency Self-Inventory

Raising your awareness is the first step to getting a handle on codependent behaviors, so take some time to go through the questions below:

- Are you overly invested in the feeling states, choices, and outcomes of others?
- When someone in your life is having a problem, does it feel like it's happening to you?
- Are your emotions and feeling states deeply affected by the people around you? For example: if your partner is happy, then you're happy, but when they are frustrated or sad, you take on those feelings.
- Where are you over-functioning or doing more than your share?

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hello!

Terri Cole is a licensed psychotherapist and global leading expert in female empowerment. For two decades, Terri has worked with some of the world's most well known personalities from international pop stars to Fortune 500 CEOs.

Terri has a gift for making complex psychological concepts accessible, and then actionable so that clients and students achieve sustainable change i.e. true transformation. She empowers over 500,000 people weekly through her blog, social media platform, signature courses, ***Real Love Revolution™*** and ***Boundary Bootcamp™*** + her popular podcast, ***The Terri Cole Show.*** She is also the author of *Boundary Boss - The Essential Guide to Talk True, Be Seen and (Finally) Live Free*.

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