

Codependency and over-responsibility

Care Without Carrying Everything

Adults | 10 to 15 minutes

Caring for someone can be meaningful and demanding. The term codependency does not explain every caring relationship. Choose one situation where you feel responsible for another adult's choices, feelings, or recovery. Separate what is yours to decide from what requires their choice or additional help.

Choose one responsibility. Identify your part, the other person's part, and a realistic source of support.

Look at the actual arrangement

Describe what you are doing, what was agreed, and what you fear would happen if you stopped. Consider disability, finances, caregiving duties, and cultural values. Interdependence can be chosen; a lack of alternatives also needs recognition.

Adjust one part

Try a specific change, such as offering transport without monitoring every decision. Decide what you can provide and what needs professional or community support. You can care about someone while declining an unsafe or unsustainable role.

1. What responsibility am I carrying, and how did I take it on?**2. Which parts are my choices, another adult's choices, or unmet support needs?****3. What limit or shared arrangement would be more workable?****4. What support and safety considerations affect my next step?****Clinical use and adaptation**

Avoid pathologizing cultural interdependence, disability support, or survival strategies. Assess coercion and realistic dependence privately. Do not recommend withdrawing essential care abruptly or making another person's safety a test of boundaries. Coordinate appropriate services when current responsibilities exceed available support.