

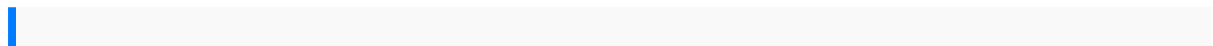
# Beyond codependency and getting better all the time

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**How to become less codependent book?** Book overview. With instructive life stories, personal reflections, exercises, and self-help tests, Codependent No More has helped countless readers change their codependent behaviors and understand that they are powerless to change anyone but themselves.

**Will I ever stop being codependent?** The good news is that codependency is a learned behavior, which means it can be unlearned. If you love your partner and want to keep the relationship, you need to heal yourself first and foremost.

**Why did I become so codependent?** Difficulties with sense of self or self-esteem Low self-esteem, in general, can lead to codependent habits. If you feel as if you're unworthy of love, you might go to great lengths to gain approval or to feel wanted. For example, you might take on a caretaker role and put too much focus on the needs of others.



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