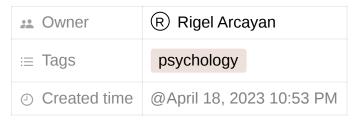
AI-00092 50 signs that you have the savior syndrome



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The savior syndrome is a psychological condition where an individual feels a compulsive need to save or rescue other people, often at the expense of their own well-being. Here are 59 signs that you may have the savior syndrome:

- 1. You feel a strong need to help people, even if they haven't asked for your help.
- 2. You feel guilty or responsible for the well-being of others.
- 3. You believe that you are the only one who can help others.
- 4. You often put others' needs ahead of your own.
- 5. You feel like you need to be constantly busy helping others.
- 6. You feel a sense of emptiness or lack of purpose if you are not helping someone.
- 7. You have difficulty saying no to others' requests for help.
- 8. You feel like you are letting people down if you don't help them.
- 9. You feel angry or frustrated when others don't want your help.
- 10. You feel like you are not doing enough to help others.
- 11. You feel like you have to suffer in order to help others.
- 12. You have a tendency to take on too much responsibility.
- 13. You have a hard time delegating tasks to others.
- 14. You have a tendency to be overly critical of yourself.
- You have a hard time accepting compliments or praise for your actions.

- 16. You have a history of neglecting your own needs in favor of helping others.
- 17. You feel like you have to sacrifice your own happiness for the sake of others.
- 18. You have a history of attracting people who need rescuing or help.
- 19. You have a hard time setting boundaries with others.
- 20. You have a tendency to get involved in other people's problems.
- 21. You feel like you are the only one who can fix other people's problems.
- 22. You feel like you have to be perfect in order to help others.
- 23. You have a hard time asking for help from others.
- 24. You feel like you have to prove your worth by helping others.
- 25. You feel like you are not worthy of love or respect unless you are helping others.
- 26. You have a hard time trusting others to handle things on their own.
- 27. You feel like you have to take care of everyone else before taking care of yourself.
- 28. You have a tendency to neglect your own physical health in favor of helping others.
- 29. You have a history of attracting people who take advantage of your willingness to help.
- 30. You have a hard time recognizing your own limits.
- 31. You feel like you have to fix everything that is wrong in the world.
- 32. You have a hard time accepting that some problems can't be fixed.
- 33. You feel like you are responsible for the happiness of others.
- 34. You have a tendency to rescue people from their own bad decisions.
- 35. You feel like you have to be in control of everything.
- 36. You feel like you have to solve all of your own problems as well as everyone else's.
- 37. You have a tendency to judge others who don't share your desire to help.
- 38. You feel like you have to be the hero in every situation.
- 39. You have a hard time letting go of your need to help others.
- 40. You feel like you are the only one who truly cares about others.

- 41. You have a tendency to take on more than you can handle.
- 42. You feel like you have to be strong for others, even when you are struggling.
- 43. You have a hard time accepting help from others.
- 44. You feel like you have to do everything on your own.
- 45. You have a tendency to ignore your own needs and wants.
- 46. You have a history of feeling unfulfilled even after helping others