



Signs of Healthy Boundaries

1. You don't feel guilty saying no.
2. You don't let others abuse or exploit you.
3. You can hold your ground when pressured.
4. You're not offended by others' boundaries.
5. You don't feel responsible for other adults.
6. You don't take personally others' criticism.
7. You take responsibility for your triggers.
8. You respect others' boundaries.
9. You value your rights and feelings.
10. You don't need others to agree with you.

~ Darlene Lancer

"How to Be Assertive"

Codependency World Change So I Feel Better

C Cleary



Codependency World Change So I Feel Better:

Codependency World Change So I Feel Better Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Codependency World Change So I Feel Better**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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Codependency World Change So I Feel Better Introduction

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