

Codependent Helping vs. True Helping

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Codependent Helping

- Overly focuses on or obsesses about other people and their problems
- Lacks boundaries
- Often gives unsolicited advice
- Rigid and controlling
- Takes responsibility for other people's feelings, actions, problems
- Feels like an obligation or compulsion
- Encourages dependence by enabling

True Helping

- Considers other people's needs AND your own needs and limitations
- Respects boundaries
- Considers other people's wants, preferences, & ideas
- Flexible and respectful
- Makes a healthy distinction between self and others
- Feels like a choice
- Encourages independence and allows others to make mistakes