

# AI-00092 50 signs that you have the savior syndrome

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## 50 signs that you have the savior syndrome

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.
15. 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