

“I can’t live without him”

... and other lies you hear in country songs



Healthy Friendship

- I stay in touch with my feelings.
- I set clear boundaries about physical affection, and they are respected.
- We can talk comfortably; I am not afraid to say what I really feel.
- I hold him responsible for his choices and behaviors.
- I feel accepted just as I am; I don’t have to change my looks to please him.
- We enjoy spending time together, but I have many other interests and friends.

Are you someone who has to have a boyfriend to feel good about yourself?

Much of what the media portrays about “love” is really unhealthy **codependency**.

Know the signs. Avoid the drama.

vs. Codependency

- I try to figure out what he thinks, but I’m unsure of my own feelings.
- I give physical affection to make him like me.
- We are physically attracted, but we don’t talk much; I hold in my real thoughts.
- I make excuses when he hurts me; I lie about things he does so others will like him.
- I change my preferences and my appearance to please him.
- I give up my friends and interests to be with him.

I can choose to have healthy friendships.

