

Lack of boundaries

Excessive caretaking

struggle with self-doubt

Low self-esteem

Enabling behavior

Emotional reliance

Feeling responsible for the other person's actions

Poor communication

# SIGNS OF A CODEPENDENT RELATIONSHIP

Neglecting self-care

Loss of personal interests

Fear of abandonment



# Transforming The Codependent Woman

**JE Gale**



## **Transforming The Codependent Woman:**

## Unveiling the Magic of Words: A Report on "**Transforming The Codependent Woman**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Transforming The Codependent Woman**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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