

RESOURCES:

CODA.ORG

Co-Dependent No More – Melody Beattie

You're Not Crazy - You're Codependent.: What Everyone Affected by Addiction, Abuse, Trauma or Toxic Shaming Must Know to Have Peace in Their Lives — Jeanette Elisabeth Menter

Boundaries for Codependents — Rokelle Lerner

The Human Magnet Syndrome: Why We Love People Who Hurt Us — Ross Rosenberg

Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives — Pia Melody, Andre Wells Miller, J. Keith Miller

Co-Dependency Quiz -

<http://www.codependencynomore.com/codependency-quiz-2/>

First, whom do you think you're "codependent on"?

- A spouse or romantic partner
- A child or other family member
- My company or boss
- Friends or acquaintances
- A combination of everything!